

KEEP WELL & ACTIVE AT HOME

Week 6
Friday
KS1



HEART & LUNGS

Movement/Cardio Workout

Move 2 Learn

12 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 4/5 times

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 Dragback Turns in
a row can you do?

Click here for video.

Stop when you feel tired.

After your first try, rest & then try
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