

FITNESS

Spring Lesson 1

Welcome to FitNut:

Each session we will be using our FitNut Superstars who are Fruits & Veg Head characters to help children understand each food's 'super powers' (an effect eating these foods have on their body), we use them to highlight a particular benefit of each food, we then discuss further benefits.

The FitNut Superstars help guide us through our exercises which we use in our circuit sessions.

We also use FitNut nutritional music throughout our gym machine circuits to further inform the children in a fun way about the positive effects of fruits and vegetables on their bodies. The children will meet many of our characters throughout their time in FitNut and we aim for them to remember the super power of each one.

THE FIT:

Balance & Co-ordination: Balance is the ability to stabilize & produce movement. Coordination generally refers to moving two or more parts of your body at the same time to achieve a specific goal. Having good balance improves co-ordination and can be a huge benefit in many sports. From the basics at age 4 to perfecting motor skills as they grow into teenage years. Balance, rhythm, spatial awareness and the ability to react to stimulus are all elements of coordination. In the early years we use games to develop spatial awareness and move on to perform these skills using drills at increased speed as our students develop.

Age 4+

This week our FitNuts will warm up with some ball skill drills, dribbling with feet and also with hands around cones. Soccer & Basketball stars!. We will perform our Superstar circuit exercises and end with a game of 'Line Tag'

Age 7+

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NUTRITION

THE NUT:

Simply Sweet - Apple & Carrot Juice

Each student can juice 1 apple and ½ carrot.

Adam apple: An apple a day takes the toxins away

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

