

Here are your PE tasks and challenges for the week. Please email any questions or photos of your activities to pe@adelaide.het.academy

Cardio exercise

Knee touches



Can you touch your hand to opposite knee?
How quickly can you swap sides?

Can you keep going for **30 seconds**?

How many touches can you do in **10 seconds**?

Monday [] Tuesday [] Wednesday []
Thursday [] Friday []

Strength exercise

Baked bean and beans on toast

Tuck shape on your back



Roll over to Star shape on your tummy



How many times can you do it?

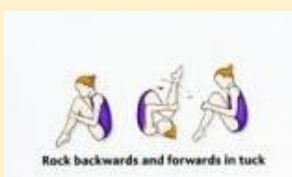
3 [] 5 [] 7 [] 10 []

Activity video!

Click on the link to learn 'Rock in Tuck/Pike' & 'Rock to Stand' in gymnastics.

https://www.youtube.com/watch?v=DcGFteFryoA&list=PLYGRaluWWT0jV3An2WEgsQ4qGFy_91jDL&index=5

'Rock in Tuck' & 'Rock to Stand'



Can you do 5 'Rock in Tuck' holding onto your knees?

Challenge!

Do 3 'Rock in Tuck' without holding onto your knees!

Stretch

Tummy and Back

Cobra pose



Count to 10 in each pose.

Childs pose



Good luck!

Try your best and have fun!