

# FITNESS

## Summer Lesson Plan 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.

Game: Cross the swamp;

Give students several pieces of cardboard 'rafts, boats or flying carpets' (depending on the size of your group and space). The object of the game is to get the entire group to the other side of the area without touching the ground (the swamp). If anyone makes a mistake, the all must start over. To make the game challenging, make some students remain silent or don't let the cardboard touch the ground without touching a player

The object of the game is to get all team members from one side of the room to the other without touching the swamp.

Players can only be in the swamp zone if they are standing on a piece of cardboard 'raft'.

If players step off the cardboard and into the swamp, they must return back to the other side of the room.

If a cardboard is placed into the swamp without being constantly touched by a player, it is lost and the whole team must return back to the other side of room.

Each team should come up with a strategy on how to get all of their teammates across safely.

You can rename the game and tell a different story with the same goals, lava zone or quick sand. Call the raft a boat or a magic carpet

Choose the number of 'rafts' based on the experience level of the group. Less 'rafts' makes the game harder. Ask your students to figure out their plan before they start and then remain silent during the game.

Game: 'Dragons Tail'

Ask your students to form a line with hands on shoulders of the student in front of them. The leader is the dragon's head and the last in line is the dragon's tail.

The dragons head must try to catch the dragons tail by manouvering the line around so he can tag the tail while all of the players in the middle do their best to stop the head tagging the tail without allowing the line to break.

When the head does tag the tail, the tail becomes the head and everyone moves down one space. Continue until all players have had a chance to be each role.

For older children, make the odd round - or the whole game - a silent one! Players can only communicate with gestures!

### GAME: 'Everyone Line Up'

Separate everyone into teams. 5 or 6 per team is the ideal number, and if you have mixed ages, mix them up!

One person is the caller. He calls out "Everyone line up ..." and fills in the blank with a statement such as the suggestions below.

All the players race to find the right order and shout when they are finished.

Ideas:

In order of age, oldest at the front, youngest at the back

In first name alphabet order

Line up by height, shortest to tallest (then quick switch tall to short!)

By birthdays – January to December

Most hair at the back, least hair at the front

For older children, make the odd round - or the whole game - a silent one! Players can only communicate with gestures!

### GAME: 4 corners

Play this game in an area with corners. You will need a scarf or blindfold.

Label each corner with a number 1-4

Blind fold 1 student who will sit in the middle of the area.

The person who is blindfolded (perhaps start with a coach) will go into the middle of the room and begin counting to ten. All of the other players must make their way to one of the four corners.

If anybody cannot make it to a corner in time, they are eliminated for the round.

When the countdown is done, the coach will yell out a number between 1 and 4. Anybody in the corner of that number is eliminated for the round.

Continue until there is only one other person standing. They win and can be the next 'coach' in the middle.

# NUTRITION

## THE NUT:

**Simple Salad** - ingredients: Lettuce, Cherry Tomatoes, Cucumber, Grated Carrot, Sweet Corn, Red Onion.

**Larry Lettuce:** I balance your body from head to toe, the greener I am the more you grow.

**Tommi Tomato:** I'll help you fight coughs and sneezes, and other nasty diseases.

**Caz Cucumber:** I can help your joints to flow and encourage your hair to grow.

**Chris Carrot:** I can help your eyes, see in dark night skies.

**Cob Corn:** Frozen fresh or on the cob, protecting your brain is my job.

**Olly Onion:** I clean your blood and fight disease, make sure you cook with lots of these.

