

FITNESS

Summer Lesson Plan 3

The Fit:

Cardiovascular endurance: is physical activity that can be performed for extended periods and uses major muscle groups. This type of exercise helps to strengthen the heart, Improves the body's ability to deliver oxygen to the muscles and helps improve sporting performance.

Age 4+

Warm Up: Warm up using the Superstar warm up exercise card.

Main Component: Games:

'Duck, duck, goose' Players sit in a circle facing inwards with one player standing outside the circle (the fox). This player then walks around the circle, touching each player in turn and naming them 'duck'. If at any point they name somebody as 'goose', that player then has to catch the fox before the fox can reach the space the goose has just vacated. Ensure everyone gets a chance by encouraging children to 'goose' someone who has not yet been goose.

TIP: You can also play this game as Duck, duck, goose Hoppity - players have to hop around the circle rather than run.

Spiders & Scorpions: Choose 4 children to be scorpions. The rest are spiders. The scorpions must move around on all 4's, belly facing down trying to 'sting' as many of the spiders as possible. Spiders must move around on all 4's, belly face up. If a spider is 'stung' they must hold either 1 hand or 1 arm in the air (a 3 point balance) until all of the other spiders are stung or time runs out.

Alligator in the swamp: Choose 4 alligators. The rest of the group are the runners. On the go signal the runners must run across the playing area to the opposite line in order to be safe from the alligators. The alligators leave their circle to chase the runners. If the runners are tagged by the alligators before they reach the 'safe zone' they must sit out until the next game. Repeat this from the other side until there are 4 runners left who can become the new alligators.

Cool Down: Cool Down using the superstars Cool Down Card

Age 7+

Warm Up: Warm up using the Superstar warm up exercise card.

Main Component: Games:

Fox & Rabbit: Players stand in pairs, spread out across the room. One of the pair is a tree and stands with their legs apart. The other is a rabbit and crouches down between the 'roots' of the tree. (With older players or children of different sizes, two players can form the tree, making an arch to stand under.) Select one pair to be the starting fox and rabbit. The rabbit is given a head start. The fox then chases the rabbit. The rabbit should run behind a tree, crouching down to tag the rabbit hiding there. The tagged rabbit must then run from it's hole, while the first rabbit takes it's place crouching under the tree. The second rabbit then tags a third and so forth. The fox can only catch the rabbit that is not in a hole. If the rabbit is caught, new starting players are selected. After a given time the rabbits and trees swap places so that everyone can have a turn. NB: Some children will try to keep running and not tag another rabbit. If this occurs, give the rabbits a time limit before they must hide again. Another problem can occur when children only tag their friends. Encourage players to make sure that everyone has a turn.

'Skunk Tag' All players but 2 are scattered in the playing area. Place 4 hula-hoops at the four corners of the playing area, which are safety zones. Players can stay 20 seconds in a safety zone, or until someone else steps into the hoop following them. Only one player is allowed in a hoop at a time. Place one in the middle, which is the skunk's home. Designate 2 players to be skunks, and place them in the centre to begin the game. On the go signal, the skunks chase and try to tag someone. If successful, they change places. The new skunk must run to the centre hoop and yell "New Skunk!" before chasing others.

Follow the Leader: Have the students stand side-by-side around the entire gym hall to form a square (or rectangle). The students should be arms distance away from their neighbours. Choose a leader to go to the middle of the square and perform an exercise. The other students copy the leader. After 20 or 30 seconds blow the whistle and have the leader choose another person to be the new leader. While the leaders switch places the class should jog in place until the new leader selects an exercise. When the leader performs another exercise the students again copy the leader. This continues until all students have had a chance to lead. TIP: play some upbeat music!

Cool Down: Cool Down using the superstars Cool Down Card

NUTRITION

THE NUT:

Pearfect Party - ingredients - Pear, raspberries and apple

Polly Pear: I'm so sweet to taste, and help your body get rid of waste.

Rosie Raspberry: I'm a disease fighting berry who can make you feel merry.

Adam Apple: An apple a day, takes the toxins away

