

FITNESS

WEEK 2

Core Strength including abdominal muscles, back muscles and the muscles around the pelvis. Strong core muscles or muscles of the trunk make it easier to do many physical activities and helps improve posture. Good core stability can help students to maintain a good sitting posture and can help develop a stable, supportive base for gross motor and fine motor movements. Developing strong core muscles can help avoid back pain in adulthood.

Age 4+

This week our FitNut's will warm up with some core strengthening drills called 'Crab Kick' (with a balloon) and 'Roll Goal'. The children will continue with a circuit of the FitNut Superstar's exercises and end with a fun game of 'Crab Catch' and some Yoga to cool us down.

Age 7+

This week our FitNut's will warm up with some core strengthening drills called 'Crab Kick' (with a ball) and 'Roll Goal'. The children will continue with a circuit of the FitNut Superstar's exercises and cool down with a super strong drill 'All 4's to 2's'.

NUTRITION

Blackberrie Smoothie - Ingredients: Blackberries, milk, vanilla yogurt, bananas

Bobby Blackberry: Eat a handful of me, to keep you germ free

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

This ends up a rich purple colour and is a real tasty treat for the kids.

