

FITNESS

Autumn Lesson 7

The Fit

Accuracy training can be as simple as fun games with a focus on coordination which can improve students ability to articulate exactly what they want to do.

Age 4+ and 7+

This week we will have some fun playing games which require accuracy . We will warm up with games of 'bullseye' & 'partner pitch', follow this with a Superstar circuit workout and end with a fun game of '1,2,3 balloon'.

NUTRITION

The Nut

The fabulous four - Apple, carrot, ginger, and lime.

Adam Apple :An apple a day takes the toxins away.

Caz Cucumber: I can help your joints to flow and encourage your hair to grow.

Gigi Ginger: I will fix you quick, if you feel sick.

Limmy Lime: Give me a little squeezey I'll help you breathe easy.

