

FITNESS

Spring Lesson Plan 8

The FIT Flexibility

4 & 7+

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.

Warm up: animal yoga. Partner up children to learn an animal yoga pose from the animal yoga poster which they will teach to the rest of the group during the cool down.

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: Ask your students pairs to perform and teach their allocated animal yoga pose to the rest of the class. Allow all children to have a turn to teach at least 1 pose.

Bounce & shoot Relay

Set out several rings/hoops in a row, an agility ladder, hurdles and a goal.

Every child has a ball. Bounce the ball in each hoop while travelling, then in each rung of the ladder followed by jumping over the hurdles with ball in hand, then kick or throw the ball into the goal. Quickly retrieve the ball and re-join the line to begin again. For the older groups, you can set up 2 courses and have students race each other individually or as a team.

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NUTRITION

THE NUT:

Tzatziki

1 Cucumber, 4 cloves Garlic, 4 tbsp of cream cheese,

1 large carton natural Greek yoghurt, a few mint leaves.

Split a cucumber in half and using a spoon, scoop out the inside into a bowl. Pour away excess water. Mince the garlic. Combine the yogurt, cucumber and garlic.

Chop the mint leaves and sprinkle into your mixture.

For a creamier richer dip, add in cream cheese which adds protein.

