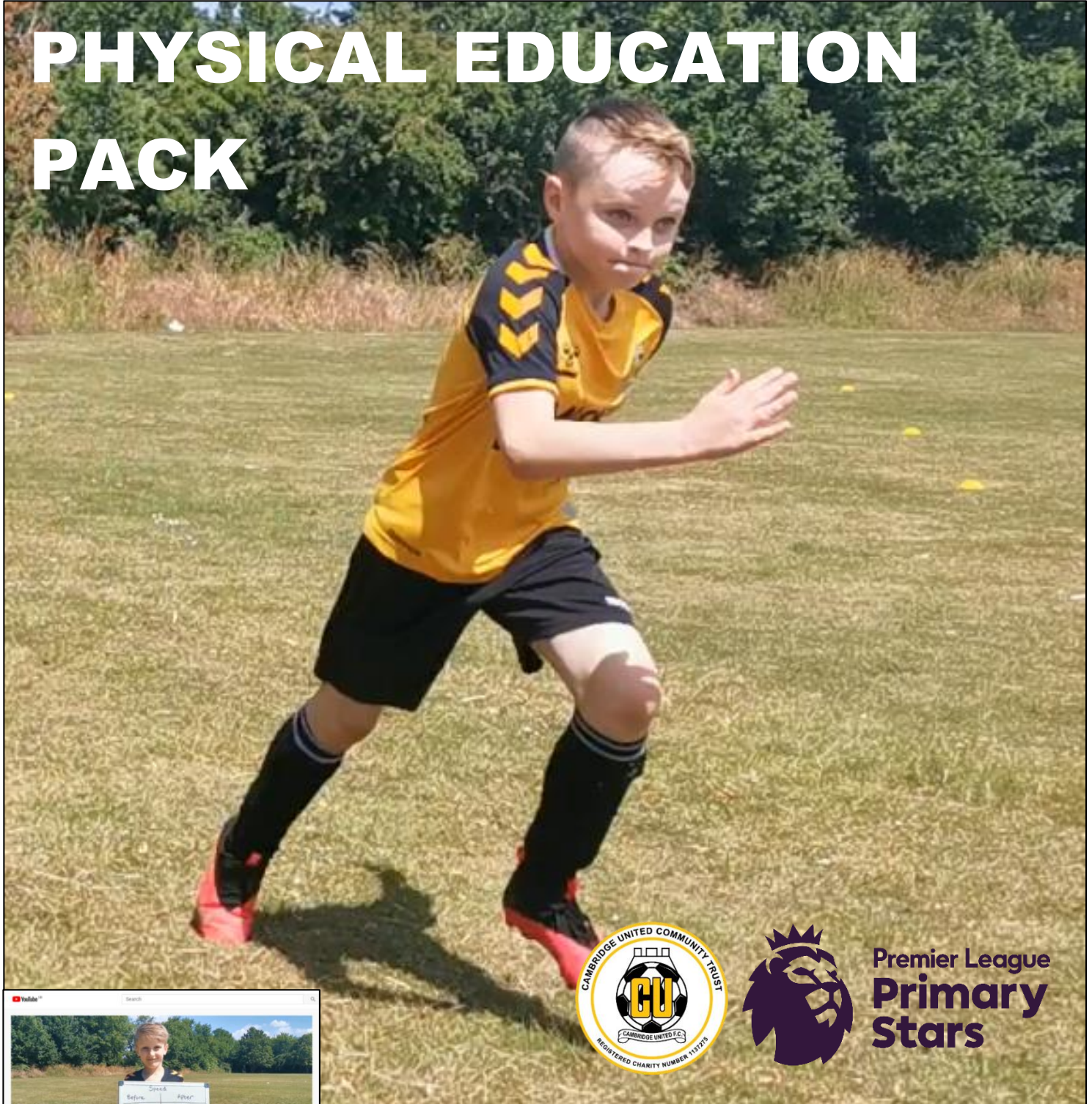



# CAMBRIDGE UNITED COMMUNITY TRUST

## PHYSICAL EDUCATION PACK



A series of challenges, tips and methods to test your improvement over 10 physical abilities linked to our  **YouTube** videos.

# WELCOME



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**Primary  
Stars**

I hope that you have fun learning about and improving your physical abilities. I certainly enjoyed making the videos and this pack! In this pack you will learn about the following abilities:

- Agility
- Balance
- Endurance
- Flexibility
- Foot coordination
- Hand-eye coordination
- Power
- Reaction time
- Speed
- Strength

When you record your scores, remember that this is all about you. Don't worry too much about how your scores compare with others. What's important is how much you can improve yourself.



Let us know you do through social media [@cuctrust](https://twitter.com/cuctrust) or email [ashley.dyer@cambridge-united.co.uk](mailto:ashley.dyer@cambridge-united.co.uk)

You could send us a video or picture of you trying out a challenge, or send us your progress tables!



Whether you are training for to play sport at an elite level, using this pack as part of your PE lessons at school or just looking for something fun and active, I hope that this pack has something for everyone.

Finally, I would like to say a huge thank you to my assistants, the 10 PE stars that helped us to put these videos together:

James  
Kasper  
Ted  
Josh  
Dylan  
Jack  
Leo  
Freddie  
Thomas  
James



Well done for your awesome efforts and the improvements that you made during the makings of this pack/videos.

Enjoy the pack,

Ashley Dyer, Primary Education Manager

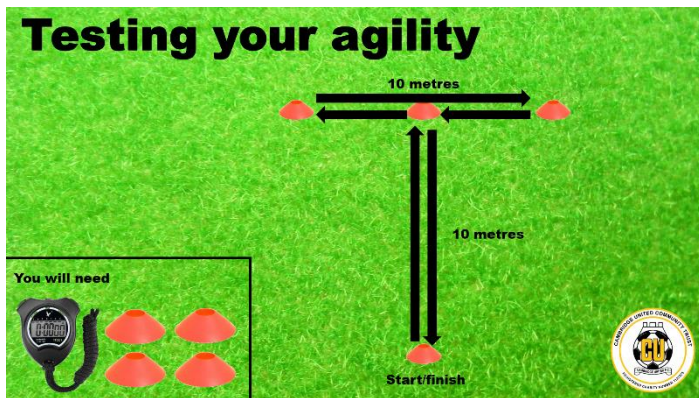
# AGILITY



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Agility is the ability to change direction at speed and it is crucial in invasion game sports such as football, rugby, American football, hockey and many more. Sports players use agility to dodge defenders, find space on a playing field or to make themselves more unpredictable when moving with a ball. It can be improved with practice and a few simple adjustments to how we move.

**Test it:** T-sprints, get someone to time you. How quickly can you complete the T? You could try it dribbling a ball.



## Improve agility



Agility Progress Table – seconds to complete the T-sprint				
First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks

# BALANCE



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balance is the ability to stay upright or stay in control of body movement. There are two types of balance: static (without travelling) and dynamic (whilst travelling). In gymnastics, static balance would need to be trained and worked on and in many sports, particularly those that involve physical contact, dynamic balance is important to develop too and can be built with a few simple tips.

**Test it:** Stand on one leg for one minute. How many times does your other leg touch the ground? Make it harder by doing it with closed eyes or standing on a cushion.



## Improve balance



**Balance Progress Table – number of floor touches in 1 minute eyes close and on a cushion**

First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks

# ENDURANCE



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Endurance is how much our bodies can take before becoming too tired to continue and it can be split into two categories – muscular endurance for how long our muscles can work for, and cardiovascular endurance for how long our lungs, heart and blood can pump oxygen around our body before tiring. Almost all sports require endurance, whether it be for competing or training, and both types of endurance can definitely be improved.



**Test it:** How many laps of your garden or a local field can you run before needing to stop? You could also time yourself running a 3km or 5km distance.

## Test your endurance




**You will need**





## Improve endurance



- 1. Exercise regularly**
- 2. Breathe in through your nose and out through your mouth**
- 3. Drink plenty of water**
- 4. Stretch after exercising**

### Endurance Progress Table – choose a distance and keep track of your times

First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks

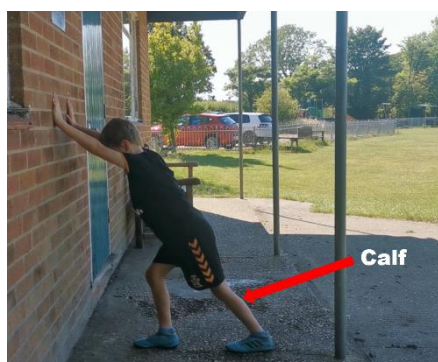
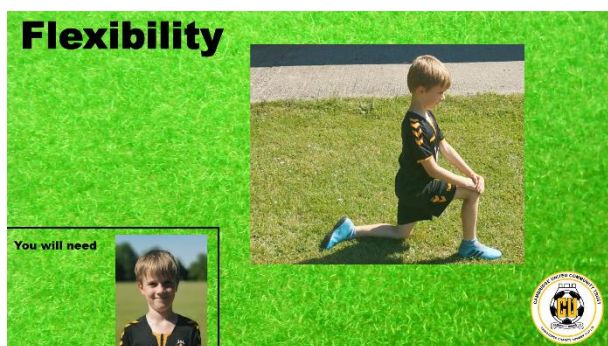
# FLEXIBILITY



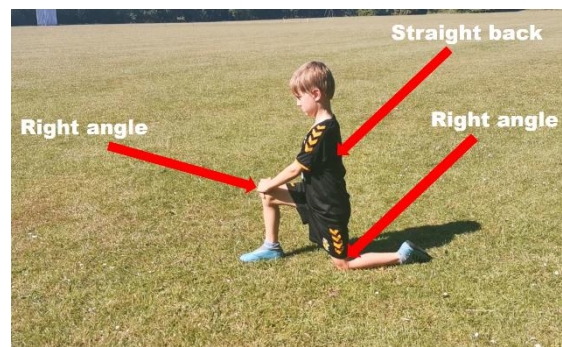
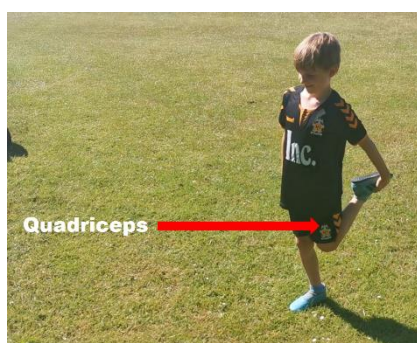
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Flexibility is the movement that we have in our joints and the ability that our muscles have to move freely. Increased flexibility can also help to prevent us from getting muscle injuries so it is really important for us all to spend time to help maintain it. Gymnasts have to be extremely flexible to perform at the levels they do. Sports that require regular sprinting put demands on our hamstrings so improving flexibility in those muscles are important.

**Test it:** Can you touch your toes while keeping your legs straight? If not, how close can you get?



## Improve flexibility



Hamstring Flexibility Progress Table – how many centimetres from palms to toes with straight leg				
First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks

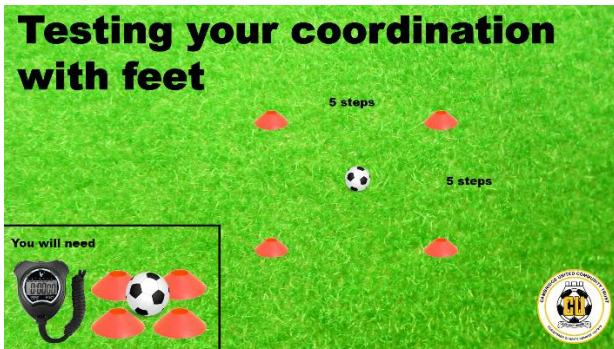
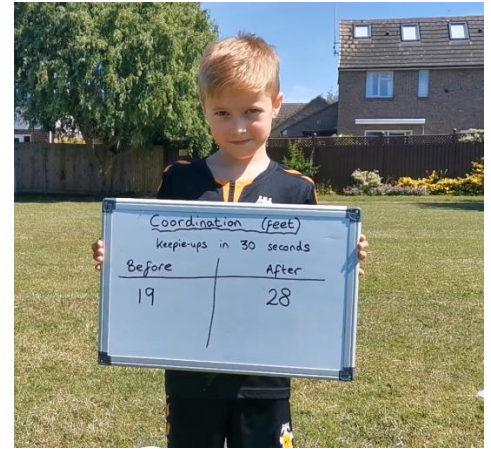
# FOOT COORDINATION



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Like hand-eye coordination, our eyes will also send messages to our brain to tell our feet to move in a certain way. This is particularly important in football as our coordination will help us to trap, control and move a ball. Great coordination will also mean we can look at the ball faster which will enable us to concentrate more on our surroundings to help us make better decisions. Lots of practice and a few tips can help improve this.

**Test it:** How many keepie-ups can you do without the ball hitting the floor? Make a small square of cones around you, throw the ball up high and control it without it leaving the square.



Improve foot coordination



Foot Coordination Progress Table – how many keepie-ups can you do in 30 seconds				
First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks

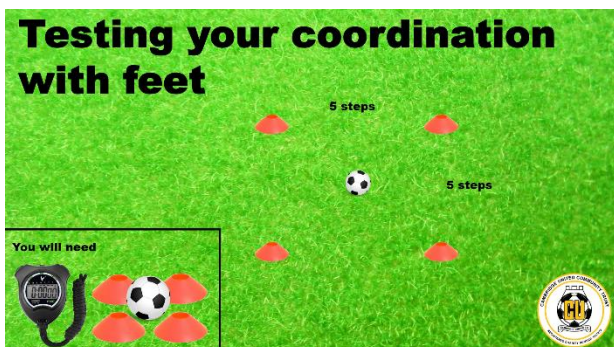
# HAND-EYE COORDINATION



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Hand-eye coordination is how our eye sends a message to our brain to tell our hands to move to do something like catch or save a ball. In sports like cricket this is really important as there will be moments that catching the ball could be the difference between winning and losing a game. Coordination can be improved with a simple practice exercise and a few tips.

**Test it:** Throw a tennis ball against a wall with one hand and catch it with the other. How many can you do successfully in thirty seconds?



## Improve hand-eye coordination



Hand-eye Coordination Progress Table – how many alternate throw/catches can you do in 30 seconds				
First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks



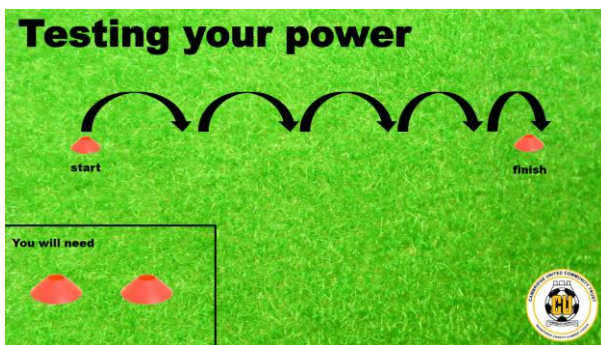
# POWER



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Power is a combination of strength and speed to complete an explosive movement such as a sprint, jump or leap. Power is important in most sports, especially ones in which sprinting and jumping are crucial to success. It can be improved by a type of training called plyometric training, which involves short sharp bursts of speed & strength.

**Test it:** Make a runway that is 10 metres long. Try to travel through it by touching the ground as few times as possible. How many touches can you limit yourself to?



## Improve power



Power Progress Table – how many times you touch the ground when leaping				
First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks

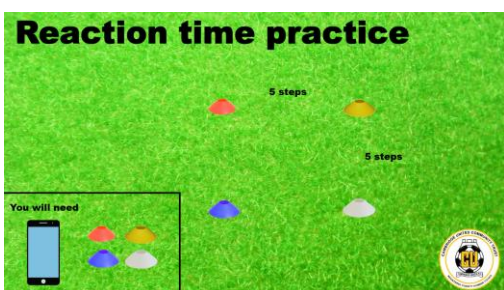
# REACTION TIME



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Reaction time is the time it takes for us to make a decision in response to something we have noticed within an activity. Almost every sport will require us to react in some way but racket sports require lightning fast reactions, along with goalkeeping in football, hockey and handball. Quicker reactions often lead to better performance in sport so it is an important one to keep an eye on and develop.

**Test it:** There are plenty of reaction tests online that you could try. Or you could try to give yourself a score out of 10 of how you think you performed on the reaction game and try to beat it.



## Improve reaction time



Reaction Time Progress Table – choose a reaction test and keep track of your scores				
First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks

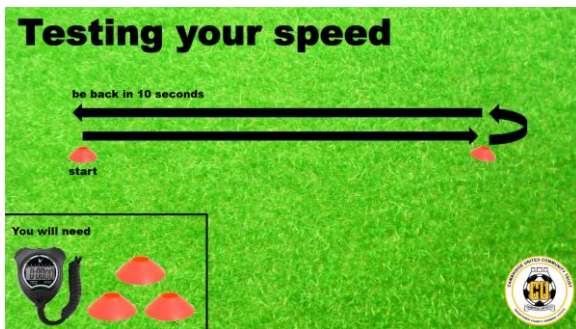
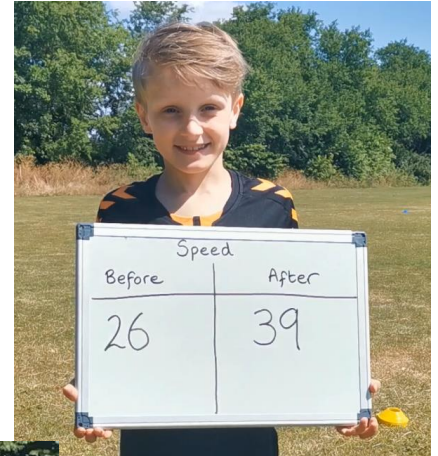
# SPEED



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Speed is being able to move quickly, and moving from standing still to fast over a short space is called acceleration. Speed is important in most sports, particularly athletics and team sports. In football, speed is needed to get to the ball quicker than an opponent. It can be improved with practice and understanding of a few simple techniques.

**Test it:** Get someone to time you for 10 seconds, sprint with a cone and put it down as far away as you can but you must get back to the start before the time runs out! How far can you go?



## Improve speed



Speed Progress Table – how many steps from the start point can you get to				
First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks

# STRENGTH



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Strength is the ability to work against a resistance. It may be to push or pull something or someone to gain an advantage such as a rugby scrum or holding off a defender in football. Training to improve strength would usually involve lifting weights but this would not be a good idea for children. We can, however, safely build core strength to help us control our stability, which will make us stronger.

**Test it:** have a go at a plank, start by aiming to hold it for 20 seconds and challenge yourself to add a few seconds on each week. You could try different version to make it easier or harder.



## Improve strength



Strength Progress Table – how many seconds can you plank for				
First attempt	After 1 session	After 3 weeks	After 6 weeks	After 12 weeks

# CHECK OUT OUR OTHER CONTENT

We have lots to keep you busy on our YouTube page and on our website [www.cuctrust.co.uk](http://www.cuctrust.co.uk) including:

Online match report project

Education Activity Packs

Fractions in sport videos

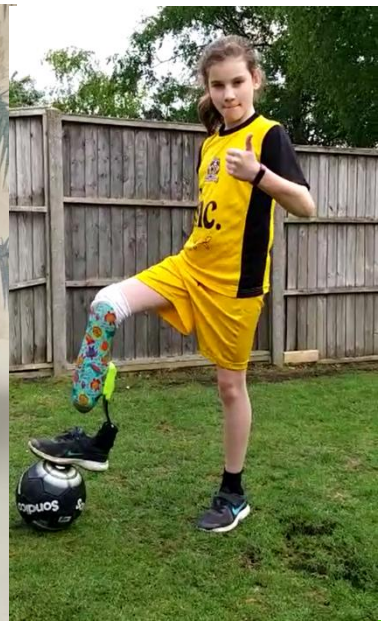
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Virtual Active Science experiments

Family Fitness Fun workouts

Virtual Kindness Assembly

CUCT PE Videos



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Check out our other content on YouTube



