

FITNESS

Summer 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+

This week the FitNuts will warm up with a funny game of 'Mr Men', followed by lots of fast action games 'Rabbits', 'Snake in the Grass' and 'Crab Catch'. The children will end with 'Bear crawl Basketball' Super speedy fun!

Age 7+

This week the FitNuts will warm up with some powerful bench drills before playing some fast paced active games 'dodge ball' & 'capture the flag'. The children will end with a game of 'piggy back tag'. Powerful stuff!

NUTRITION

THE NUT:

Milky Mango - ingredients: mango, strawberry, milk or oat milk

Marilyn Mango: I'm bursting with vitamins A, B & C, I will keep your eyes & skin healthy

Star Strawberry: I take cuts & bruises away, and give you energy to go and play

