

# FITNESS

Winter Lesson 10

## The Fit Teamwork

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 playing team games such as relay Races, 'balloon drop' and 'team pass' These games promote team spirit by performing and completing tasks together.

# 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.

