

FITNESS

Winter Lesson Plan 1

The FIT

Balance and Co-ordination:

Balance is the ability to stabilize and produce movement. Coordination generally refers to moving two or more parts of your body at the same time to achieve a specific goal. Having good balance improves co-ordination and can be a huge benefit in many sports.

Age 4+

Warm Up : On a balance beam or bench (where this is not available, use lines on the floor, if there are no lines, draw them with chalk or make them with tape) - use various movements to travel along your trail. Begin by walking heel to toe, try sideways walking, backward and bear walking. Try it balancing a bean bag (or marker cones) on students head!

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 : Balloon Pass on Knees - Student's Kneel up high facing their partners and try to pass a balloon to and fro. Their hands should not touch the floor. Option: Try to do the same thing while standing on 1 leg

Age 7+

Warm Up:

1.Stride and Hold - students try to take a large stride and hold still on 1 leg, then try to hop and hold. Try with both legs.

2. Jump up and hold - Have students lay face down on the floor, on your command, they must jump up onto one foot, balance and hold. Try with the other foot. Option: If you have space and are sure no obstacles are in the area, have the student close their eyes to perform this drill.

3.Single leg balance and throw - in pairs try to balance on one leg while throwing and catching with a partner. Switch legs.

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: Yoga Superstars drill card.

NUTRITION

THE NUT: -

Fizzy OJ with mint - Oranges, a hint of mint and sparkling water.

We are making a healthy alternative to soda this week, the children can decide to add bubbles or not.

TIP: Explain to your students that this is a tasty and healthy alternative to fizzy drinks and soda. With the younger children, you may want to add the sparkling water individually to taste as many find it too bubbly if they are not used to fizzy drinks.

Our FitNut Superstars super powers:

OJ Orange: Juice me for Vitamin C, I will boost your immunity

Murray Mint: I help digest your food and brighten your mood

