

FITNESS

Spring 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.

4+ and 7+

In this session, the children will be encouraged to work together and support each other while having fun playing team games. They will warm up with a game of 'fruit salad'. The children will then continue with their favourite games of choice and end with a fun game of active BINGO!

NUTRITION

THE NUT:

- 4 cups chopped tomatoes
- 2 cups cooked black beans
- 1 cup sliced red onions
- ½ cup fresh cilantro leaves
- 1 tablespoon fresh parsley leaves
- 1 tablespoon minced garlic
- A pinch of Salt
- Freshly ground black pepper
- Juice of 1 lime
- 1 tablespoon mild olive oil

