

KEEP WELL & ACTIVE AT HOME

Week 4
Friday
KS1



HEART & LUNGS

Movement/Cardio Workout

Move 2 Learn 4-6

5 Mins

No kit - just web access



SKILLS & THRILLS

Dance - Wiggles

Watch & copy the dance moves.

Can you keep up?

Freestyle with your own moves!

5-10 Mins



MUSCLES & BONES

Muscle/Bone Strength

Crab Walk

20 Secs Active, 20 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 lunges (alternate legs)
can you do in a row?

Stop when tired.

After your first try, rest & then try
to 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