

# FITNESS

## Spring Lesson Plan 3

### The FIT

**Cardiovascular endurance:** is physical activity that can be performed for extended periods and uses major muscle groups. This type of exercise helps to strengthen the heart, improves the body's ability to deliver oxygen to the muscles and helps improve sporting performance.

#### Age 4+

Warm Up: Line Touches. Using a line at each end of the gym hall (if you do not have a line, use chalk or tape to mark one out at each end of the room). The children line up on one line and on your command make their way to the other line, touch it and return to the starting line a specific number of times and performing the action you say, e.g. run for 6 line touches, each time they touch a line is one. Use various movements, e.g. run, skip, gallop, side step, crab walk, bear walk etc. Take suggestions from children how they should travel. Use less repetition the harder the movement is e.g. Jump for 2 line touches. Hop for 4 etc.

Main Component : Superstar Circuit Session. Arrange 1 station per child in a circle around the gym/ room.

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

Cool Down: Musical Animals: Play music and instruct the children to act out an animal e.g.. Elephant, bear, monkey, snake, kangaroo etc etc. When the music stops, kids freeze and wait for the next animal to mimic.

#### Age 7+

Warm Up: Line Touches. Using a line at each end of the gym hall (if you do not have a line, use chalk or tape to mark one out at each end of the room). The children line up on one line and on your command make their way to the other line, touch it and return to the starting line a specific number of times and performing the action you say, e.g.. run for 6 line touches, each time they touch a line is one. Use various movements, e.g. run, skip, gallop, side step, crab walk, bear walk etc. Take suggestions from children how they should travel. Use less repetition the harder the movement is e.g. Jump for 2 line touches. Hop for 4 etc.

Main Component: 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: North, South, East, West. Label each wall north, south east & west. Everyone stands in the middle of the gym hall and you call out North, South, East, or West. The children must run to the correct wall, the last person to reach the wall is out. Call another direction, the games keeps going until only one person is left; they are the winner. Give the children a 'practice tries' before sending anyone out.

TIP: In between calling out directions you can add in actions to do e.g. "Man overboard" – everyone mimes swimming. "Climbing the rigging" - everyone mimes climbing a ladder. "Sea dragon" – everyone gets into a long line and moves around the room. "Pull Up the Anchor" - everyone bends down to heave up a heavy anchor. "To The Life boats" - sit down and pretend to row. "Walk the Plank" - Children walk heel to toe.

# NUTRITION

## THE NUT:

**Totally Tropical** - Coconut water, pineapple, mango & lime

Blend 1 slice pineapple, 1 slice mango, per child with 1 litre of coconut water & a squeeze of lime per 10 children

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

**Pablo Pineapple:** I will help you recover quick when you have been sick

**Coco Coconut:** I am yummy when you have an upset tummy

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

