

FITNESS

Autumn Lesson plan 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.

Age 4+

Warm Up:

Camels and Crabs age 4+:

Create teams. Place bean bags/marker cones (the same number as team members) at one end of the gym / hall. The students start at the opposite end. The students have to get into bear walk position, and "walk" across the gym in this position until they get to the other side, pick up and place the bean bag/marker cone on their back (like a camel's hump) and make their way back to their team tagging the next player to go. If the student drops the beanbag/marker cone, they have to pick it up where they are and keep going. They cannot move forward without balancing the bean bag/marker cone.

For the next round, have the children assume the crab position (on all fours with tummies facing up).

The game is the same except the beanbag/marker cone should be placed on their tummy.

Main Activity Session:

Crab Football: Set up 2 goals, have the children play 'football' but in crab position.

Only the goalie can touch the ball with their hands.

Dizzy Basketball: Have the students run in turn toward a basket on the ground or low basketball net, spin around 3 times then try to shoot the ball in the basket. They then run back to tag their teammate to go. Tally up the points for each team for every basket scored. Please note, you can use bean bags and shoot into buckets for the younger children. Mark a suitable distance for them to shoot from.

Cool Down:

Game: 'switching places'

Have everyone stand in a circle with one person in the middle. That person calls out, "Switch places if . . ." and then fills in the blank with something like "you like apples" or "you have blonde hair" or "you eat vegetables every day". Any participant the statement fits must leave his or her spot and quickly find a new place to stand that another player has left vacant. As this happens, the person in the middle fills one of the empty spots (if no one moves, the person stays in the middle and calls out something else). At the end there will be one participant without somewhere to stand, and this person goes to the middle. There is no winner or loser, just constant activity. The person now in the middle calls out the next statement. Suggest food related questions to lead nicely into 'THE NUT'.

Age 7+

Warm Up:

Camels and Crabs age 4+:

Create teams. Place bean bags/marker cones (the same number as team members) at one end of the gym / hall. The students start at the opposite end. The students have to get into bear walk position, and "walk" across the gym in this position until they get to the other side, pick up and place the bean bag/marker cone on their back (like a camel's hump) and make their way back to their team tagging the next player to go. If the student drops the beanbag/marker cone, they have to pick it up where they are and keep going. They cannot move forward without balancing the bean bag/marker cone.

For the next round, have the children assume the crab position (on all fours with tummies facing up).

The game is the same except the beanbag/marker cone should be placed on their tummy.

Crab Football: Set up 2 goals, have the children play 'football' but in crab position. Only the goalie can touch the ball with their hands.

Main Activity Session:

Crab Football: Set up 2 goals, have the children play 'football' but in crab position. Only the goalie can touch the ball with their hands.

Dizzy Basketball: Have the students run in turn toward a basketball net, spin around 3 times then try to shoot the ball in the hoop. They then run back to tag their teammate to go. Tally up the points for each team for every basket scored.

Line basketball:

Divide the class into two lines of players at each side of the gym hall. Number each player on each team eg 1 -10. Place the basketballs in the centre of the hall. On your command, the players at the end of the line, eg. player number 10 runs to collect a basketball, passes it to player number 9 who passes to number 8 and this continues until player number 1 has the ball, they pass it to the original player (number 10) who is now near the basket and who takes a shot. When they have taken their shot, they must run to position number 1 and the process starts again with the player who was originally in position number 9. This continues until everyone has taken a shot on the basket. The team who have accumulated the most baskets wins. Coaches please note, you will have to help each team tally up their scores and also return the balls to the centre after each shot.

Cool Down:

Game: 'switching places'

Have everyone stand in a circle with one person in the middle. That person calls out, "Switch places if . . ." and then fills in the blank with something like "you like apples" or "you have blonde hair" or "you eat vegetables every day" Any participant the statement fits must leave his or her spot and quickly find a new place to stand that another player has left vacant. As this happens, the person in the middle fills one of the empty spots (if no one moves, the person stays in the middle and calls out something else). At the end there will be one participant without somewhere to stand, and this person goes to the middle. There is no winner or loser, just constant activity. The person now in the middle calls out the next statement. Suggest food related questions to lead nicely into 'THE NUT' with age 7+ you can ask questions like "you can point to your femur" (they must do it then switch), or "if you have been to (name a country)"

NUTRITION

The Nut

Fresh mint tea: Mint, hot water (optional: honey)

Murray Mint: I help digest your food and brighten up your mood.

