

FITNESS

Winter Lesson 5

The Fit

Muscular Strength & endurance

Muscular strength: is the ability of the muscle to exert force during an activity. The key to making muscles stronger is working them against resistance, from weights or gravity. Children should not lift heavy weights but performing tasks like arm circles or rapidly taking the stairs will gain muscular strength. Muscular endurance is the ability of the muscle to continue to perform without fatigue.

Age 4+

This week in FitNut the children will work on strengthening their bodies with some super strong movements including walking lunges and walking on all 4's , they will perform a FitNut Superstar circuit session and cool down with a game of 'superman tag'

Age 7+

This week in FitNut the children will work on strengthening their bodies with some super strong movements including walking lunges & squats and walking on all 4's , they will perform a FitNut Superstar circuit session and cool down with a game of 'superman tag'.

NUTRITION

THE NUT

Kickin Kale Kale, carrot and orange.

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

Chris Carrot I can help your eyes see in dark night skies

Kurly Kale Let it be known, I'm the best for strong skin and bone.

