

KEEP WELL & ACTIVE AT HOME

Week 10
Weds
KS1



HEART & LUNGS

Movement/Cardio Workout

Move 2 Learn

5 Mins

No kit - just web access



SKILLS & THRILLS

Dance - Just Dance 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

Burpees

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 far can you throw a ball
using the Overhead technique?
Click here for video.

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



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