

FITNESS

Winter Lesson 7

The Fit Accuracy Training

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

This week we will have some fun playing games which require accuracy. We will warm up a basic passing game and progress onto some very exciting games of 'Star Wars', 'Circle Passing' and end with a game of 'know your numbers soccer'. Lots of fast paced focus and fun.

NUTRITION

THE NUT

Ginger and Lemon Tea Ginger, Lemon, Honey.

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

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

