

FITNESS

Summer Lesson Plan 6

The Fit: Power & Speed:

Speed is the ability to move quickly from one point to another in a straight line. Acceleration, max speed & speed maintenance are all indicators of speed. Power is the ability to do strength work at an explosive pace.

Age 4+

Warm up: Game:

'MR MEN': call the name of a character and the children have to move like him:

Mr. Slow - move slowly.-Mr. Rush = move fast.-Mr. Jelly = shake your whole body.-Mr. Muddle = walk backwards.- Mr. Bounce = bounce!-Mr. Small = crouch and move.-Mr. Strong = move flexing your muscles.-Mr. Tall = stretch up and move -Mr. Tickle = wave around your arms in a crazy way.-Mr. Happy = move around with big smiles on your face.

Main Component: Games:

'Rabbits' Select 2 players to be 'it'. They stand in the middle of the play area. Give all of the other players a tail. (a scarf or piece of material they can tuck into their waistband), they are the 'rabbits'. They begin at one end of the gym hall in the 'safe zone'. The aim of the game is to run from one end of the gym hall to the other, without losing their tail. When a player has lost their tail, they can sit out or also become a tagger. The winners are the last 2 rabbits who still have their tail.

'Snake in the grass - Pick two children to be 'it'. They will be the "snakes" for the game. The "snakes" have to get on their tummies and slither around. Explain the rules. "Snakes" can only slide along on their tummies. The purpose of the game is to not be tagged by the "snakes". If a "snakes" tag someone, the person becomes a "snake". Everyone can only run within a designated area. The last person standing wins the game.

'Crab catch' Like snake in the grass but the taggers are crabs and are on all 4's tummies facing up. Same rules apply.

Cool Down:

Bear Crawl Basketball - place lots of balls or balloons around the gym hall, on your signal, children must bear crawl (on all 4's tummies facing down) collect 1 ball or balloon at a time and throw it into a basket (or container) placed on the floor at each end of the gym hall. TIP: You can also play this game in teams, placing all of the balls at one end of the gym and kids bear crawl one at a time to retrieve a ball and place it in their team basket. The winning team have the most balls in their basket at the end.

Age 7+

Warm up: Drills

Bench Jumps - using steps, box or benches, have the children perform various bench jumps

1.Quick Switch Step: Begin facing the bench with 1 foot on and 1 foot off. Switch feet as quickly as you can for 10 seconds. Rest and repeat 3 times.

2.Side switch step. As above but turn side on to the bench with 1 foot on and 1 foot off. Switch feet as quickly as you can for 10 seconds. Rest and repeat 3 times.

3. Double Jumps. Start with both feet on the ground facing the bench, jump up and down on and off for 10 seconds.

Rest and repeat.

4. Double side jumps - Side on to the bench, Start with both feet on the ground, jump up and down on and off for 10 seconds. Rest and repeat.

TIP: try performing the same drills with one leg. Hopping on and off.

Main Component: Game:

Dodge Ball - split the gym hall into 2 with a centre line clearly marked. Split the kids into 2 teams, one team in each half. Place about 6 balls on the centre line. The game begins with the "opening rush." On signal, both teams run to the center to get their balls. The object of the game is to get the other out by hitting them below the waist with a ball. A player can also be 'out' if he throws the ball and it is caught before the bounce by another player.

Capture the Flag - Split the children into two teams and allocate each team with one half of the area. Each team chooses a base position, where they keep their "flag", and a goal position, where they will keep their prisoners, and makes it known to the other team. Each team now tries to capture the other team's flag. Whenever a team member ventures onto the other team's territory, he is at risk of being caught (tagged) by the enemy team. When caught he is taken to that team's goal, where he must remain until he is freed (touched) by one of his team members. When someone manages to capture the other team's flag and return it to their own territory, their team wins.

TIP: This game is best played in a very large area, ideally outdoors. The game can last for a long time.

Cool Down:

Piggy Back Tag. Nominate 2 children to be the taggers. Everyone else can run around. If they are tagged, the players must stand still and wait for another player to free them. To free them, players have to jump on their back and have a piggy back ride for 10 steps, then they are free. Players can not be tagged when piggy backing.

NUTRITION

THE NUT:

Milky Mango - ingredients: mango, strawberry, milk or oat milk

Marilyn Mango: I'm bursting with vitamins A, B & C, I will keep your eyes & skin healthy

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

