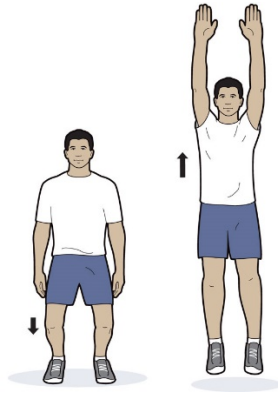


Exercise For Children To Keep Active At Home KS1

General exercises

Jumping up and down in one spot for 30 seconds



Running on the spot as fast as they can for 30 seconds



Star jumps- stretch arms and legs out to the side like a starfish while jumping, return arms to sides and legs to centre on landing for 30 seconds



Jumping side to side-both feet together jumping to the left and then to the right for 30 seconds



Jumping forward and backwards- both feet together jumping in front and then behind for 30 seconds

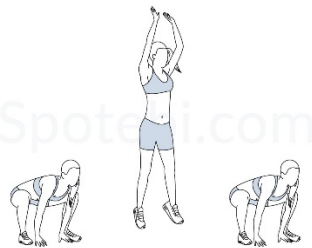


General motion activities – after each movement there should be a 30 second rest time

Forward crawl- laying on your front moving around the space going forward for 30 seconds for example like a snake



Frog leaps- crouch down like a frog and jump around for 30 seconds



4 legged walk- move around on their hands and knees for 30 seconds for example like a monkey

