



Boredom Beaters!



Do you want improve your performance in P.E? Practice these 8 simple skills and watch yourself get faster, fitter and stronger!!

Muscular Endurance:
The Plank!!



Keep your back straight and level to the floor, hold for as long as you can!

Cardio-Vascular Endurance: Star Jumps!!



How many can you do in 1 minute?

Balance: 1 leg test!!



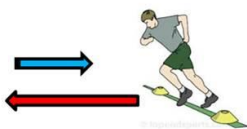
Stand on one leg for as long as you can. Too easy? Then hold your leg straight and higher!

Coordination: Ball and a wall!!



How many times can you throw and catch a small ball throwing it against a wall?

Speed: Shuttle Sprints!!



Mark out 10-15 metres. Sprint one way as fast as you can, walk back. Do this for 1 minute!

Newman Challenge: Spotty Dogs!!



Can you keep your arms and legs moving for a whole minute?

Newman Challenge: Sit-ups!!



How many full sit-ups can you do in 1 minute?

Newman Challenge: Squats!



How many squats can you do in 1 minute?



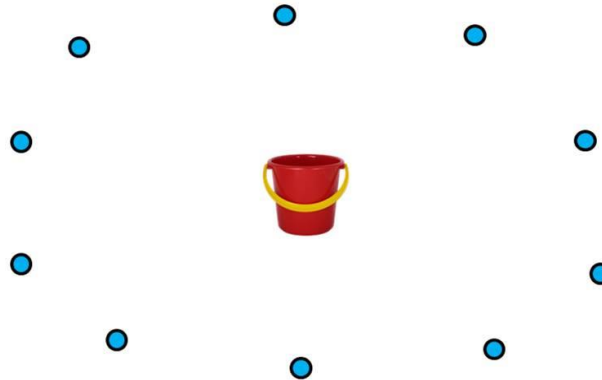
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Shoulder touches! In one minute how many times can you touch your shoulders without putting your knees on the floor? Good luck!



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Clean vs Messy: You'll need a bucket or a box full of soft toys or paper balls. Around your bucket/box set out a 2nd circle to mark out the playing area. One player plays as 'Clean' they must try and put all of the toys/paper balls in the bucket/box. The other person plays as 'Messy' and they try to empty the bucket/bot. 'Messy' isn't allowed to throw the toys out of the playing area as it wouldn't be fair! Play the game until the bucket/box is either full/empty.



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Touch Twister

For this activity you will need 4 different coloured cones per participant (or use 4 different soft toys). Stand in the middle of the four cones/Toys. Someone calls out a limb and then a colour/toy, in response the children must touch that particular cone with that body part!

For M/A children – push the cones further out. For L/A children – bring the cones closer!

