

KEEP WELL & ACTIVE AT HOME

Week 9
Thursday
KS1



HEART & LUNGS

Movement/Cardio Workout
Fun Kids Workouts
6 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
Star Jumps
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 the Back
Bridge with alternating legs 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



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