

**PUNGGOL COVE PRIMARY SCHOOL**  
**PE & AESTHETICS DEPARTMENT**  
**HOME-BASED LEARNING ACTIVITY**

**Exercise Challenge!**

Frequency: Daily




Intensity: Light to moderate

Time: About 10 minutes



Type: 5 basic exercises involving arms, legs and core muscle groups.

Before you start, always ensure the following:

1. Make sure you are feeling physically well and well hydrated.
2. Make sure you are in a relatively open space away from any furniture or dangerous objects.
3. Make sure the floor is free of objects that could hurt you when you exercise.
4. Make sure you stop when you do not feel fit enough to complete the exercises.
5. Make sure you have a proper warm-up / cool-down with the following stretching exercises:

1.	<p><u>Front Shoulder Stretch</u> Interlock fingers in front of body, turn palms away from body. Gently straighten elbows and reach forward for 15 seconds.</p>	
2.	<p><u>Shoulder Pull</u> Grab under your right upper arm and pull the arm at shoulder height across your chest for 15 seconds. Repeat for other shoulder.</p>	
3.	<p><u>Neck Stretch</u> Reach with right hand over your head. Slowly pull your head away from left shoulder then drop your left shoulder down. Hold for 10 seconds. Repeat for other side.</p>	

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4.	<p><u>Knee to Chest</u> In a seated position with back supported, slowly pull one knee up towards your chest for 15 seconds. Repeat for other side.</p>	
5.	<p><u>Back Rotation</u> Sit on a chair with left leg crossed over right leg. Place right hand on left thigh and pull leg towards right. At the same time, turn your body towards the left and hold for 15 seconds. Repeat for other side.</p>	

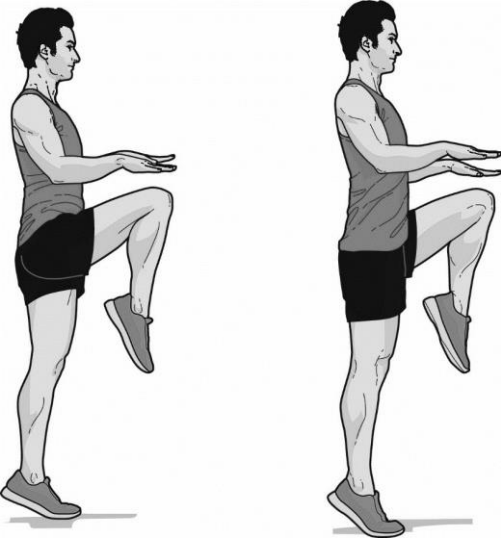

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**The Exercise Challenge**

The challenge requires participants to do basic exercises involving various muscle groups in our bodies mainly arm muscles, core muscles as well as leg muscles. Participants will go through basic exercises such as jogs on the spots, upper body, abdominal, as well as lower body muscular strength and endurance exercises.


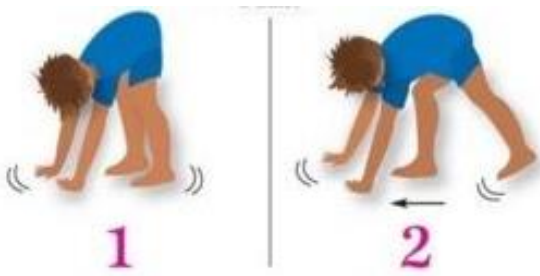

Please read the instructions for your appropriate age and level.

**Runs (On-the-Spot):**

Level	Visual Cues	Step by Step:
Primary 1 to Primary 5s	<p data-bbox="284 718 665 751"><b>Running in Place (High Knees)</b></p>  <p data-bbox="284 1327 657 1360"><b>Running in Place (Butt kicks)</b></p> 	<p data-bbox="950 718 1323 751"><b>Running in Place (Quick Feet)</b></p> <ol data-bbox="998 756 1502 976" style="list-style-type: none"> <li>1. Jog on the spot.</li> <li>2. When ready, move your feet as fast as you can by jogging on the spot with feet as close to the ground as possible.</li> <li>3. Keep it up for 10 seconds.</li> </ol> <p data-bbox="950 1012 1323 1045"><b>Running in Place (High Knees)</b></p> <ol data-bbox="998 1050 1502 1312" style="list-style-type: none"> <li>1. Jog on the spot.</li> <li>2. Keep both of your palms in front of your waist at hip level facing down.</li> <li>3. When ready, jog faster and with each movement of the legs, bring the knee up to touch your palms.</li> <li>4. Keep it going for 10 seconds.</li> </ol> <p data-bbox="950 1348 1291 1381"><b>Runing in Place (Butt Kicks)</b></p> <ol data-bbox="998 1386 1502 1711" style="list-style-type: none"> <li>1. Begin by slowing jogging on the spot.</li> <li>2. Swing your arms as you move your legs to jog on the spot.</li> <li>3. Try to kick your heel up towards your buttocks with each step.</li> <li>4. Keep your back upright</li> <li>5. Try to land on the balls of your feet with each step.</li> <li>6. Keep going for 10 seconds.</li> </ol>

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**Upper Body Exercises:**

Level	Visual Cues	Step by Step:
Lower Primary Primary 1 and 2	<p><b>Crab Walk</b></p>  <p><b>Bear Walk</b></p> 	<p><b>Crab Walk</b></p> <ol style="list-style-type: none"> <li>1. Get into position by being seated on the floor / ground;</li> <li>2. Put both palms on the floor with your fingers pointing outwards.</li> <li>3. Bend your knees and put your feet flat on the floor / ground.</li> <li>4. Lift your buttocks off the floor / ground and start moving from one end of your walkway in your house to the other.</li> <li>5. Move in a controlled manner.</li> </ol> <p><b>Bear Walk:</b></p> <ol style="list-style-type: none"> <li>1. Get into position as shown in picture 1.</li> <li>2. Extend your legs straight.</li> <li>3. Head looking down.</li> <li>4. Move one hand and a leg at a time from your starting point to the ending point of your walkway.</li> </ol>
Middle Primary Primary 3 and 4	<p><b>Half Push-Ups (For boys and girls)</b></p> 	<p><b>Half Push-Ups</b></p> <ol style="list-style-type: none"> <li>1. Start in a kneeling position on the floor / ground. You may fold some towels and put below your knees for cushioning effect.</li> <li>2. Adopt push-up positions with both palms about shoulder-width apart on the floor.</li> <li>3. Breath out and go down without allowing your chest to touch the floor /ground by supporting your body weight with your arms.</li> <li>4. Return to former position by pushing up and breathing in at the same time.</li> <li>5. Do 10 counts of half push-ups.</li> </ol>

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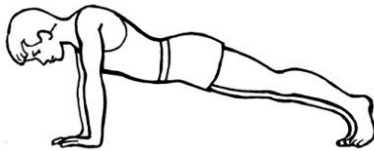
**HOME-BASED LEARNING ACTIVITY**

Upper  
Primary  
P5 and 6

***Half Push-Ups\****



***Push-Ups\****




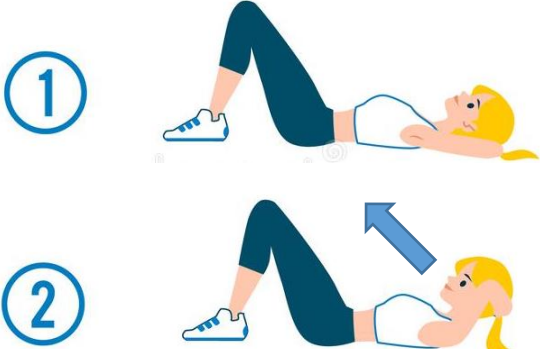
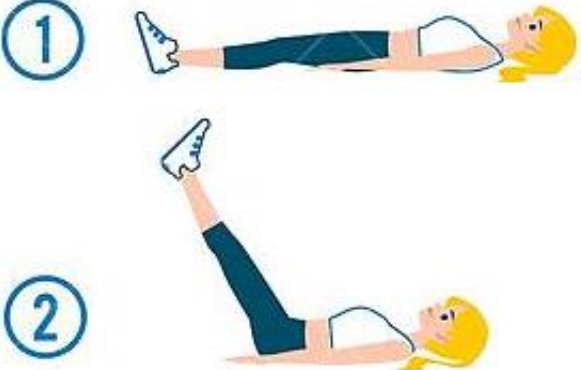
**Half Push-Ups / Push-Ups**

1. Start in the 1<sup>st</sup> position as shown in each set of exercise on the floor / ground.
2. Adopt push-up positions with both palms about shoulder-width apart on the floor.
3. Breath out and go down without allowing your chest to touch the floor /ground by supporting your body weight with your arms.
4. Return to former position by pushing up and breathing in at the same time.
5. Do 10 push-ups
6. Rest
7. Do another set of 10.

\*Participants can choose either of the exercise depending on personal physical strength and fitness level.



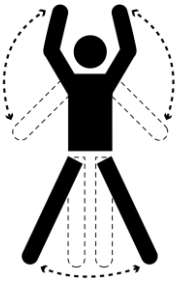
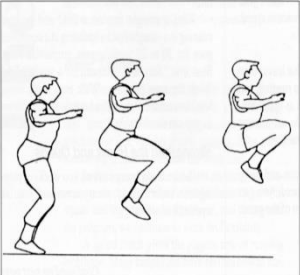
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**Abdominal Exercises:**

Level	Visual Cues	Step by Step:
Lower Primary Primary 1 and 2	<b>Elbow Planks</b> 	<b>Elbow Planks</b> <ol style="list-style-type: none"> <li>1. Find an open space on the floor.</li> <li>2. Get into position with elbows on the floor.</li> <li>3. Keep the back and legs straight and hold in position.</li> <li>4. Count to 10.</li> <li>5. Rest by lying on your abdomen.</li> <li>6. Get into position and count to 10 holding in that position.</li> </ol>
Middle Primary Primary 3 and 4	<b>Crunches</b> 	<b>Crunches</b> <ol style="list-style-type: none"> <li>1. Lie on your bed / floor with a mattress or a thick towel.</li> <li>2. Keep your hands behind the back of your head.</li> <li>3. Get in the Position 1.</li> <li>4. Raise your neck and bring your face closer towards your knees. If done correctly, you will feel your abdominal muscles feeling tight.</li> <li>5. Do 10 counts.</li> <li>6. Rest for a while</li> <li>7. Do another 10.</li> </ol>
Upper Primary P5 and 6	<b>Leg Raises</b> 	<b>Leg Raises:</b> <ol style="list-style-type: none"> <li>1. Lie on your bed / floor with a mattress or a thick towel.</li> <li>2. Put your hands with palms facing downwards on the bed / mattress beside your hip.</li> <li>3. Straighten your knees and raise them up to 45 degrees.</li> <li>4. Hold in position for 15 seconds.</li> <li>5. Lower your legs down in a controlled manner.</li> <li>6. Rest for a while and repeat the above for 2 more sets of 15 seconds.</li> </ol>

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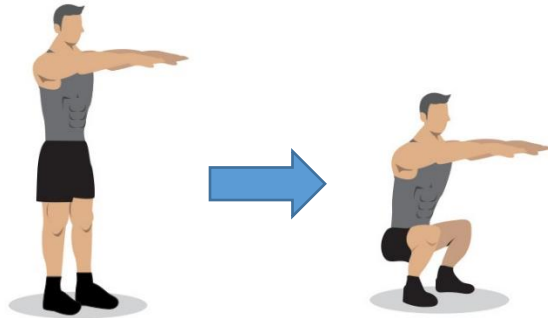
**Lower Body Exercises:**

Level	Visual Cues	Step by Step:
Lower Primary Primary 1 and 2	<p><b>One Legged Hops</b></p>  <p><b>Hurdle Hops</b></p> 	<p><b>One legged hops:</b></p> <ol style="list-style-type: none"> <li>1. Lift one knee and jump on standing leg;</li> <li>2. Hop for 8 counts</li> <li>3. Repeat on the other leg.</li> </ol> <p><b>Hurdle Hops:</b></p> <ol style="list-style-type: none"> <li>1. Jump side-to-side or front-to-back over 'pretend hurdle'.</li> <li>2. Jump for 8 counts.</li> <li>3. Rest for 20 counts</li> <li>4. Repeat for a 2<sup>nd</sup> set.</li> </ol>
Middle Primary Primary 3 and 4	<p><b>Jumping Jacks</b></p>  <p><b>Tuck Jumps</b></p> 	<p><b>Jumping Jacks</b></p> <ol style="list-style-type: none"> <li>1. Stretch arms and legs out to the side like a starfish while jumping</li> <li>2. Return arms to sides and legs to center on landing</li> <li>3. 8 counts of 4</li> </ol> <p><b>Tuck Jumps:</b></p> <ol style="list-style-type: none"> <li>1. Jump up on from where you are standing and lift knees and high towards the chest.</li> <li>2. Land as gentle as you can as you bend your knees.</li> <li>3. Jump for 4 counts.</li> <li>4. Rest for 20 seconds</li> <li>5. Repeat for a 2<sup>nd</sup> set.</li> </ol>

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Upper  
Primary  
P5 and 6

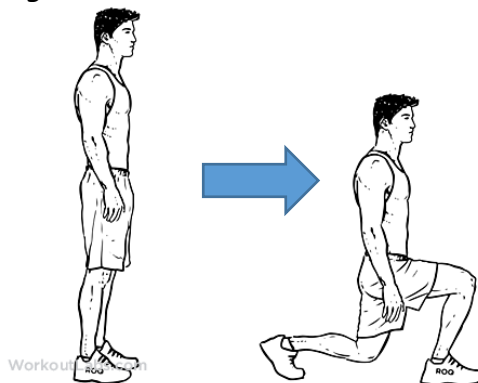
**Squats**



**Squats**

1. Stand with your head facing forward and your chest held up and out.
2. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance.
3. Sit back and down like you're sitting into an imaginary chair. Keep your head facing forward as your upper body bends forward a bit. Rather than allowing your back to round, let your lower back arch slightly as you lower yourself.
4. Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels.
5. Keep your body tight, and push through your heels to bring yourself back to the starting position.
6. Do this for 8 counts.

**Lunges**



**Lunges:**

1. Begin with feet about shoulder width apart.
2. Step forward with one leg
3. Bend your knees to lower your hip while keeping back upright.
4. Lower until your rear knee nearly touches the ground.
5. Use strength on your lead foot and straighten both knees to raise yourself up.
6. Repeat the lunge on the opposite leg.
7. Complete 8 counts in total.

Once you have completed one exercise from each category of exercise, be sure to go through the same stretching exercises for your cool-down. Drink plenty of water after this workout.

**Well done and continue to stay healthy and fit!**