

# KEEP WELL & ACTIVE AT HOME

**Week 8**  
**Friday**  
**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 19 & 20  
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 long can you do  
High Knees exercise for?  
Click here for video.  
Stop when you feel tired.  
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](mailto:info@firstclassfootball.com)



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