



WHFCS KS1 PE



**MAY
HALF
TERM**

WHFCS Half term Active

During half term I've attached some activities which you can do at home to keep you active this week . I would like you to try your best and stay active!

Premier League stars -

<https://plprimarystars.com/for-families>

Cosmic kids -

<https://www.youtube.com/user/CosmicKidsYoga>

Disney Dance along -

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>

Shake ups-

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Wake up shake up –

https://www.youtube.com/watch?v=x_9L5_A6Ww4

Joe wicks workout -

<https://www.youtube.com/user/thebodycoach1>

I would like to see if you could complete all of these challenges on map below you do some on your own and others you require a help of a family member-

 star jumps	 leap frog	 tunnels	 toe touches
 treadmill	 skipping track	 frog jumps	 crab walk
 tiptoe walking	 full body rock paper scissors	 sprints	 knee highs

