

STAY ACTIVE RESOURCE CARD

Kids Body Blast Challenge

**FUN 5 MIN WORKOUT
FOR AGES 5-12 YEARS**

Other Stay Active Cards available
Contact email@dsni.co.uk



Teens

Kids



CHALLENGE: HOW MANY CAN YOU DO IN 1 MINUTE?

ADD UP YOUR SCORES FOR EACH EXERCISE AND TRY TO BEAT IT NEXT TIME!

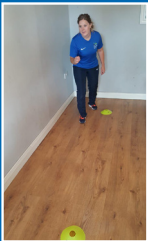
1

Animal Crossing

KEY POINTS:

- Two cones - 5m apart
- Pick an Animal; E.g. Bear, Frog
- Move cone to cone as fast as you can like that animal

• **SCORE: 1 point each time you reach a cone**



2

Star Jumps

KEY POINTS:

- Start Feet together
- Jump out into a star shape and back to starting position

• **SCORE: 1 point for each star jump**



3

Wall Press

KEY POINTS:

- Hands on wall, arms straight at shoulder height
- Bend elbows and lean in towards wall
- Push back out to starting position

• **SCORE: 1 point for each wall press**



4

Speed Bounce

KEY POINTS:

- Jump side to side over an obstacle; E.g. Hurdle, cone, rolled up towel

• **SCORE: 1 point for each successful jump over the obstacle**

