

FITNESS

Spring Lesson Plan 2

The FIT

Core Strength including abdominal muscles, back muscles and the muscles around the pelvis. Strong core muscles make it easier to do many physical activities and improves posture. Good core stability will help your child to maintain a good sitting posture at the desk, and will help develop a stable, supportive base for gross motor and fine motor movements. Strong core muscle can help avoid back pain in adulthood.

Age 4+

Warm Up:

As a group work through the Core Strength Super Star Drill Card, try to spend 30 seconds - 1 minute on each exercise.

Main Component: Relay Races: Mark out a large area.

Crab walk to the end & run back, tagging a teammate to do the same.

Bear Walk to the end & run back, tagging a teammate to do the same. Make sure everyone has a chance to compete.

'Bean There' Each player must push a bean bag to the end of the course with their nose! Pick it up and run back & pass onto your team mate. You can also try this one sliding the bean bag along with their bottoms. Get creative, let the kids decide how they move the bean bag along to the end and back.

Cool Down: Funny Football - Have everyone sit in a circle, pass a large ball or balloon around the circle using only their feet. Can you make it around without dropping it??

Age 7+

Warm Up:

As a group work through the Core Strength Super Star Drill Card spending at least 1-1 ½ minutes on each exercise.

Main Component: Relay Races: Mark out a large area.

Crab walk to the end & run back, tagging a teammate to do the same.

Bear Walk to the end & run back, tagging a teammate to do the same. Make sure everyone has a chance to compete.

'Bean There' Each player must push a bean bag to the end of the course with their nose! Pick it up and run back & pass onto your team mate. You can also try this one sliding the bean bag along with their bottoms. Get creative, let the kids decide how they move the bean bag along to the end and back.

Cool Down: Funny Football - Have everyone sit in a circle, pass a large ball or balloon around the circle using only their feet. Can you make it around without dropping it??

NUTRITION

THE NUT:

Banochho Smoothie - Bananas, oat milk + a sprinkle of cocoa powder

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

Blend 2 bananas per 1 litre milk per 10 children. If you have a shaker, allow kids to add their own cocoa powder and mix with their straw, yummy.

