

FITNESS

Summer Lesson 5

The FIT: Muscular Strength & endurance

Muscular strength: is the ability of the muscle to exert force during an activity. The key to making muscles stronger is working them against resistance, from weights or gravity. Children should not lift heavy weights but performing tasks like arm circles or rapidly taking the stairs will gain muscular strength. Muscular endurance is the ability of the muscle to continue to perform without fatigue.

Age 4+

This week in FitNut the children will warm up with some strengthening drills including squat thrusts before performing a FitNut Superstar circuit session, they will cool down with a fun game of 'toilet tag'.

Age 7+

This week in FitNut the children will warm up with some tough strengthening drills including squat thrusts, power lunges and side lunges, they will perform a FitNut Superstar exercise circuit session and end with some fun & challenging piggy back squats.

NUTRITION

THE NUT:

Marvelous Melon cooler - Watermelon, Lime and Mint with ice.

Walter Watermelon: I will quench your thirst and give you an energy burst.

Limmy Lime: Give me a little squeezy, I'll help you breathe easy.

Murray Mint: I help digest your food, and brighten your mood.

