

KEEP WELL & ACTIVE AT HOME

Week 7
Thursday
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 7 & 8
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 Mountain
Climbers 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



www.firstclasssport.com