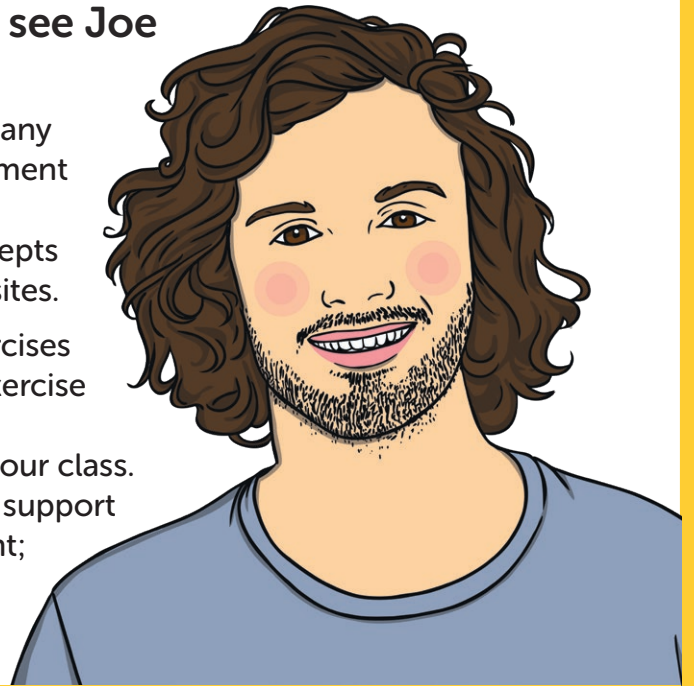


# Joe Wicks: 5-Minute Move Workout 2

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 2

## 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 2

## Running and Punching

1. Run on the spot.
2. Punch your hands forwards at shoulder height.
3. Keep your knees high.
4. Stretch your arms and punch your hands.



# Joe Wicks: 5-Minute Move Workout 2

## Frog Jump

1. Bend your knees.
2. Touch the ground.
3. Jump up high.
4. Stretch your arms above your head.
5. Keep going!



# Joe Wicks: 5-Minute Move Workout 2

## 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 2

## Marching High Knees

1. March on the spot.
2. Lift your knees high.
3. Touch your elbow to your knee.
4. Keep your back straight.

