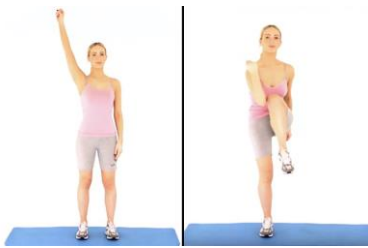


Here are your PE tasks and challenges for the week. Please email any questions or photos of your activities to [pe@adelaide.het.academy](mailto:pe@adelaide.het.academy)

## Cardio exercise

### Cross Crawls



Can you touch your elbow to opposite knee?

How quickly can you complete **5 touches on each side?**

How many touches can you do in **15 seconds?**

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

## Strength exercise

### Hand to foot touch

Can you touch your foot with the opposite hand?



Don't forget to do both sides!

### Challenge!

How many touches can you do in 15 seconds?

First try

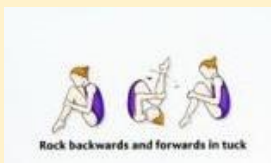
Best try

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

### 'Rock in Tuck' & 'Rock to Stand'



Can you do 5 rocks (roll back and forward in Tuck) holding a hat between your knees.

### Challenge!

Complete 1 full 'Rock to Stand' without using your hands on the floor.



## Stretch

### Tummy

### Cat Cow Pose



Can you do 3 of each shape for 5 seconds each?

**Good luck!**

**Try your best and have fun!**