Primary P.E. News

- This week pupils have been learning how to develop their core strength with Scotty.
- Pic courtesy of Laila, p5

Casey, P1 showing how strong her tummy muscles are.

Even the wintry weather can’t stop Oli from a workout!

Niamh, p7 gave an excellent evaluation of her core workout.

I managed 20 star jumps and 20 high knees. I almost managed to hold the wall sit for 60 seconds but I eventually gave up at 49 seconds. The high plank position was tough but I held it for 40 seconds. However I found the leg raises a lot easier, and managed to do them for 30 seconds! Last of all I did 11 knee press ups in 30 seconds!

Well done everyone! Keep your song choices coming in to help Scotty workout! See you next week.