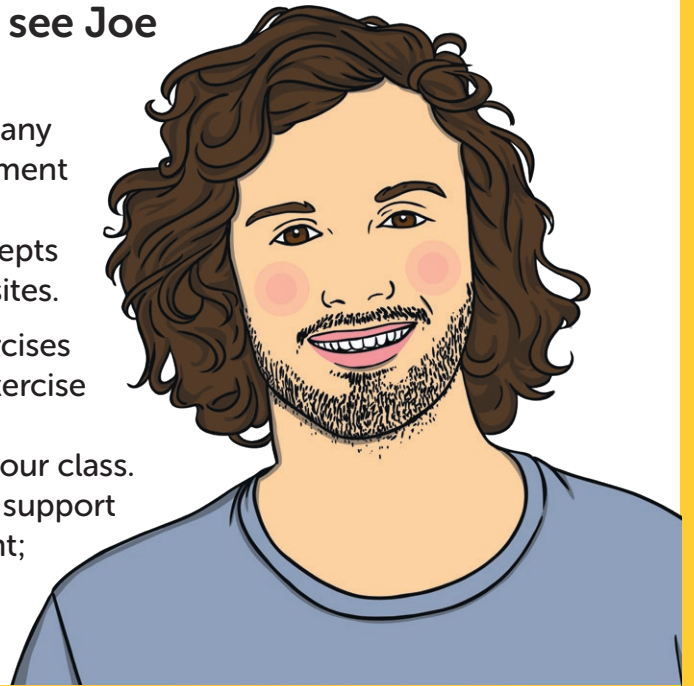


# Joe Wicks: 5-Minute Move Workout 1

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 1

## Marching on the Spot

1. Stand with your feet hip-width apart.
2. Lift one foot and then the other.
3. Stay on the same spot.
4. Lift your knees up high, keeping your back straight.
5. Pump your arms as well.



# Joe Wicks: 5-Minute Move Workout 1

## 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 1

## Low Sprint Shuffle

1. Crouch your body down.
2. Run quickly on the spot.
3. Pump your arms.
4. Turn to the middle and the side.
5. Make sure you have fast feet.



# Joe Wicks: 5-Minute Move Workout 1

## 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 1

## 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.

