

FITNESS

WEEK 9

Reaction Training is the initiation of physical movement in response to some stimulus. Students ability to react quickly can improve sports performance and sports vision in many games. Eg. basketball, baseball, hockey, football and tennis to name a few.

Age 4+

This week we will warm up with a racing reactions drill called 'Airship', we will continue our exercise with a Superstar circuit session and end our activities playing a fun game of 'circle running'.

Age 7+

This week we will warm up with a racing reactions drill called 'Airship', we will continue our exercise with a Superstar circuit session and end our activities playing a fun game of 'elbow tag'.

NUTRITION

Cool Carrot: Carrots

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

