

KEEP WELL & ACTIVE AT HOME

Week 10
Monday
KS1



HEART & LUNGS

Movement/Cardio Workout

Move 2 Learn

5 Mins

No kit - just web access



SKILLS & THRILLS

Dance - Just Dance 2 Kids

Copy the dance moves,...
can you keep up?

Freestyle with your own moves.

5-10 Mins

No kit - just web access



MUSCLES & BONES

Muscle/Bone Strength

Mountain Climbers

20secs Active, 20secs Rest

5 Mins

No kit - just web access



MEDITATION

Rest & Relax

Relax Music

5-10 Mins

Lie safely on floor, close eyes

No kit - just web access



GET OUTSIDE!

Play Outside (if you can)

Running/Jumping/Chasing

Climbing/Ball Games

20-30 Mins



CHALLENGE

How long can you do Air
Punches with High Knees for?

Click here for video.

Stop when you feel tired.

Try a couple of times to try and
beat your own score.



- Find a safe space

- Use with adult supervision

- Don't forget to hydrate & rest!

- Have fun, enjoy & keep well

Email your Challenge videos to info@firstclassfootball.com



www.firstclasssport.com