

# FITNESS

## WEEK 1

**Balance & Coordination:** Balance is the ability to stabilize & produce movement.

Coordination generally refers to moving two or more parts of your body at the same time to achieve a specific goal. Having good balance improves co-ordination and can be a huge benefit in many sports.

### Age 4+

**Warm Up:** Fruit throw - Have children stand in a circle, coach stands in the middle and throws a ball to each child around the circle naming a fruit as they go, the children have to catch the ball and throw back to the coach naming another fruit. When you have gone around the circle once to everyone, tell the children you will now throw at random to someone, this time naming a vegetable, they have to be ready as it could come to them at any time, they will throw back to you naming a vegetable.

**Main Component:** 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:** Game: 1 Knee - Children again stand in a circle, coach in the centre. The coach throws the ball. If the child drops the ball they must kneel down on one knee, if they drop the ball a second time, they must go down on 2 knees, if they drop the ball a third time, they sit on the floor. If they catch the ball at any time they can work their way back up 1 stage at a time. e.g. From sitting to 2 knees, from 2 knees to 1 knee, from 1 knee back to standing.

### Age 7+

#### Warm Up:

1. Fruit throw (as above but faster and further apart) & progress to veg kick, (as above but roll the ball to feet and have the children kick it back to you, naming vegetables instead of fruits)

2. juggling. Have the students try to juggle with 2 balls.

**Main Component:** Superstar Circuit Session. Arrange 1 station per child in a circle around the gym hall. Spend 1 - 2 minutes on each station before blowing your whistle move the children on to the "Next Station!"

**Cool Down:** Game: 1 knee, (as above but children throw to each other from the circle, encourage fair throws, poor throws result in thrower going down a level). Option: additional levels can include 1 hand & lying down instead of sitting and children can be out of the game after last level, game continues until only the winner is left or time is up.

(add to the nut)

**age 4+:** Explain to the children that toxins are things like dirt inside your body that it does not need.

**age 7+:** A toxin can be a chemical that is known to have harmful effects on the body. Toxins can come from food or water, from chemicals used to grow or prepare food, and even from the air that we breathe.

This is a good lesson to discuss digestion with the children. Follow the digestive system with older children and explain that pears and apples both help to push waste through your system.

Encourage children to add cinnamon to their drink. Inform the kids that drinking fruit juice means they are taking in lots of sugar and adding cinnamon will help the body to slow the breakdown of the sugars, ensuring they do not get too much energy immediately which runs out too quickly, instead they will have more energy for a longer time.

The same effect happens when you add protein to smoothies (e.g. from milk or Greek yogurt).

# NUTRITION

Awesome Autumn Juice - Apple and Pear & cinnamon (cinnamon can be optional).  
Juice 1 apple and ½ pear per child add a sprinkle of cinnamon if desired when juice is poured.

