

KEEP WELL & ACTIVE AT HOME

Week 5
Friday
KS1



HEART & LUNGS

Movement/Cardio Workout

Move 2 Learn

5 Mins

No kit - just web access



SKILLS & THRILLS

Skills - Round the Back Bounces
Bounce a ball or balloon in front of
you, to the side and behind your
back and then continue bouncing
with your other hand.
How many can you do?
How fast can you go?
5-10 Mins
Need a ball or balloon.



MUSCLES & BONES

Muscle/Bone Strength

Challenges 9 & 10

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 do
Forwards & Back jumps for?
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