

# FITNESS

## Winter Lesson Plan 10

### The FIT

Team building games are a great way to help our FitNuts build trust and learn to work together. It gives everyone an opportunity to bond and have some fun.

In this session, the children will be encouraged to work together and support each other while having fun.

### Age 4+

**Relay Races:** Arrange the children into teams; they must perform the following tasks to the end of the hall and back (or run back) tagging the next person/people in their team to do the same. The first team to finish and sit down win.

Bear run (on all fours)

Frog Jump

Crab walk (on all fours, tummy facing up)

Roll (either forward or sideways)

### Balloon Drop

Instead of tying legs together as in the 3 legged races, two runners stand side-by-side and hold a balloon or ball between their hips (no helping hands allowed). How fast can they move from start to finish, without dropping the balloon?

### Seal relay race

Players lie on their stomachs (the arms are either flat to the body or bent at the elbows). On "GO" students move like a seal towards the end of the gym hall. This game can also be played as a relay race inside or outside on the grass.

### Team Task

Stretch a rope tightly between two chairs. Have students build a human chain, holding hands all the time. Somehow, they all have to get across to the other side of the rope without losing touch to the human chain. If someone lets go whether by accident or to get across alone, they are eliminated and must go to the back, while the others close the gap in the chain. The team leader takes good care that the rope is not touched and the human chain is not broken.

TIP: Make the rope high and have the children go under it, then lower the rope and have them go over it.

### Age 7+

### Centipede race

The team makes a line in the press-up position. The feet of the person in front are placed on the shoulders of the person behind. Only the last player in the team has their feet on the ground. On the start signal the race can begin. If the centipede breaks up, it may only start walking again when the feet are back in position. This may take a while!!

### Seal relay race

Players lie on their stomachs (the arms are either flat to the body or bent at the elbows) and move like a seal towards the goal after the signal is given. This game can also be played as a relay race.

## Balloon Drop

Instead of tying legs together as in the 3 legged race, two runners stand side-by-side and hold a balloon or ball between their hips (no helping hands allowed). How fast can they move from start to finish, without dropping the ball?

## Chin ball race

Two teams stand in a line. The first person holds a ball under his chin. He must pass it to the next player in line without using his hands. The team who passes the ball from the first to the last player the fastest wins.

## Team Task

Stretch a rope tightly between two chairs.

Have students build a human chain, holding hands all the time. Somehow, they all have to get across to the other side of the rope without losing touch to the human chain. If someone lets go whether by accident or to get across alone, they are eliminated and must go to the back, while the others close the gap in the chain. A team leader should take care that the rope is not touched and the human chain is not broken.

TIP: Make the rope high and have the children go under it, then lower the rope and have them go over it.

# NUTRITION

## THE NUT

### Super skin Soup

**Scot Squash** I will keep you smart, I protect your brain, lungs and heart.

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

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

**Syd Sweet Potato** I protect your eyes, and energise.

