

FITNESS

Summer Lesson 2

The FIT: Core Strength

Core Strength including abdominal muscles, back muscles and the muscles around the pelvis.

Strong core muscles make it easier to do many physical activities and improves posture.

Good core stability will help your child to maintain a good sitting posture at the desk, and will help develop a stable, supportive base for gross motor and fine motor movements.

Age 4+

This week in our FitNuts will begin working together as a team with some ball passing games which warm up and boost the strength of the trunk muscles. They will continue into their Superstar circuit workout and end with a fun partner game called 'Row, row, row your boat'

Age 7+

This week in our FitNuts will begin working together as a team with some medicine ball passing games which warm up and boost the strength of the trunk muscles. They will continue into their Superstar circuit workout and end with a challenging plank sequence.

NUTRITION

THE NUT: Blue Blast ingredients: Blueberries, organic whole milk or oat milk & honey.

Billie Blueberry: I protect every cell & make your brain work well.

