

FITNESS

Spring Lesson Plan 1

The FIT

Balance & Co-ordination:

Balance is the ability to stabilize & produce movement. Coordination generally refers to moving two or more parts of your body at the same time to achieve a specific goal. Having good balance improves co-ordination and can be a huge benefit in many sports.

Age 4+

Warm Up : Dribble around cones using feet (soccer) and also using hands (basketball)

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: Line Tag - Pick a student to be "it" for the game. Everyone else needs to be spaced out on the lines in the gym (if you do not have lines make them with chalk or tape). The purpose of the game is to not be tagged by people who are "it". Everyone, including those who are "it", can only run on the lines. If tagged, you become the new tagger.

Age 7+

Warm Up: Dribble around cones using feet (soccer) and also using hands (basketball)

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: Line Tag EXTRA- Pick two students to be "it" for the game. Everyone else needs to be spaced out on the on lines in the gym (if you do not have lines make them with chalk or tape). The purpose of the game is to not be tagged by people who are "it". Everyone, including those who are "it", can only run on the lines- if someone runs off the line or jumps to another line, then they have to sit down and become a "block" (you'll have to watch for this) . The people who are "it" try to tag everyone. Once a person is tagged, they must sit down on that spot and become a block. The people running on the lines cannot run past the blocks (the blocks are barriers) - only the people who are "it" can run past the blocks and tag everyone else. Whoever is the last person standing wins the game.

NUTRITION

THE NUT:

Simply Sweet - Apple & Carrot Juice

Each student can juice 1 apple and ½ carrot.

Adam apple: An apple a day takes the toxins away

Chris Carrot: I can help your eyes, see in dark night skies

