

# FITNESS

## Spring Lesson 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 but performing tasks like arm circles or rapidly taking the stairs will gain muscular strength. Muscular endurance is the ability of the muscle to continue to perform without fatigue.

#### Age 4+

This week our FitNuts will begin by working through the FitNut Superstar Warm-up exercise sequence. They will play some fun team games including 'ball pass', 'commando' & 'superstar freeze'. The children will cool down with the FitNut Superstar yoga cool down sequence

#### Age 7+

This week our FitNuts will begin by working through the FitNut Superstar Warm-up exercise sequence. They will play some fun team games including 'medicine ball pass', 'commando' & 'Rafts'. The children will cool down with the FitNut Superstar yoga cool down sequence

# NUTRITION

### THE NUT:

**Vitamin Citrus** - Orange, Lemon & sparkling water

Juice 1 orange and 1/8 lemon per child, add sparkling water to add some fizz

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

**Liz Lemon:** When you have a cold in your chest, my zest will get you back to your best

