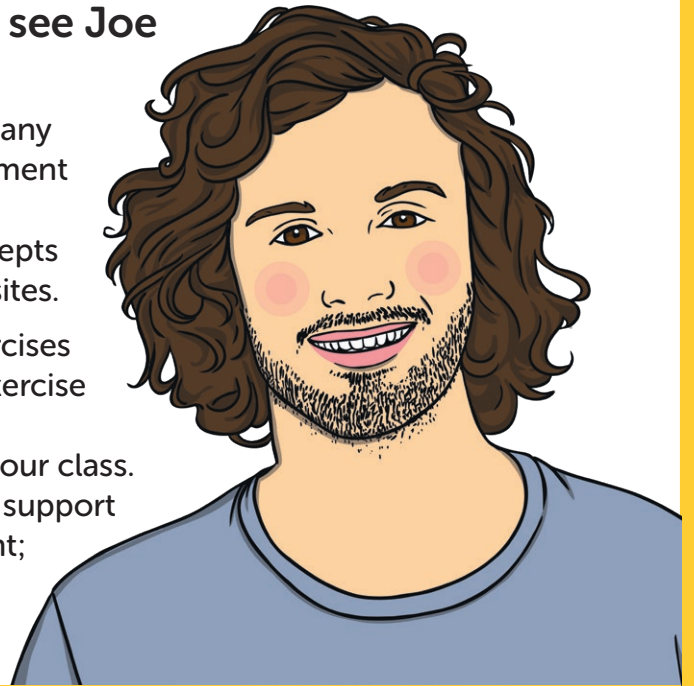


Joe Wicks: 5-Minute Move Workout 5

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 5

Star Jumps

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.



Joe Wicks: 5-Minute Move Workout 5

Squat

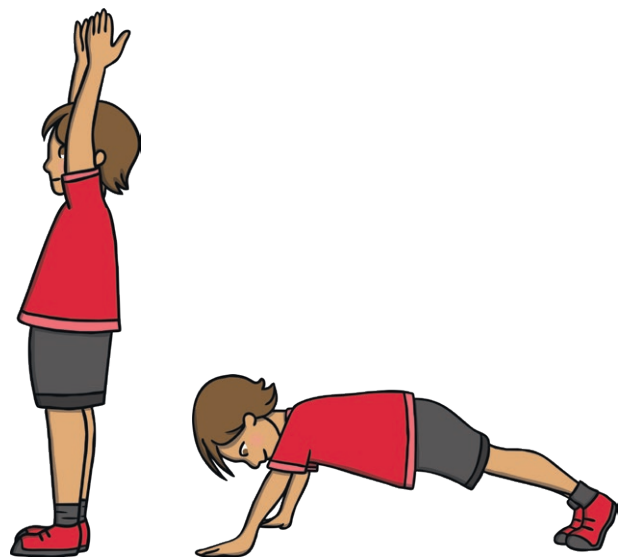
1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.



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.



Joe Wicks: 5-Minute Move Workout 5

Touch the Foot, Touch the Sky

1. Place your feet out wide.
2. Reach to your toes with a straight arm.
3. Stretch your arms up high.
4. Pretend to touch the sky!



Joe Wicks: 5-Minute Move Workout 5

Ski Jump

1. Tuck your arms into your chest.
2. Crouch forward.
3. Pretend there is a line on the floor.
4. Jump to the side over this line.
5. Jump back to the other side.

