

# KEEP WELL & ACTIVE AT HOME

**Week 10**  
**Friday**  
**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

Crab Walk

30secs Active, 30secs Rest

5-10 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 many squats can you do in  
a row? Go slow, don't rush!

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](mailto:info@firstclassfootball.com)



[www.firstclasssport.com](http://www.firstclasssport.com)