

KEEP WELL & ACTIVE AT HOME

Week 3
Tuesday
KS1



HEART & LUNGS

Movement/Cardio Workout
The Body Coach - Kids
9 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
Plank to Squat
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 times can you pass
a ball/socks from one foot to
the other in 30 seconds?
Just use the sides of your feet
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