

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

### High knee pull down



Can you complete movement smoothly and without stooping for 30 seconds?

How many lifts can you do in 30 seconds?  
Try to beat your own score!

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

## Strength exercise

### Laying leg raises

Can you carry an object from your feet to your hands?



Can you carry 5 objects?

### Challenge!

How many objects can you carry over  
in 30 seconds?

First try

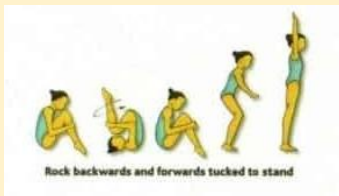
Best try

## Activity video!

Click on the link to learn a '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 to Stand'



Can you complete a 'Rock to Stand' without putting your hands down?

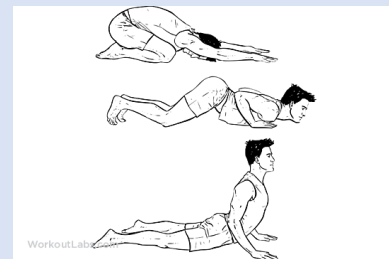
### Challenge!

Complete 3 without using your hands.

## Stretch

### Abdominals

### Striking Cobra



Move slowly through shapes, hold at start and finish for 7 seconds.

Can you add on 'King Cobra'?



How close are your feet to your head? Do they closer with practice?

**Good luck!**

**Try your best and have fun!**