

KEEP WELL & ACTIVE AT HOME

Week 5
Monday
KS1



HEART & LUNGS

Movement/Cardio Workout

Move 2 Learn

5 Mins

No kit - just web access



SKILLS & THRILLS

Ball Skills - Hand to Hand Bounces

Bounce a ball or balloon with 1 hand to the other hand and back again - How many can you do? Can you do it whilst bending down, walking or jogging?

5-10 Mins

Need a ball or balloon.



MUSCLES & BONES

Muscle/Bone Strength

Challenges 1 & 2

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 1 hand bounces can you do in a row?

Click here for video.

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