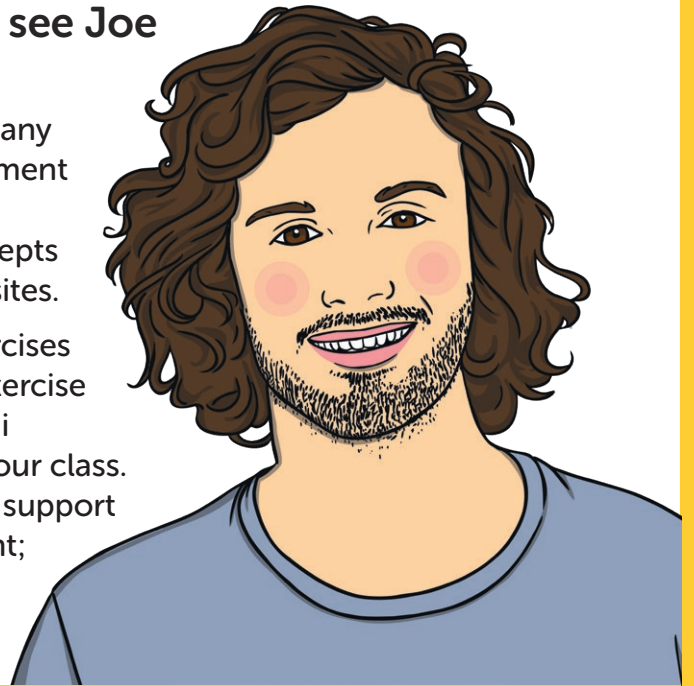


# Joe Wicks: 5-Minute Move Workout 3

View the linked video content [here](#) to see Joe demonstrate the workouts.

Please check that the content in this link, including any comments, is suitable for your educational environment before showing. Please do not let the next video automatically play at the end of the clip. Twinkl accepts no responsibility for the content of third party websites.

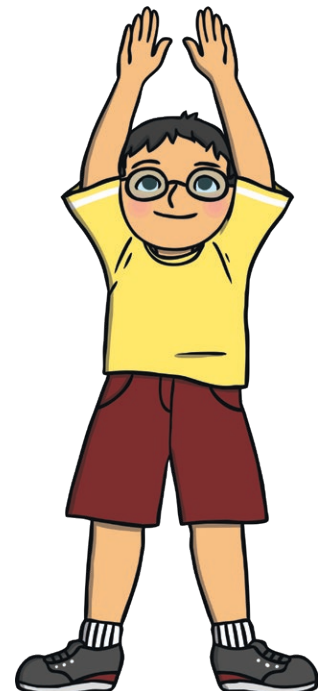
These cards have been created to illustrate the exercises demonstrated by Joe in the workout video. Each exercise is performed for 40 seconds, with a 20-second rest in-between. However, this can be changed to suit your class. The cards can be used with or without the video to support children who need help performing each movement; to create workouts of different lengths or to complete their exercises outdoors.



# Joe Wicks: 5-Minute Move Workout 3

## Touch the Sky

1. Start with your feet a bit wider than your shoulders.
2. Bend your knees.
3. Touch the floor.
4. Stand up straight.
5. Stretch your arms high above your head.



# Joe Wicks: 5-Minute Move Workout 3

## Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.



# Joe Wicks: 5-Minute Move Workout 3

## Touch Toes, Clap Hands

1. Sit down on the floor.
2. Legs out in front of you.
3. Stretch your arms to touch your toes.
4. Stand up.
5. Clap your hands above your head.



# Joe Wicks: 5-Minute Move Workout 3

## Lunge

1. Start with your feet together.
2. Step back with one leg.
3. Touch your front foot with your hand.
4. Stand up straight.
5. Repeat with your other leg.
6. Keep going!



# Joe Wicks: 5-Minute Move Workout 3

## Star Jump Sprint

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.
5. If you hear "Sprint", run as fast as you can on the spot!

