

KEEP WELL & ACTIVE AT HOME

Week 5
Weds
KS1



HEART & LUNGS

Movement/Cardio Workout

Move 2 Learn

5 Mins

No kit - just web access



SKILLS & THRILLS

Ball Skills - Tunnel Bounces

Bounce a ball or balloon between your legs with one hand to the other hand.

How many can you do?

Can you do it whilst walking?

5-10 Mins

Need a ball or balloon.



MUSCLES & BONES

Muscle/Bone Strength

Challenges 5 & 6

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 long can you hold a wall squat balance for?

Click here for image.

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