

FITNESS

Winter 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: Warm Up using the Superstar workout card Cardio Drills

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 : Hospital Tag

Nominate 1 player to be 'it', and another to be 'doctor' the rest of the payers are 'patients' When tagged by "it" you cannot use the part of the body that you were tagged on. If "it" tags your arms then you cannot use your arm ... if they tag you left leg then you cannot use your left leg (you can hop on your right leg). If "it" tags both of your legs then you can crawl on your stomach or pull yourself with your arms - as long as your arms aren't frozen. 'Doctors' can unfreeze (or heal) arms and legs if they tag you. Change players rolls often to allow everyone to have a chance to have a 'job'

Age 7+

Warm Up: Warm Up using the Superstar workout card Cardio Drills

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 : Hospital Tag

Nominate 1 player to be 'it', and another to be 'doctor' the rest of the payers are 'patients' When tagged by "it" you cannot use the part of the body that you were tagged on. If "it" tags your arms then you cannot use your arm ... if they tag you left leg then you cannot use your left leg (you can hop on your right leg). If "it" tags both of your legs then you can crawl on your stomach or pull yourself with your arms - as long as your arms aren't frozen. 'Doctors' can unfreeze (or heal) arms and legs if they tag you. Change players rolls often to allow everyone to have a chance to have a 'job'.

NUTRITION

THE NUT

Tangtastic ingredients: apples, lime & optional honey

Simple and delicious, this juice is great with green or red apples and the kids can add honey if they prefer, its super tasty either way and a great boost to lung health.

Adam apple An apple a day takes the toxins away

Limmy Lime Give me a little squeezezy, I'll help you breath easy

