



'Activ 8' minutes!!!



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!!



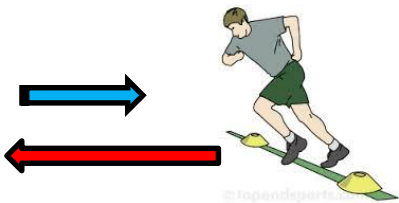
Stand on one leg for as long as you can. Too easy? Then hold your leg straight and higher!

Coordination: Ball and a wall!!



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

Speed: Shuttle Sprints!!



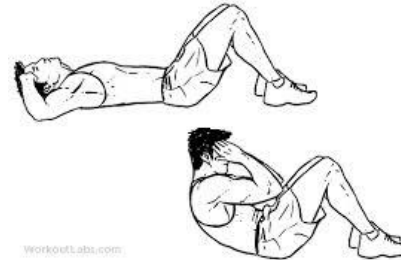
Mark out 10-15 metres. Sprint one way as fast as you can, walk back. Do this for 1 minute!

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?