

# FITNESS

## Summer Lesson Plan 5

### **The Fit:** Muscular Strength & endurance

Muscular strength: is the ability of the muscle to exert force during an activity. The key to making muscles stronger is working them against resistance, from weights or gravity. Children should not lift heavy weights but performing tasks like arm circles or rapidly taking the stairs will gain muscular strength. Muscular endurance is the ability of the muscle to continue to perform without fatigue.

Age 4+

Warm up:

Roll Kick - roll a ball to children 1 at a time they must kick it back to you

Squat thrusts - Using the FitNut Superstar 'squat' circuit card, first perform the squat then move add a jump in between each squat. Try to perform 10 followed by a rest then another 5

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: Game Toilet Tag : Nominate 2 children to be "it". The taggers must go around and tag people, the person who gets tagged has kneel down on one knee with their arm out like a toilet flusher. They can be free when another child 'flushes' their toilet but pushing their arm down.

Age 7+

Warm Up:

Squat thrusts - Using the FitNut Superstar 'squat' circuit card, first perform the squat then move add a jump in between each squat. Try to perform 10 followed by a rest then another 5

Power Lunge - Using the FitNut Superstar 'lunge' circuit card, first perform the lunge then move onto jumping in between each lunge, switching the front foot each time. Encourage children not to let their knees go over their toe line.

Side lunge - Use the FitNut Superstar 'side lunge' circuit card and alternate between leading legs.

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:

Piggy Back Squats. Arrange children in partners. On command, One child jumps on the back of the other and they perform 5 slow squats. Then, the children switch roles

Piggy back sideways walk: As above but the children walk sideways for 5 meters then back to the start and switch roles.

TIP: With both exercises encourage slow controlled movements, ensure children understand, this is not a race.

# NUTRITION

## THE NUT:

**Marvelous Melon cooler** - Watermelon, Lime and Mint with ice.

**Walter Watermelon:** I will quench your thirst and give you an energy burst.

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

**Murray Mint:** I help digest your food, and brighten your mood.

