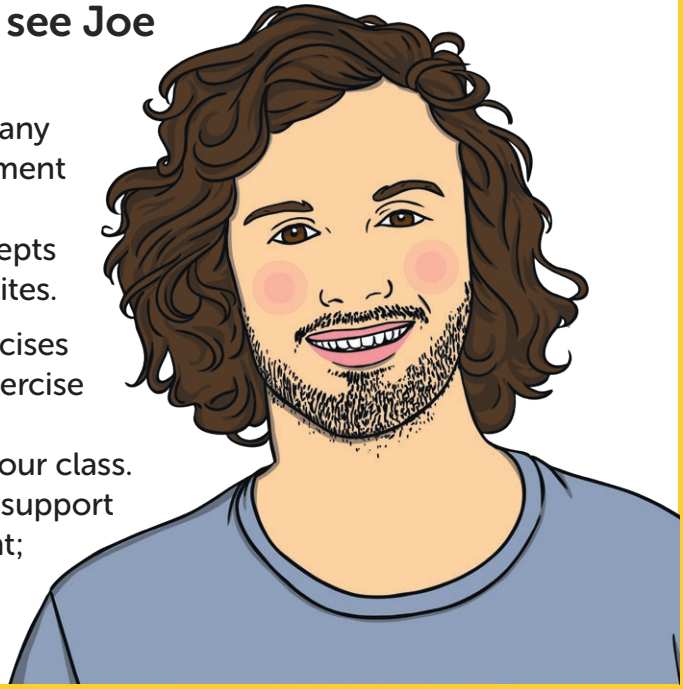
Joe Wicks: 5-Minute Move Workout 4

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.

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Joe Wicks: 5-Minute Move Workout 4

Squat Knee-Up

1. Start with your feet a bit wider than your shoulders.
2. Bend your knees as if sitting in a chair.
3. Stand up straight.
4. Lift one knee high.
5. Bring your elbow to your knee.
6. Repeat, this time using the other knee.



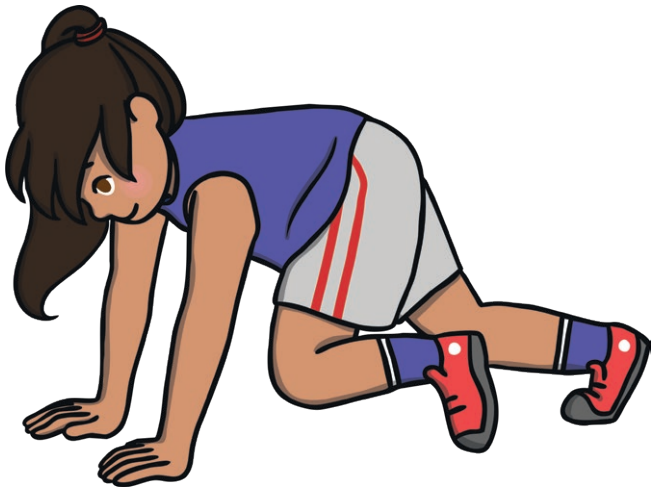
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Joe Wicks: 5-Minute Move Workout 4

Mountain Climbers

1. Get on your hands and feet.
2. Keep your back and legs in a straight line.
3. Bend one knee and bring it to your chest.
4. Return your foot to the floor.
5. Move nice and slowly.
6. Repeat with your other knee.



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Joe Wicks: 5-Minute Move Workout 4

Knee Lifts

1. Hold your arms out to the side at about chest height.
2. Keep your arms straight.
3. Lift your knee high up to your elbow.
4. Keep your back straight.
5. Return your foot to the floor.
6. Repeat with the other knee.



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Joe Wicks: 5-Minute Move Workout 4

The Mummy

1. Hold your arms out to the front.
2. Kick your legs up and out to the front.
3. Cross your hands over each other. First one on top and then the other.
4. Keep your arms and legs straight.



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Joe Wicks: 5-Minute Move Workout 4

Lunge Punch

1. Start with your feet close together.
2. Step one foot backwards and bend your knees.
3. Punch out with one hand.
4. Stretch your arm out forwards.



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