

FITNESS

Spring Lesson Plan 6

The FIT

Power & Speed:

Speed is the ability to move quickly from one point to another in a straight line.

Acceleration, max speed & speed maintenance are all indicators of speed.

Power is the ability to do strength work at an explosive pace.

Age 4+

Warm Up: Child Led warm up. Have the children select an exercise card each to 'coach' to the rest of the class.

Encourage everyone to take a turn standing out in front and demonstrating the exercise while counting the number of repetitions.

Main Component : Superstar Circuit Session. Arrange 1 station per child in a circle around the gym/ room.

Spend 1 - 1.5 minutes on each station before blowing your whistle move the children on to the "Next Station!"

Cool Down: Game: 'Garbage Dump' - using lots of SOFT small balls as garbage, split the children into 2 teams divided by benches half way across the gym floor. The object of the game is to tidy up your side by dumping all the garbage in the other teams half of the gym hall. TIP: tell children they must through the balls to the floor (not the faces of the other team). Set a time and when you call for the kids to stop, the tidiest team win.

Age 7+

Warm Up: Child Led warm up. Have the children select an exercise card each to 'coach' to the rest of the class.

Encourage everyone to take a turn standing out in front and demonstrating the exercise while counting the number of repetitions.

Main Component: Superstar Circuit Session. Arrange 1 station per child in a circle around the gym/ room.

Spend 1 - 2 minutes on each station before blowing your whistle move the children on to the "Next Station!"

Cool Down: Game: 'Garbage Dump' - using lots of SOFT small balls as garbage, split the children into 2 teams divided by benches half way across the gym floor. The object of the game is to tidy up your side by dumping all the garbage in the other teams half of the gym hall. TIP: tell children they must through the balls to the floor (not the faces of the other team). Set a time and when you call for the kids to stop, the tidiest team win.

NUTRITION

THE NUT:

Mighty Muscle Power - ingredients: Kiwi, Apple & spinach Juice
Juice 1 apple, $\frac{1}{4}$ kiwi and a small handful of spinach leaves per child

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

Suzie Spinach: All day long, I will keep you strong

Adam Apple: An apple a day takes the toxins away

