

FITNESS

Autumn Lesson plan 2

The FIT

Core Strength: including abdominal muscles, back muscles and the muscles around the pelvis. Strong core muscles or muscles of the trunk make it easier to do many physical activities and helps improve posture. Good core stability can help students to maintain a good sitting posture and can help develop a stable, supportive base for gross motor and fine motor movements. Developing strong core muscles can help avoid back pain in adulthood.

Age 4+

Warm Up:

Crab kick with balloon - In partners, one child has a balloon the other makes their body into a crab, encourage them to raise their core and not to drag their bottoms on the floor - TIP: (on all fours tummies facing up, ask them to make a table top to put their smoothie on without spilling it). The child with the balloon throws it toward their partners feet, the 'crab' kicks the balloon (1 point) and their partner tries to catch it (another point). The crab and thrower switch after 30 seconds adding their points together. Rest and repeat.

Roll Goal: One partner makes a yoga plank pose, the other rolls a small ball (size of tennis ball) in between their hands to score a goal (1 point if the ball goes through their hands, 2 points if the ball goes through hands and feet). The partners switch after each roll on goal adding up their points total as they progress.

Main Component : Superstar Circuit Session. Arrange 1 station per child in a circle around the gym hall. Spend 1 - 1.5 minutes on each station before blowing your whistle to move the children on to the "Next Station!"

Cool Down: Game: Crab Catch. 2 taggers assume the crab position and are in the middle of designated playing area. The rest of the children have to run from one side of the gym hall to the other side through their crab catch area. If tagged, they also become crab taggers. The last child standing is the winner. Ensure correct form throughout.

TIP: Wait for everyone to reach the 'safe zone' before blowing the whistle to signal the children to run again to the other side. If younger children find tag too difficult, make the playing area smaller or have them crab walk forward, backwards and side to side instead.

Age 7+

Warm Up:

Crab kick with a ball - In partners, one child has a large ball (e.g. soft soccer ball) the other makes their body into a crab, encourage them to raise their core and not to drag their bottoms on the floor - TIP: (on all fours tummies facing up, ask them to make a table top to put their smoothie on without spilling it). The child with the ball throws it toward their partners feet, the crab extends their leg & kicks the ball (1 point) and their partner tries to catch it (another point). The crab and thrower switch constantly adding their points.

Roll Goal: One partner makes a yoga plank pose, the other rolls a small ball (size of tennis ball) in between their hands to score a goal (1 point if the ball goes through their hands, 2 points if the ball goes through hands and feet). The partners switch after each roll on goal adding up their points total as they progress.

Main Component: Superstar Circuit Session. Arrange 1 station per child in a circle around the gym hall. Spend 1 - 2 minutes on each station before blowing your whistle to move the children on to the "Next Station!"

Cool Down: All 4's to 2's - Begin on hands and knees. Ask children to raise and extend their right arm & their left leg at the same time trying to remain balanced by keeping a strong core. Then return to starting position and switch, extending left arm and right leg together. Keep switching for a count of 20 (10 on each side).

Option: You can also perform a similar exercise by turning over, into the crab position and touching left hand to right toe then left hand to right toe, continue this for a count of 10 to 20 repetitions.

NUTRITION

The NUT

Blackberrie Smoothie - Ingredients: Blackberries, milk, vanilla yogurt, bananas

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!

This ends up a rich purple colour and is a real tasty treat for the kids.

