

# FITNESS

## Winter Lesson Plan 2

### The FIT

**Core Strength:** Including abdominal muscles, back muscles and the muscles around the pelvis.

Strong core muscles make it easier to do many physical activities and improves posture.

Good core stability will help your child to maintain a good sitting posture at the desk, and will help develop a stable, supportive base for gross motor and fine motor movements. Strong core muscle can help avoid back pain in adulthood.

Age 4+

Warm Up:

1. Wood Choppers with balls: Tell the children to imagine they're chopping some wood and the ball is their axe. Start with the feet a little wider than hip distance apart, keeping the knees slightly bent, and bring the ball to your left shoulder. "Chop" the ball down diagonally across your body toward your right knee. Control the ball back up to the starting position. Remember you are moving with force but control. Don't swing the ball around.

Try 5 chops. Switch sides to chop another 5 times. Rest and repeat

2. The bridge Game: Have the children lay side by side and hold a 'bridge pose' try to roll a ball underneath them as they stay up.

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

Cool Down: Plank Challenge: Can you hold a plank for a count of 30?

Teach the children the yoga plank move from the FitNut Superstar exercise card, ensure everyone can perform the exercise correctly then play the plank challenge, who can hold the plank for 30 seconds

Age 7+

Warm Up:

1. Wood Choppers with balls: Tell the children to imagine they're chopping some wood and the ball is their axe. Start with the feet a little wider than hip distance apart, keeping the knees slightly bent, and bring the ball to your left shoulder. "Chop" the ball down diagonally across your body toward your right knee. Control the ball back up to the starting position. Remember you are moving with force but control. Don't swing the ball around.

Try 10 chops. Switch sides to chop another 10 times. Rest and repeat

2. The bridge Game: Have the children lay side by side and hold a 'bridge pose' try to roll a ball underneath them as they stay up.

Main Component: Superstar Circuit Session.

Arrange 1 station per child in a circle around the gym/room.

Spend 1 - 2 minutes on each station before blowing your whistle move the children on to the "Next Station!"

Cool Down: Plank Challenge: How long can you hold a yoga plank?

Teach the children the yoga plank move from the FitNut Superstar exercise card, ensure everyone can perform the exercise correctly then play the plank challenge, who can hold the plank correctly for the longest time.

You can also do this with the side plank (on each side).

# NUTRITION

**THE NUT: -**

**Immune boost juice** - ingredients: carrot, orange, ginger & lemon

**Chris Carrot:** I can help your eyes see in dark night skies

**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

**Gigi Ginger:** If you feel sick, I will fix you quick

