

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

Alternating cross lateral knee lifts



Can you complete the movement smoothly and without stopping for 30 seconds?

How many alternating lifts can you do in 30 seconds?

Try to beat your own score!

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

Strength exercise

Straight leg sit ups

Can you carry an object from above your head to below your feet?



Can you carry 7 objects?

Challenge!

How many objects can you carry over in 30 seconds?

First try

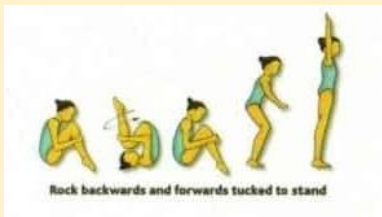
Best try

Activity video!

Click on the link to learn 'Rock to stand' in gymnastics.

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

'Rock to Stand'



Complete 3 'rock to stands' without touching the floor with your hands.

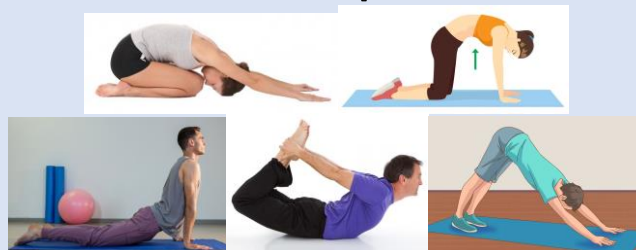
Challenge!

Can you do it holding a hat between your knees?

Stretch

Abdominals

Stretch sequence



Can you connect each pose to create a flowing sequence?

Complete the sequence 3 times through.

Hold each pose for 5 seconds before moving into next.

How does the sequence make you feel?
Does it get easier the more you do it?

Good luck!

Try your best and have fun!