

P.E

It is very important that we are still trying to do as much physical activity as possible while we are at home!

Work your way through this physical tasks, ask an adult or a sibling to help you!

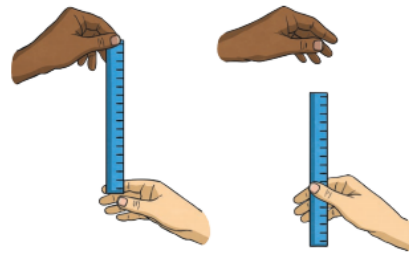
1 Reaction Time

In a sporting context, reaction time means how fast an athlete is able to respond to a stimulus, such as the starting gun in a running race. It is a strength that can be improved with practice.

The Ruler Drop Test

Work with a friend or family member to test your reaction skills using a ruler.

- Person A sits on a chair at a table with their forearm extended over the edge of the table.
- Person B holds a ruler vertically, 2cm above person A's hand. Number one should be at the bottom and number thirty at the top.
- Person B will release the ruler, without any warning, for person A to catch using their thumb and index finger.
- When Person A catches it, record the number on the ruler displayed just over the thumb. The lower the number, the faster your reaction time.



If you don't have a ruler at home, use a piece of paper folded to make a ruler shape.

4 Hurdling

Hurdling is one of the most demanding events in track and field athletics. Hurdlers must strengthen and work on several different muscle groups in their training, including the core muscles, hip flexors and calves.

Try these different muscle strengthening exercises:

- Squats – how many can you do in twenty seconds?
- The plank – can you hold it for thirty seconds?
- Mountain Climb – do two, have a break and repeat.

