

# FITNESS

## Autumn Lesson plan 8

### The FIT Flexibility

Flexibility is the ability of your joints to move through their full range of motion. Your degree of flexibility can vary around the body. Having flexibility in your muscles allows for more movement around the joints which means better posture, less muscle tension, reduced risk of injury and relaxation for the mind and body.

#### 4+

##### **Warm Up** : Animal Antics:

Flap your arms like bird wings and “fly” around obstacles.

Hop on all fours like a frog, and say “Ribbit-ribbit-ribbit”.

Hop on two legs with feet together, and pretend to be kangaroos.

Bend your knees, walk with your legs far apart, and swing your arms like chimpanzees.

Walk on feet and hands and pretend to be a reptile.

Walk on hands and knees and pretend to be kittens saying “meow”.

Slide on the floor or ground and pretend to be snakes saying “hiss”.

Ask the children to suggest some other animals.

**Main Activity Session:** Adam apple’s Alphabet Stretches. Try to work through the alphabet stretch card. Go from A - Z if time allows or have children work in partners and work through each other’s names together.

##### **Cool Down:**

Game: Limbo - Play some fun music. Line the children up and have them try to limbo under a bar, string, anything you can hold with another coach. Allow all of the children to pass through easily, then gradually lower the bar each time until they can not pass without touching or falling to the floor.

#### 7+

##### **Warm Up:** Follow the Leader:

Have 1 partner lead the other around, over, under and through playground / hall equipment, trees, and shrubs.

Encourage leaders to vary movements, speed and direction with walking, running, bending, stretching stopping and starting. Switch leaders.

Partner relay: High knee running - run to the end of the gym bringing knees up very high, touch wall, skip back swinging arms to increase speed, tag partner in to go. Instruct the children to do 2 or 3 rounds each.

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# NUTRITION

## The Nut

O.J. Berry - Oranges & blackberries.

OJ Orange: Juice me for Vitamin C I will boost up your immunity.

Bobby Blackberry: Eat a handfull of me to keep you germ free.

