

KEEP WELL & ACTIVE AT HOME

Week 9
Monday
KS1



HEART & LUNGS

Movement/Cardio Workout
Kids Fun Workouts
10 Mins
No kit - just web access



SKILLS & THRILLS

Ball Skills - Throwing
Using a small ball, can you throw it
underarm to hit a target.
How many in a row?
Increase the distance to make harder.
5-10 Mins
No kit - just web access



MUSCLES & BONES

Muscle/Bone Strength
Plank to Low Squat
30secs Active, 30secs 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 hold a Front
Bridge balance for?
Also try 1 Hand or 1 Leg!
Stop when you get 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



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