

Joe Wicks: 5-Minute Move Workout 1

Low Sprint Shuffle

1. Crouch your body down.
2. Run quickly on the spot.
3. Pump your arms.
4. Turn to the middle and the side.
5. Make sure you have fast feet.





**Throw and catch a ball
with a friend.**

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**How many times can you
bounce a ball?**

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Make a trail and follow it.

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Do 5 star jumps.

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Joe Wicks: 5-Minute Move Workout 2

Frog Jump

1. Bend your knees.
2. Touch the ground.
3. Jump up high.
4. Stretch your arms above your head.
5. Keep going!

