

# FITNESS

## Autumn Lesson plan 7

### The FIT

#### Accuracy Training

Accuracy training can be as simple as fun games with a focus on coordination which can improve students ability to articulate exactly what they want to do.

#### Age 4+ and 7+

##### Warm Up:

Game: 'Bullseye' Players throw the ball into an ever-decreasing bullseye. Coaches should tape off a square bullseye onto the gym wall. Inside each square, there is a smaller square, with a total of four or five squares. The size of the bullseye depends on the age and playing ability of the children you are working with, but it should be challenging. Players can throw three soft balls back-to-back inside the bullseye before the coach removes the outermost piece of tape, thus decreasing the size of the bullseye.

Game: 'Partner Pitch' Arrange the children in partners, kneeling down facing each other. The distance between the kids is up to the coach and can be extended during the drill to increase difficulty. Each player should 'pitch' the ball back and forth to each other, the pitch is 'good' if the partner can catch it easily. The partners score points for each successful throw and catch.

**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: '123 balloon':(or 1,2 balloon for smaller children). Give each child 2 or 3 balloons each. All different colours e.g.. red, white and blue. The kids must keep up the balloons in the same sequence each time. So they must first hit the red, then the white, then the blue and so on, keeping them in control and without letting them fall to the ground. (You can use the same coloured balloons and write the numbers 1, 2 & 3 on them instead or F.I.T etc).

# NUTRITION

## The NUT

The fabulous four - Apple, carrot, ginger, and lime.

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

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

Gigi Ginger: I will fix you quick, if you feel sick.

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

