



**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 5

Slow Motion Burpees

1. Bend to put your hands on the floor.
2. Walk your feet backwards.
3. Walk your feet to your hands.
4. Stand up with your arms up above your head.

