

FITNESS

Autumn Lesson plan 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. Performing tasks like arm circles or rapidly taking the stairs can help them to gain muscular strength. Muscular endurance is the ability of the muscle or group of muscles to continue to perform without fatigue.

Age 4+

Warm up: Inchworms: Have the children line up at one end of the gym hall. To be an inchworm, kids feet should be shoulder width apart and flat on the floor, they bend over & place hands on the floor. Keeping straight legs, walk hands forward until their body is parallel to the floor, then walk feet forward to return to starting position, kids keep repeating until they have moved across to the other side of the gym hall.

Main Component: Together as a group, work through the Superstar Workout muscular strength exercise card

TIP: Use 2 large dice, select children to come to the front, roll the 2 dice add the total number together and perform that many exercises eg. $4 + 5 = 9$, perform 9 lunges with each leg. Reward the children who perform the exercises well by selecting them to roll the dice for the next exercise.

Cool Down: Wheelbarrow. In partners, have one child assume the pushup position while their partner grabs their feet and raises them to their waist height. The 'wheelbarrow' child, whose body should be straight, without any sagging of the back walks on their hands as their partner steers them across the floor. When they reach the end of the gym hall, the children switch positions and return to the start.

Age 7+

Warm up: Inchworms: Have the children line up at one end of the gym hall. To be an inchworm, kids feet should be shoulder width apart and flat on the floor, they bend over & place hands on the floor. Keeping straight legs, walk hands forward until their body is parallel to the floor, then walk feet forward to return to starting position, kids keep repeating until they have moved across to the other side of the gym hall.

Main Component: Together as a group, work through the Superstar Workout muscular strength exercise card.

Try to spend 30 seconds on each exercise rest for 30 seconds then move on to the next exercise.

Cool Down: Wheelbarrow. In partners, have one child assume the pushup position while their partner grabs their feet and raises them to their waist height. The 'wheelbarrow' child, whose body should be straight, without any sagging of the back walks on their hands as their partner steers them across the floor. When they reach the end of the gym hall, the children switch positions and return to the start. After a practise run, have the children race each other.

NUTRITION

The NUT

Bananaberry Greek - Mixed frozen berries, Banana & Greek yoghurt, add milk or vanilla yoghurt to reach to desired consistency.

Billie Blueberry: I protect every cell and make your brain work well.

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

Bobby Blackberry: Eat a handful of me to keep you germ free.

Barry Banana: I give you energy fast and slow when you want to go go go.

