

# FITNESS

## Summer 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 our FitNuts become the coaches! Each child will choose a Superstar card and coach the exercise to the rest of the class. We will then enjoy some fun games including 'Tail Tag', 'Cat & Mouse', 'Everybody's It' and 'In,Out, What's it all about'. We will end by performing our FitNut Superstar sun salutation yoga sequence.

# NUTRITION

### THE NUT:

**Berry Sweet smoothie** - Summer berry mix with vanilla yoghurt

**Billie Blueberry:** I protect every cell & make your brain work well.

**Bobby Blackberry:** Eat a handful of me, to keep you germ free.

**Rosie Raspberry:** I am a disease fighting berry, who can make you feel merry.

**Star Strawberry:** I take cuts & bruises away, and give you energy to go and play.

