

KEEP WELL & ACTIVE AT HOME

Week 4
Thursday
KS1



HEART & LUNGS

Movement/Cardio Workout

Move 2 Learn 4-6

5 Mins

No kit - just web access



SKILLS & THRILLS

Ball Skills - 1 Hand Bounces

Bounce a ball or balloon with 1
hand on the spot in front of you?

How many can you do? Can you
use the other hand?

5-10 Mins



MUSCLES & BONES

Muscle/Bone Strength

Calf Raises

30 Secs Active, 30 Secs Rest

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 Burpees can you
do in a row?

Click here for video.

Stop when 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