

# FITNESS

## Winter Lesson Plan 8

### The FIT Flexibility

Flexibility is the ability of your joints to move through their full range of motion. Your degree of flexibility can vary around the body. Having flexibility in your muscles allows for more movement around the joints which means better posture, less muscle tension, reduced risk of injury and relaxation for the mind and body.

#### **CAUTION:**

Stretches should be kept very gentle and very simple for children to avoid injury. Children have different levels of flexibility and some may struggle to perform stretches initially. They should never be forced to stretch further than is comfortable. If the stretch is causing pain or discomfort they should ease off into a more relaxing position.

4+

Warm up:

Guide children through the poses on the 'yoga shapes' card to make sure they understand exactly how to perform each move. You can then make a game out of it by calling out "Simon Says...Yoga Square" etc

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: Revisit your Simon Says game, this time ask the children if they can comfortably stretch further than they could at the start of the session

7+

Warm up:

Demonstrate and guide children through the poses on the 'yoga shapes' card to make sure they understand exactly how to perform each move. Check their form and make corrections as required.

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: Revisit your yogan shapes card, this time ask the children if they can comfortably stretch further than they could at the start of the session. They should be able to as their muscles and joints are warm and supple after the exercises they have performed.

# NUTRITION

## THE NUT

### Breathe Better soup

**Gary Garlic** I'm a bulb with cloves in sections, I have the power to stop infection.

**Olly Onion** I clean your blood and fight disease, make sure you cook with lots of these.

**Tommi Tomato** I'll help you fight coughs and sneezes, and other nasty diseases.

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

**Syd Sweet Potato** I protect your eyes, and energise.

