

FITNESS

Summer Lesson 3

The FIT: Cardiovascular endurance

Cardiovascular endurance: is physical activity that can be performed for extended periods and uses major muscle groups. This type of exercise helps to strengthen the heart, Improves the body's ability to deliver oxygen to the muscles and helps improve sporting performance.

Age 4+

This week in FitNut, we will begin with our Superstar warm up sequence and follow this playing lots of high energy games with an animal theme. We will end our session with the FitNut Superstars cool down sequence.

Age 7+

This week in FitNut, we will begin with our Superstar warm up sequence and follow this playing 2 high energy animal theme games followed by a child led game called 'follow the leader'. We will end our session with the FitNut Superstars cool down sequence.

NUTRITION

THE NUT:

Pearfect Party - ingredients - Pear, raspberries and apple

Polly Pear: I'm so sweet to taste, and help your body get rid of waste.

Rosie Raspberry: I'm a disease fighting berry who can make you feel merry.

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

