

# FITNESS

Summer Lesson 10

## The FIT: Teamwork

Team building games are a great way to help our FitNuts build trust and learn to work together. It gives everyone an opportunity to bond and have some fun.

In this session we are playing team games which will challenge the students while ensuring they make positive connections with each other.

We will start with a fun 'Cross the swamp' game followed by 'Dragons Tail', 'Everyone Line up' and ending in '4 corners'.

To end, we will allow students to choose their favourite game to play from this block of sessions.

# NUTRITION

## THE NUT:

**Simple Salad** - ingredients: Lettuce, Cherry Tomatoes, Cucumber, Grated Carrot, Sweet Corn, Red Onion.

**Larry Lettuce:** I balance your body from head to toe, the greener I am the more you grow.

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

**Caz Cucumber:** I can help your joints to flow and encourage your hair to grow.

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

**Cob Corn:** Frozen fresh or on the cob, protecting your brain is my job.

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

