

# FITNESS

## Autumn Lesson plan 4

### The FIT

**Agility:** The ability of the body to change direction quickly while remaining under control.

Good examples of agility sports are tennis, football, basketball and badminton.

### Age 4+

**Warm Up:** Drill 'Mirror Image' in partners. Partner 1 takes the lead and performs moves while partner 2 tries to copy them by being their mirror image. After a few minutes, swap leaders.

TIP: encourage children to be creative & agile in their moves, before they begin, try out some moves together, demonstrate some movement ideas e.g. jumping jacks, side lunges pendulum legs.

**Main Component :** Superstar Circuit Session. Arrange 1 station per child in a circle around the gym hall. Spend 1 - 1.5 minutes on each station before blowing your whistle to move the children on to the "Next Station!"

**Cool Down:** 'Snake in the Grass' - Choose 4 snakes to stay in the middle of the designated playing area. The rest of the group are the runners. On the signal the runners must run across the playing area to the opposite end of the gym hall in order to be safe from the snakes. The snakes travel on their tummies and can stretch out of their area to tag the runners. If the runners are tagged by the snakes before they reach the 'safe zone' they too become snakes. Repeat this from the other side until there are only 4 runners left who can start a new game as the snakes.

TIP: Make sure the snakes tag gently so as not to trip the runners.

### Age 7+

**Warm Up:** Drill 'Mirror Image' in partners. Partner 1 takes the lead and performs moves while partner 2 tries to copy them by being their mirror image. After a few minutes, swap leaders.

TIP: encourage children to be creative & agile in their moves, before they begin, try out some moves together, demonstrate some movement ideas e.g. jumping jacks, side lunges pendulum legs.

**Main Component:** Superstar Circuit Session. Arrange 1 station per child in a circle around the gym/room.

Spend 1 - 2 minutes on each station before blowing your whistle move the children on to the "Next Station!"

**Cool Down:** Game 'British Bulldog'

One or more players (if large space) are selected to play the parts of the "bulldogs". The bulldogs stand in the middle of the play area. All remaining players stand at one end of the area in the 'safe zone'.

The aim of the game is to run from one end of the gym hall to the other, without being caught by the bulldogs. When a player is caught, they become a bulldog themselves.

The winner is the last player or players 'free'.

# NUTRITION

## The NUT

Grape Stuff – grapes, oranges, lemon & sparkling water.

Gabby Grape: I help your muscles when you play sport and I give your heart support.

OJ Orange: Juice me for Vitamin C, I will boost up your immunity.

Lizzie Lemon: When you have a cold in your chest, my zest will get you back to your best.

