

# FITNESS

## Winter Lesson Plan 9

### The FIT Reaction Training

Reaction Training is the initiation of physical movement in response to some stimulus. Students 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:

Piggy in the middle: Have the students circle around 2 players in the middle who try to retrieve the ball. If a child in the middle catches the ball, the person from the circle who threw the ball switches places with them and is now in the middle.

Whistle Blower stretching:

Have the children lunge walk around the gym while performing a lunge with each step. (in the same direction). They must listen for the whistle and follow the commands:

- 1 blow = change direction (lunge walk the other way),
- 2 blows = reach for the sky on tippy toes,
- 3 blows = touch your toes.(then continue lunge walking)

# NUTRITION

## THE NUT

### Heart Healthy Soup

**Lenny Leek** I can play a part, in protecting your heart.

**Olly Onion** I clean your blood and fight disease, make sure you cook with lots of these.

**Paddy Potato** Leave on my skin, to keep the fiber in.

