

FITNESS

Summer Lesson Plan 4

The Fit:

Agility: The ability of the body to change direction quickly while remaining under control. Good examples of agility sports are tennis, football, basketball and badminton.

Age 4+ & 7+

Warm Up: Have the children become the coaches, allow each to select a Superstar exercise card to teach to the rest of the class. TIP: for shy children, ask them if you can do it with them, or ask them to count to 10 for you while you perform, its very beneficial to get kids out in front but if they feel extremely uncomfortable, do not push them.

Main Component: Games

1. Tail Tag - Give every child a piece of material to tuck into their waistband. On command everyone collects and wears as many 'tails' belonging to other people as possible.
2. Cat & Mouse. Nominate 2 'cats' Give everyone else a tail 'they are the mice'. The cats try to steal the tails of the mice who must sit down when they loose theres. The winners are the last 2 mice with tails who then become the new cats for the next game
3. 'Everybody's It'. On "GO,"everyone is 'It' and attempts to tag all others in the group before they get tagged.
4. 'In ,Out What's it All About' Holding hands in a circle, facing the centre, command the group to jump in, jump out, step or jump left or step or jump right together in sync with your instructions.

Cool Down: FitNut Superstar Sun salutation Sequence.

NUTRITION

THE NUT:

Berry Sweet smoothie - Summer berry mix with vanilla yoghurt

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

Bobby Blackberry: Eat a handful of me, to keep you germ free.

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

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

