KS1

Jog, jump, touch the floor and turn

Focus
- Effective for weight loss
- Fun for you and your child

Tips
- Have fun whilst exercising

Mountain climbers

Focus
- Works every muscle group in the body.
- Enhances a stronger core.
- Weight control.
- Great cardio workout.

Reps and sets
15-20 reps 2-3 sets.

Difficulty
Beginner – start by walking your feet in – 10 reps x 2 sets.
Intermediate – faster pace – 30 seconds of mountain climbers.
Advance – faster – 45 seconds 30 seconds of mountain climbers.

Sit up – claps

Focus
- Toning of the core muscles.
- Promote good posture by working the lower back and gluteal muscles.

Tips
- Perform the exercise slowly in a control way, exhale on the way up and inhale on the way down.
- Have fun whilst exercising with your child.

Reps and sets
10-15 reps 2-3 sets.

Difficulty
Beginner – take it in turn coming up and down with your child 10 times.
Intermediate – go at the same time 10 x 2 sets.
Advance – have a race – first to 10 or even 20!
Squats
Focus
- Building your leg muscles – quadriceps, hamstrings, and calves.
- Improving muscle mass.
- Great all-rounder for the whole body.

Tips
- Concentrate on the movement rather than the speed.
- As you squat down, focus on keeping your knees in line with your feet.
- Drive through your heels on the way up.
- Arms on hips or out in front of you to keep balance.

Reps and sets
7–10 reps 3 – 4 sets.

Difficulty
Beginner – 10 reps of 3 sets.
Intermediate – hold for 5 -10 seconds.
Advance – squat lower.

Wall push up
Focus
- Strength building move.
- Work your chest, triceps and core muscles.

Tips
- Take two steps away from the wall.
- Don’t hold your breath, breathe normally.

Reps and sets
12 -20 reps 3-5 sets.

Difficulty
Beginner – 12 reps x 3 sets.
Intermediate – 20 reps x 4 sets.
Advance – move hands closer together, to make it harder.
Mum and KS1 circuit

You can make these exercises into a circuit by following the steps below. Repeat circuit x 3 = 24mins circuit.

Jog, jump, touch the floor and turn 30 seconds exercise / 30 seconds rest

Mountain climbers 30 seconds exercise / 30 seconds rest

Sit up – claps 30 seconds exercise / 30 seconds rest

Squats 30 seconds exercise / 30 seconds rest

Wall push up 30 seconds exercise / 30 seconds rest

Followed by a 2min recover period then repeat

Please note – if you find this circuit to easy you can progress by following the intermediate or advance routines above