

KEEP WELL & ACTIVE AT HOME

Week 3
Weds
KS1



HEART & LUNGS

Movement/Cardio Workout

The Body Coach - Kids

9 Mins

No kit - just web access



SKILLS & THRILLS

Foot Skills

Tap a ball gently with the bottom of your toes one foot after another.

Start slowly then speed up!
Can you move the ball from foot to foot in the same way?

5-10 Mins



MUSCLES & BONES

Muscle/Bone Strength

Mountain Climber

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 Jumping Jacks can you do in a row?

Click for video.

Stop when you feel 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