

KEEP WELL & ACTIVE AT HOME

Week 8
Monday
KS1



HEART & LUNGS

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



SKILLS & THRILLS

Dance - Zumba Kids
Watch & 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
Challenges 11 & 12
Try each challenge 2/3 times
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 bounces can you do
on the racquet frame?!
Click here for video.
After your first try, rest & then
try to beat your 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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