

FITNESS

Winter Lesson 2

The Fit

Core Strength including abdominal muscles, back muscles and the muscles around the pelvis. Strong core muscles make it easier to do many physical activities and improves posture. Good core stability will help your child to maintain a good sitting posture at the desk, and will help develop a stable, supportive base for gross motor and fine motor movements.

Age 4+

This week our FitNut's will warm up with a wood chopper drill and the 'bridge' game. The children will continue with a circuit of the FitNut Superstar's exercises and end with a super strong plank challenge.

Age 7+

This week our FitNut's will warm up with a wood chopper drill and the 'bridge' game. The children will continue with a circuit of the FitNut Superstar's exercises and end with some super strong plank challenges.

NUTRITION

THE NUT: -

Immune boost juice - ingredients: carrot, orange, ginger & lemon

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

O.J Orange: Juice me for Vitamin C, I will boost your immunity

Liz Lemon: When you have a cold in your chest, my zest will get you back to your best

Gigi Ginger: If you feel sick, I will fix you quick

