

# FITNESS

## Spring Lesson Plan 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+

Warm Up:

1. Zig Zag Runs, zig zag run slalom style up and down the gym hall using cones to mark out your route.
2. Side step the zig zag course. Alternate leading with left foot, then right foot.

Main Component:

1. Obstacle Course: Put the children in teams and line them up behind identical obstacle courses. Set it up in 3 sections. 1st section has 4 cones spaced out, next section has a bean bag for every member of the team, last section has 3 mini hurdles. In turn, the children must slalom in & out of the cones, stop to collect a bean bag, put it on their head and walk or run to the next section where they must jump over the mini hurdles run around the cone at the end and back to tag their next teammate to go. If kids drop the bean bag in that section, they must start that section again.
2. Game: 'terrific trio'. Organise children into teams of 3. Place a cone at the opposite end of the gym hall for each team. On your command, the first player in the team has to run around the cone and return to take the hand of the next person in their team, they run together around the cone and return to the start to collect the 3rd team mate. The race is game is complete when the terrific trio return to the start line and sit down. TIP: Make sure the children run together and do not tug on each other as if anyone falls, they must start that section again. Switch players around so everyone gets a chance to be the first runner.

Cool Down: Musical Statues & Body Parts : play music and dance, when music stops freeze. After a few rounds, add a body part which must be in contact with the floor such as one foot, one hand, elbow, forehead etc.

### Age 7+

Warm Up:

1. Zig Zag Runs, zig zag run slalom style up and down the gym hall using cones to mark out your route.
2. Side step the zig zag course. Alternate leading with left foot, then right foot.

Main Component:

1. Obstacle Course: Put the children in teams and line them up behind identical obstacle courses. Set it up in 3 sections. 1st section has 4 cones spaced out, next section has a bean bag for every member of the team, last section has 3 mini hurdles. In turn, the children must slalom in & out of the cones, stop to collect a bean bag, put it on their head and walk or run to the next section where they must jump over the mini hurdles run around the cone at the end and back to tag their next teammate to go. If kids drop the bean bag in that section, they must start that section again.
2. Game: 'terrific trio'. Organise children into teams of 3. Place a cone at the opposite end of the gym hall for each team. On your command, the first player in the team has to run around the cone and return to take the hand of the next person in their team, they run together around the cone and return to the start to collect the 3rd team mate. The race is game is complete when the terrific trio return to the start line and sit down. TIP: Make sure the children run together and do not tug on each other as if anyone falls, they must start that section again. Switch players around so everyone gets a chance to be the first runner.

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# NUTRITION

## THE NUT:

### **Mangogo' - Orange, Kiwi, Mango & Papaya**

Juice 1 orange, 1 kiwi and a chunk of mango & papaya per child

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

**Kiki Kiwi:** I remove congestion, to help you with digestion

**Marlyn Mango:** I'm bursting with vitamins A, B & C, I will keep your eyes and skin healthy

**Paw Papaya:** I fight infection & improve complexion

