

FITNESS

Autumn Lesson plan 6

The FIT

Power & Speed:

Speed is the ability to move quickly from one point to another in a straight line. Acceleration, maximum speed & speed maintenance are all indicators of speed. Power is the ability to do strength work at an explosive pace.

e.g. progressing from a lunge to a power lunge or progressing from a squat to a squat thrust.

Age 4+

Warm Up: Work through the FitNut Superstar Warm-up exercise sequence card

Main Component:

Games:

Whistle Blower: Have the children jog around the entire gym hall (in the same direction). They must listen for the whistle and follow the commands: 1 blow = change direction (all jog the other way), 2 blows = jump up high (then continue jogging) 3 blows = touch the ground (and continue jogging).

Traffic Lights: Use 3 items coloured red, yellow and green. Frisbees are ideal. Call out an action, eg. walk, jog, skip, gallop, etc. TIP: you can also use animal actions. The children must travel according to the colour of frisbee you are holding up. eg. Red = STOP, yellow = SLOW and green = GO

Musical Bumps. Children dance around to the music, when it stops they must sit down as fast as possible. The last one to sit down is out. TIP: You can give the kids a few 'practice runs' before sending them out. With young children, I often use the 1 out / 1 in rule. So there is only ever 1 person sitting out at a time.

Cool Down: Work through the FitNut Superstar cool down yoga sequence card.

Age 7+

Warm Up: Work through the FitNut Superstar Warm-up exercise sequence card

Main Component:

Games:

Whistle Blower: Have the children jog around the entire gym hall (in the same direction).

They must listen for the whistle and follow the commands: 1 blow = change direction (all jog the other way), 2 blows = jump up high (then continue jogging) 3 blows = touch the ground (and continue jogging).

Relay Sprinting - Arrange the children into teams, they run to the end of the hall and back tagging the next person in their team to do the same. The first team to finish and sit down win.

Relay Sprint and Strength - As above but at the end of the gym hall, the kids perform an action 5 times e.g. jumping jacks, push ups or tricep dips before running back to tag their next team member and so on.

4 x 4 Relay - Have the children crab walk (on all 4's tummy face up) to the end and back, then run on all 4's (tummy face down) to the end and back

Cool Down: Work through the FitNut Superstar cool down yoga sequence card

NUTRITION

The NUT

Amazing Apple Juice - Apple, Cucumber, Kiwi & Lime.

Adam Apple :An apple a day takes the toxins away.

Caz Cucumber: I can help your joints to flow and encourage your hair to grow.

Kiki Kiwi: I remove congestion and help you with digestion.

Limmy Lime: Give me a little squeezey I'll help you breathe easy.

