

FITNESS

Winter Lesson Plan 4

The FIT

Agility: The ability of the body to change direction quickly while remaining under control. Good examples of agility sports are tennis, football, basketball and badminton.

Age 4+

Warm Up: Game : 'Beans'

On your command, children must perform the actions of different types of beans:

Start slowly, then get faster and faster switching between all of the moves. The children love this game and it's an excellent pulse raiser.

Runner beans: Running around the gym hall (everyone running in the same direction)

Baked beans: Imagine stepping on hot coals, on tippy toes with high knees

Jelly beans: wobble your whole body like jelly on a plate

Jumping beans: 2 footed jumps around the gym hall

French beans : everyone shouts "Oh La La"

Chilli: Rub your arms, shake like you are cold

Beans on toast: Lay down flat on the ground

Broad Beans: Stand with very wide legs arms stretched out to the sides.

I always end with broad beans as you can then stretch it out touching right foot, centre then left foot.

Main Component: you will need some nets or can make them using chairs and some string.

Slit the children into 3 groups.

Group 1 play Balloon Tennis - TIP: for the youngest children we use our hands as tennis rackets to minimise the chance of them hitting each other with the rackets.

group 2: play volley ball using a large beach ball. Make sure the net is higher

group 3: set up an obstacle course using agility ladders and hurdles. Have the children alternate the moves they perform with the agility ladders. Encourage different jumps over the hurdles too eg. leaps, 2 feet together, side jumps etc. Rotate every group around every station after allocated time.

Cool Down: Hoop Pass - Ask children to form a circle holding hands. The key is not to break the chain while they pass around a hula hoop. Each child will have to receive the hoop from the child on their left, step through the hoop and pass it onto the child on their right while still holding hands. Encourage team work, flexibility and cooperation from the whole group to succeed.

Age 7+

Warm Up: Game : 'Beans'

On your command, children must perform the actions of different types of beans:

Start slowly, then get faster and faster switching between all of the moves. The children love this game and it's an excellent pulse raiser.

Runner beans: Running around the gym hall (everyone running in the same direction)

Baked beans: Imagine stepping on hot coals, on tippy toes with high knees

Jelly beans: wobble your whole body like jelly on a plate

Jumping beans: 2 footed jumps around the gym hall

French beans : everyone shouts "Oh La La"

Chilli: Rub your arms, shake like you are cold

Beans on toast: Lay down flat on the ground

Broad Beans: Stand with very wide legs arms stretched out to the sides.

I always end with broad beans as you can then stretch it out touching right foot, centre then left foot.

Main Component: you will need some nets and tennis or badminton equipment.

Slit the children into 3 groups.

Group 1 play Tennis or Badminton

group 2: play volley ball using a large beach ball.

group 3: set up an obstacle course using agility ladders and hurdles. Have the children alternate the moves they perform with the agility ladders. Encourage different jumps over the hurdles too eg. leaps, 2 feet

together, side jumps etc. Rotate every group around every station after allocated time.

Cool Down: Hoop Pass - Ask children to form a circle holding hands. The key is not to break the chain while they pass around a hula hoop. Each child will have to receive the hoop from the child on their left, step through the hoop and pass it onto the child on their right while still holding hands. Encourage teamwork, flexibility and cooperation from the whole group to succeed.

NUTRITION

THE NUT

Beet it Beetroot, carrot, apple.

Adam Apple An apple a day takes the toxins away

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

Benny Beetroot I can make you stronger, so you can run for longer.

