

FITNESS

WEEK 4

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+

This week in FitNut we will begin with a drill 'mirror image' where partners try to mirror each others movements. We will then perform our Superstar circuit workout and end with a fun game which helps us improve our agility called 'Snake in the grass'.

Age 7+

This week in FitNut we will begin with a drill 'mirror image' where partners try to mirror each others movements. We will then perform our Superstar circuit workout and end with a fun game which helps us improve our agility called 'British Bulldog'.

NUTRITION

Grape Stuff – grapes, oranges, lemon & sparkling water.

Gabby Grape: I help your muscles when you play sport and I give your heart support.

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

Lizzie Lemon: When you have a cold in your chest, my zest will get you back to your best.

