

# FITNESS

Spring Lesson 9

## THE FIT: Reaction Training

Reaction Training is the initiation of physical movement in response to some stimulus. Student's 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+

In this session we will warm up with a game of "I'm a FitNut Star". We will continue our exercise with a Superstar circuit session and end our activities by performing rainbow stretches.

Age 7+

In this session we will warm up with a game of "I'm a FitNut Star". We will continue our exercise with a Superstar circuit session and end by following the FitNut exercise sequences cool down card.

# NUTRITION

## THE NUT:

1 can chickpeas, drained and rinsed

250g cooked beetroot

a pinch of salt

Juice of ½ lemon

1 garlic clove, crushed

2 tbsp tahini

2 tsp ground cumin

100ml extra virgin olive oil

Place all the ingredients into a bowl and mix until smooth  
(or use a food processor)

