

# FITNESS

## Winter Lesson 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+

This week in FitNut the children will begin with a fun game of 'beans' which will require them to be very fast and agile and is great fun. They will then rotate around '3 station' of games which help to develop good agility. These include balloon tennis, volleyball and an obstacle course. We will end with a team building game of 'hoop pass'.

### Age 7+

This week in FitNut the children will begin with a fun game of 'beans' which will require them to be very fast and agile and is great fun. They will then rotate around '3 station' of games which help to develop good agility. These include tennis or badminton, volleyball and an obstacle course. We will end with a team building game of 'hoop pass'.

# NUTRITION

## THE NUT

**Beet it** Beetroot, carrot, apple.

**Adam Apple** An apple a day takes the toxins away

**Chris Carrot** I can help your eyes see in dark night skies

**Benny Beetroot** I can make you stronger, so you can run for longer.

