

# KEEP WELL & ACTIVE AT HOME

**Week 1**  
**Monday**  
**KS1**



## HEART & LUNGS

Movement/Cardio Workout  
The Body Coach - Kids  
6 Mins  
No kit - just web access



## SKILLS & THRILLS

Catching/Throwing  
Use soft ball or large pair of socks  
Throw just above your head &  
catch with two hands - how many  
can you do in a row?  
5-10 Mins



## MUSCLES & BONES

Muscle/Bone Strength  
Cosmic Yoga - Kids  
9 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 jumps on the  
spot can you do in a row?  
Feet together like a kangaroo!  
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](mailto:info@firstclassfootball.com)



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