

# FITNESS

## Summer Lesson Plan 1

### The Fit:

**Balance & Co-ordination:** Balance is the ability to stabilize & 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 :

1. Bounce & Catch: Children face partners and try to bounce & catch balls to each other.

Option: Add in a clap before the catch. Count how many you can do in a row.

2. Keepy Uppy: Give everyone a balloon and ask them to keep it up using their hands (or heads or knees too) and count how many times they can hit it in the air, staying in control, without it touching the floor.

TIP: Allocate children a 'space' or 'area' they should stay within.

**Main Component :** Work through the Super star 'balance & coordination' workout card together as a group spending 1 -2 minutes on each exercise.

**Cool Down:** balance test - Standing still, place one foot directly in front of the other (heel to toe) so feet are in a straight line. When students have found their balance, ask them to close their eyes, see if they can hold their balance.

Age 7+

Warm Up:

1. Arms & legs pumping Ask students to face partners and hold hands with their right knees forward. On command they should pump arms forward and backwards, then add legs by quick stepping with one leg back while the other moves forward. Ensure partners stay at arms length from each other to give space for legs to move.

2. Leg Swings: Children face their partners and place their hands on each others shoulders, legs shoulder width apart. On command, the students should swing their right legs straight up under their partners left arm and return to the starting position immediately switching to the other leg. Continue with exercise trying to encourage children to work in rhythm with each other.

**Main Component:** Work through the Super star 'balance & coordination' workout card together as a group spending 1 -2 minutes on each exercise.

**Cool Down:**

1. Balance test - Standing still, place one foot directly in front of the other (heel to toe) so feet are in a straight line. When students have found their balance, ask them to close their eyes, see if they can hold their balance.

2. Arm circles - Challenge students to see if they can circle their arms in opposite directions.

# NUTRITION

## THE NUT:

**Cheeky Cherry** - Cherries, Bananas and Oat Milk

**Cheeky Cherry** - I help you sleep, and keep your heart going to the beat.

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

