

FITNESS

Spring Lesson 6

THE FIT:

Power & Speed:

Speed is the ability to move quickly from one point to another in a straight line. Acceleration, max speed & speed maintenance are all indicators of speed. Power is the ability to do strength work at an explosive pace.

Age 4+ & 7+

This week in FitNut the children become the FitNut coaches, guiding their classmates through a FitNut Superstar exercise. They will then complete a FitNut Superstar circuit session and end with a crazy game of 'garbage dump'

NUTRITION

THE NUT:

Mighty Muscle Power - ingredients: Kiwi, Apple & spinach Juice
Juice 1 apple, $\frac{1}{4}$ kiwi and a small handful of spinach leaves per child

Kiki Kiwi: I remove congestion, to help you with digestion

Suzie Spinach: All day long, I will keep you strong

Adam Apple: An apple a day takes the toxins away

