

FITNESS

Autumn Lesson plan 9

The FIT

Reaction Training

Reaction Training is the initiation of physical movement in response to some stimulus. Students ability to react quickly can improve sports performance and sports vision in many games. Eg. basketball, baseball, hockey, football and tennis to name a few.

Age 4+

Warm Up:

Game: 'Airship': In 3's, try to pass a balloon between you to each other in sequence. Partner 1 passes to partner 2 who then passes the balloon to partner 3 who passes to partner 1 again. How many rounds can you make without dropping the balloon.

Main Activity Session: Superstar Circuit Session. Arrange 1 station per child in a circle around the gym hall.

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

Cool Down:

Game: Circle Running: Arrange children into a circle, (standing about 1 m apart) facing inwards. Call out a description that only applies to a few children, such as:- Wearing red shorts, brown hair, blue eyes, born in June etc.

The children to whom the call applies run round the outside of the circle in a clockwise direction and return to their starting position.

Age 7+

Warm Up:

Game: 'Airship: In 3's, try to head a balloon between you to each other in sequence. Partner 1 heads to partner 2 who then heads the balloon to partner 3 who heads to partner 1 again. How many rounds can you make without dropping the balloon.

Main Activity Session: 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: 'Elbow Tag' Divide the group into pairs. Have partners link elbows and stand in a large circle, leaving a big space between each pair. Now choose one of the pairs and designate partner A as "It" and partner B as the one being pursued. If 'A' can tag 'B', 'B' becomes "It." However, if 'B' wants to escape (and take a rest from running), she simply runs toward one of the standing couples and links elbows with one of the pair to make a threesome. In this game, two is company but three's a crowd: When 'B' latches on, the one member of the pair whose arm she did not take must break away at top speed. This player instantly becomes new prey for "It" (A), until he/she dashes to yet another pair for safety. The confusing transitions can provide a break for weary runners and give even a slow-moving "It" a chance to catch the runner.

NUTRITION

The Nut

Cool Carrot: Carrots

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

