

Year 2 PE

On the next page is your fitness tracker. You will see you have '12 stations' to complete, you need to do this once through. You will have 30 seconds on each station and 30 seconds rest. You will need a timer or stopwatch of some sort. I have attached some of the activities which you might not be familiar with. This will be a weekly task; can you beat your score each time?

For example, ...

Week 1

Week 2

Squats – 34

Squats – 45

Step Ups

Children work individually to complete as many 'Step Ups' as possible in the time. To count the pupil must place one foot on the bench then step their second foot up before removing their first foot and following with their second foot (right foot up, left foot up, right foot down, left foot down = 1)



Spotty Dog

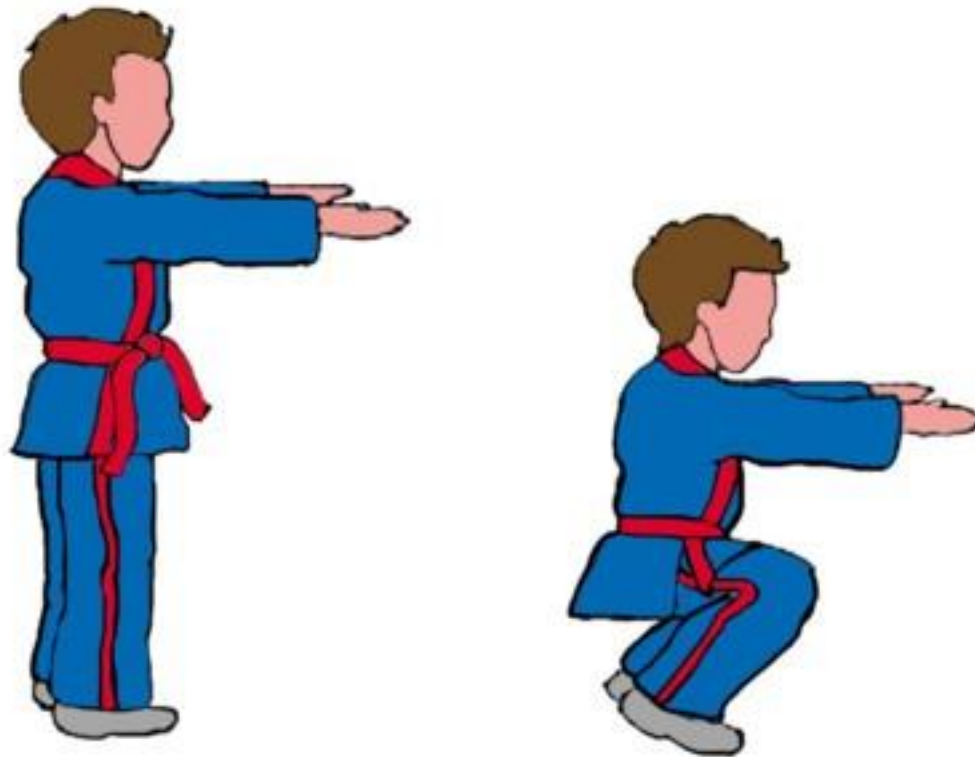
Children work individually to complete as many Spotty Dogs as possible in the time. Children start with their right foot and left arm forward - as if about to start a running race. Alternate your legs forwards and backwards. This is running on the spot essentially, but great for co-ordination!



Squats

With backs against the wall, slide down so that the legs are bent and the knees are bent at 90°.

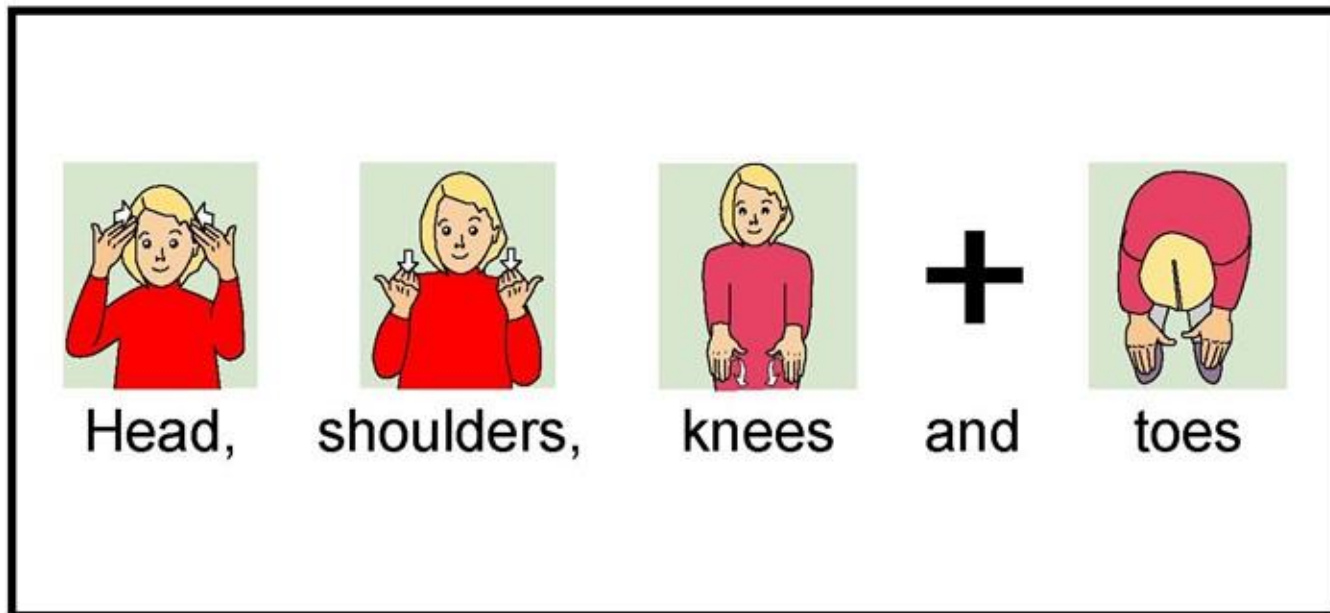
Adaptation: squat without the wall, make sure there is a straight line from ankle to knee and that bottom goes out behind the feet, back straight.



Ball head, shoulder, knees and toes.

Children start with ball held above their head, they then must bring it down to shoulder height, then down to knees and finally to toes before reversing the process. Children need to be shown the correct way of bending down. Child 1 goes first, child 2 counts and then swap.

Adaption - Use a tennis ball rather than a football



Speed Bounce

Children work individually to complete as many speed bounces as possible in the time.
Child 1 goes first, child 2 counts - record score then swap.



