

FITNESS

Summer Lesson Plan 7

The Fit: Flexibility

Flexibility is the ability of your joints to move through their full range of motion. Your degree of flexibility can vary around the body. Having flexibility in your muscles allows for more movement around the joints which means better posture, less muscle tension, reduced risk of injury and relaxation for the mind and body.

Warm up

Game: Crazy Train

Have all children line up in a straight line behind the coach. Ensure there is a little space between each student. The coach demonstrates their chosen yoga pose which everyone will eventually do and then starts to lead the train around the room. The 'passengers' follow the leader while crazy dancing. Being sure to stay in line or on the train. When the leader (driver or inspector) turns around, everyone assumes the pose which the leader previously demonstrated. Change the leader / driver of the train frequently to allow all students to have a turn.

Game: S3 – Soup / Salad / Smoothie

This is an active game that allows lots of movement while practicing some of the FitNut superstar's exercises. Divide the room in half with a long jump rope or line etc. When the coach yells "Soup" everyone runs and jumps into the soup side of the room, when the coach yells "Salad" they run and jump to the other side. When the coach yells "Smoothie", the students must perform an action from the FitNut superstar's workout cards eg: jumping jack, jog on the spot, trunk twist, anything that they have used to make a smoothie either in this session or in this past. Try going quickly and mix the instructions up, the students love this crazy fast paced action.

Main Component:

Superstar circuit session

Cool Down:

4+ Game: Bash ball

You will need a soft football sized ball.

Have all students stand in an open circle, legs wide apart so that their feet touch those of the players next to them and there is sufficient space for a ball to pass between their legs. Once in this position the players are not allowed to move their feet. So, without moving their feet or legs players have to stop the ball from going between their legs, by bending over from the waist and using their hands to knock the ball away. If the ball does go between somebody's legs they are 'out' but remain standing in their position legs apart with arms folded or on their head. Because from now on any player that accidentally knocks the ball through the legs of a person who is out is also 'knocked out'

7+ 'Strike a Pose' challenge

To help your students realise just how strong they are, call out 2 different body parts that should touch the floor eg. "2 Hands and 2 feet" the students could perform downward dog, plank, forward bend etc or use their imagination to make up a new pose.

Perhaps try 1 hand, 1 foot. 2 knees and 1 elbow. Toes and thumbs. The possibilities are endless.

NUTRITION

THE NUT:

Fruit Kebabs - ingredients: Kiwi, Blueberries, Strawberries, Mango, Grapes, Pineapple

Marilyn Mango: I'm bursting with vitamins A, B & C, I will keep your eyes & skin healthy

Kiki Kiwi: I remove congestion, to help you with digestion

Star Strawberry: I take cuts and bruises away and give you energy to go and play.

Billie Blueberry: I protect every cell, and make your brain work well.

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

Pablo Pineapple: When you need to heal a bruise, I'm the one to choose.

