

# P.E

Week 2

Years 5 and 6

## Body Conditioning- arms

### Improve strength and conditioning through participation in an 'arms' based circuit.

#### Warm up:

Range of tempo and movement in space followed by dynamic stretches. Short game of choice

#### Skills:

~Perform a 'plank' challenge, how long can you hold a plank? Record your score each day for 5 days.

#### Activity

Circuit focusing on arm work.....

*Wall push, dips, high fist pumps, ball hold and the plank. Numbers (3, 7, 8, 11, and 12) can also be used in diagram below.*

*You can also research other exercises and add them into your fitness circuit.*

Work in pairs/parents/siblings- one participating, one counting/resting then alternate.

Children should work for **60 seconds** at each station with continuous, intense actions.

### Please ensure you exercise while under parental supervision.

Keep sending back your P.E pictures. YOU'RE ALL DOING AMAZING!!

Mr Spadaccini

