

# FITNESS

## Autumn Lesson 6

### The Fit

#### Power & Speed:

Speed is the ability to move quickly from one point to another in a straight line. Acceleration, maximum speed & speed maintenance are all indicators of speed. Power is the ability to do strength work at an explosive pace.

#### Age 4+

This week our FitNuts will warm up from head to toe using the FitNut Superstar warm up exercise sequence card. We will play some fast paced games including 'Whistleblower', 'Traffic Lights' and 'Musical Bumps' and end with our FitNut Superstar yoga sequence cool down.

#### Age 7+

This week our FitNuts will warm up from head to toe using the FitNut Superstar warm up exercise sequence card. We will start with the super fast drill 'Whistleblower', continue with various fast & powerful relay races and end with our FitNut Superstar yoga cool down sequence.

# NUTRITION

### The Nut

Amazing Apple Juice - Apple, Cucumber, Kiwi & Lime.

Adam Apple :An apple a day takes the toxins away.

Caz Cucumber: I can help your joints to flow and encourage your hair to grow.

Kiki Kiwi: I remove congestion and help you with digestion.

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

