

FITNESS

Autumn 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.

Age 4+

This week the children will be encouraged to work together and support each other while having fun playing team games. Our FitNuts will begin with 'Camels and crabs' and continue with games such as 'crab football', 'dizzy basketball' and 'switching places'. Lots of active fun for everyone.

Age 7+

This week the children will be encouraged to work together and support each other while having fun playing team games. Our FitNuts will begin with 'Camels and crabs' and continue with games such as 'crab football', 'dizzy basketball' 'line basketball' and 'switching places'. Lots of active fun for everyone.

NUTRITION

The Nut

Fresh mint tea: Mint, hot water (optional: honey)

Murray Mint: I help digest your food and brighten up your mood.

