

KEEP WELL & ACTIVE AT HOME

Week 7
Friday
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 small ball or shuttlecock on
the strings with spin.
How many can you do in a row?
10 Mins
No kit - just web access



MUSCLES & BONES

Muscle/Bone Strength
Challenges 9 & 10
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 hold a Push Up
balance for? (Feet on sofa/wall).
Click here for image.
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