

FITNESS

Summer Lesson Plan 9

The Fit: Reaction Training

Reaction Training is the initiation of physical movement in response to some stimulus. Student's ability to react quickly can improve sports performance and sports vision in many games. Eg. Basketball, baseball, hockey, football and tennis to name a few.

Warm up:

GAME: Crocodile's River

Appoint one student to be Mr or Mrs Crocodile and the other children form a line at one end of the area and say: "Please Mr/Mrs Crocodile, can we cross your River?"

Mr/Mrs Crocodile' replies with something like: "Only if you are wearing red".

All the kids wearing red (or whatever!) can stroll across safely, but those not wearing red have to dodge and run while Mr/Mrs Crocodile tries to catch you. If you get caught you are out. The last person to survive would be the next Mr/Mrs Crocodile.

Main Component: Superstar circuit session

Cool Down:

Where do you stand?

Ensure you have a large playing area as students will be running in different directions; remind them to look where they are going to avoid crashing into each other.

Mark out a line down the centre of your play area. All students begin by standing on that centre line.

The coach now calls out opposites and points in one direction for each, students must make their choice and run to their correct side of the line

Examples:

Cats or dogs

Blue or pink

Fish or chips

Fruit or vegetables

Football or swimming

Cereal or toast

Disney or nickelodeon

Math or History

Music or T.V.

Wellies or trainers

Give students a turn to choose the categories

NUTRITION

THE NUT:

Summer spinach Salad - ingredients: Oranges, Spinach

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

Suzy Spinach: All day long I will keep you strong.

