

KEEP WELL & ACTIVE AT HOME

Week 7
Weds
KS1



HEART & LUNGS

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



SKILLS & THRILLS

Ball Skills - Hand/Eye
With a tennis or badminton racquet,
bounce a tennis or bouncy ball on the
ground. - How many in a row?
10 Mins
No kit - just web access



MUSCLES & BONES

Muscle/Bone Strength
Challenges 5 & 6
Try each challenge 2/3 times
5-10 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 bounce downs in a
row can you do at different
levels? Standing or moving!
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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