

# FITNESS

## Summer Lesson 1

### Welcome to FitNut:

Each session we will be using our FitNut Superstars who are Fruits & Veg Head characters to help children understand each food's 'super powers' (an effect eating these foods have on their body), we use them to highlight a particular benefit of each food, we then discuss further benefits. The FitNut Superstars help guide us through our exercises which we use in our circuit sessions. We also use FitNut nutritional music throughout our gym machine circuits to further inform the children in a fun way about the positive effects of fruits and vegetables on their bodies. The children will meet many of our characters throughout their time in FitNut and we aim for them to remember the super power of each one.

### THE FIT:

#### Balance & Co-ordination:

Balance is the ability to stabilize & produce movement. Coordination generally refers to moving two or more parts of your body at the same time to achieve a specific goal. Having good balance improves co-ordination and can be a huge benefit in many sports. From the basics at age 4 to perfecting motor skills as they grow into teenage years. Balance, rhythm, spatial awareness and the ability to react to stimulus are all elements of coordination. In the early years we use games to develop spatial awareness and move on to perform these skills using drills at increased speed as the kids develop.

#### Age 4+

This week our FitNuts will warm up with some drills to develop good coordination skills including 'bounce & catch' and 'keepy uppy' with balls and balloons. We will work through our Superstar balance & coordination exercise sequence together as a group and end with a balance test which you can also try at home:

Balance test - Standing still, place one foot directly in front of the other (heel to toe) so feet are in a straight line. When you have found your balance, close your eyes.... can you hold your balance?.

#### Age 7+

This week our FitNuts will warm up with some partner based drills to develop good coordination skills including 'body pumping' and 'legs swinging'. We will work through our Superstar balance & coordination exercise sequence together as a group and end with a balance test which you can also try at home:

Balance test - Standing still, place one foot directly in front of the other (heel to toe) so feet are in a straight line. When you have found your balance, close your eyes.... can you hold your balance?.

# NUTRITION

### THE NUT:

**Cheeky Cherry** - Cherries, Bananas and Oat Milk

**Cheeky Cherry** - I help you sleep, and keep your heart going to the beat.

**Barry Banana:** I give you energy fast and slow, when you want to go, go, go!

