

# FITNESS

## Summer Lesson 7

### The FIT: Accuracy

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.

Age 4+ and 7+. In this session, students will play some games which improve their accuracy & skill including 'dribble tag', 'cannonball tag', swiper tag', 'swipers bank' and 'swiper in the middle'.

Lots of fun while developing new expertise and improving proficiency.

Older students will have extra challenges to further fine tune their skills.

# NUTRITION

### THE NUT:

**Summer Day dream** - ingredients: Coconut milk, Mango, Banana, Raspberries.

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

**Coco Coconut:** I grow upon a tall palm tree, you get healthy fats and oils from me.

**Barry Banana:** I give you energy fast and slow when you want to go go go!

**Rosie Raspberry:** I am a disease fighting berry who can make you feel merry.

