

FITNESS

Spring Lesson 4

THE FIT:

Agility:

The ability of the body to change direction quickly while remaining under control. Good examples of agility sports are tennis, football, basketball and badminton.

Age 4+ & 7+

This week the FitNuts will warm up with some fun zig zag challenges using lots of agile footwork to get through our course. They will continue developing their agility skills with an obstacle course and a 'terrific trio' game followed by a fun musical body parts game for everyone to enjoy.

NUTRITION

THE NUT:

Mangogo' - Orange, Kiwi, Mango & Papaya

O.J Orange: Juice me for Vitamin C, I will boost your immunity

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

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

Paw Papaya: I fight infection & improve complexion

