

FITNESS

Spring Lesson Plan 7

The FIT Accuracy

4+

Warm Up:

Triangle Pass

Set up a three player triangle. Each group has one ball. Players try to pass around the triangle shape. Make sure they reverse the direction of the passes from time to time.

Pressure passing

Set up a large circle of cones. One player stands in the middle, the rest space themselves out equally around the edge of the circle. The player in the middle receives the ball from a player on the edge, controls it, turns and passes to another player.

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 traveling, then in each rung of the ladder followed by jumping over the hurdles with ball in hand, then throw the ball into the goal. Quickly retrieve the ball and re-join the line to begin again.

Monster Mash. This makes a great cardio respiratory endurance development game.

Select three or four children to be the "monster mashers" and give each of them a beanbag. Everyone else is a monster. A monster is "mashed" whenever he is tagged on the shoe with a beanbag.

The children may slide the beanbags across the floor or gently throw them. When mashed, a monster dances the "Transylvania Twist" (twisting the body five times) to the music. After performing the twist, the mashed monster collects the beanbag and re-enters the activity as a monster masher

7+

Warm Up:

Triangle Pass

Set up a three player triangle. Each group has one ball. Players try to pass around the triangle shape. Make sure they reverse the direction of the passes from time to time.

After a certain level of proficiency is reached, add a defender to try and intercept the passes.

Pressure passing

Set up a large circle of cones. One player stands in the middle, the rest space themselves out equally around the edge of the circle. The player in the middle receives the ball from a player on the edge, controls it, turns and passes to another player. As soon as he or she passes the ball out, a second ball is played in from the edge of the circle. As soon as this ball is passed out to a player on the edge of the circle the first ball is played in again and so on.

The central player has to run quickly backwards and forwards to provide passes to the rest of the circle.

Swap players every 45 seconds – a minute.

Stress the importance of good, crisp and accurate passing. Insist the central player gets their head up and looks at the target.

Vary the game by only allowing two touches, then one touch.

Played properly, this is an intensive and fun workout.

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 traveling, 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.

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 traveling, 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.

NUTRITION

THE NUT:

Berry Powerful - Orange juice, Spinach, Banana and mixed frozen berries.

OJ Orange: Juice me for Vitamin C, I will boost up your immunity.

Suzie Spinach: All day long, I will keep you strong

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

Star Strawberry: I take cuts & bruises away, and give you energy to go and play.

Rosie Raspberry: I'm a disease fighting berry, who can make you feel merry.

