

KEEP WELL & ACTIVE AT HOME

Week 9
Weds
KS1



HEART & LUNGS

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



SKILLS & THRILLS

Ball Skills - Throwing
Using a small ball, can you throw it
overarm 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
Push Up (on Knees if hard)
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 many Tuck Jumps can you
do in a row?
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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