

FITNESS

Spring Lesson 2

THE FIT:

Core Strength including abdominal muscles, back muscles and the muscles around the pelvis.

Strong core muscles make it easier to do many physical activities and improves posture.

Good core stability will help your child to maintain a good sitting posture at the desk, and will help develop a stable, supportive base for gross motor and fine motor movements.

Age 4+

This week our FitNuts will warm up using our superstar core strength exercises and follow this with several relay races using various movements which help to develop a good supportive trunk including crab walking, bear walking and traveling with bean bags. They will cool down with a game of 'funny football'!

Age 7+

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NUTRITION

THE NUT:

Banochho Smoothie - Bananas, oat milk + a sprinkle of cocoa powder

Barry Banana: I give you energy fast and slow, when you want to go go go

