



FITNESS

Seasonal Special



The FIT

Festive Fun & Games

'freeze' - Play Christmas music for the children to dance to. When the music stops..... freeze (perhaps have a prize for the winner eg. a mandarin)

'musical icebergs' - (like musical chairs) arrange cones or hoops (the icebergs) all over the hall. When the music stops, you must find one, only 1 per child.

As the music plays, the children dance, take 2 away at a time (so no one feels singled out) until you are left with 2 kids. Either they win or take 1 cone away and have 1 winner.

Again, reward with a tangerine.

'Pin the Nose on Rudolph' - Draw 1 or 2 giant reindeer, stick them on the wall and give each child a red nose (red paper circle) with some tack on it so they can try to stick it on the correct place on the reindeer while blindfolded - in this game I have 2 so the class do not have to wait too long to play. Also have 1 adult supervising each blindfolded child to minimize any risk of injury.

'snowball dump' (like garbage dump but calling the balls snowballs) - using lots of SOFT small balls as snowballs, split the children into 2 teams divided by benches half way across the gym floor. The object of the game is to tidy up your side by dumping all the snowballs in the other teams half of the gym hall. TIP: tell children they must throw the balls to the floor (not the faces of the other team). Set a time and when you call for the kids to stop, the tidiest team win.

'Santa says' - this is a good warm up to get into the spirit of the occasion. Its like simon says, except say Santa says: (do a jumping jack, turn around, circle your waist, march, twist jump etc.etc. etc)

Xmas stocking relay race. - Arrange into 2 teams. Use 2 large xmas stockings, 1 per team. Arrange some treats at the far end of the gym (the same number for each team ensuring there are enough for every child to have 1 of each). eg. small chocolate coins, choco lollys, and tangerines/mandarins. Have each child from each team run grab 1 treat run back and put it into the stocking, tagging the next person to run. Depending on the number of treats, each child will run that many times. Keep going until they are finished.

Allow the kids to save them or eat the treats during the juicing session.





NUTRITION



THE NUT: Happy Holiday Cocktail: Orange Cranberries and sparkling water

Carol Cranberry: To help your body cleanse, we are your friends

O.J. Orange: Juice me for Vitamin C, I will boost your immunity

The fizzy water will add a bit holiday sparkle - yummy.

