

# FITNESS

## Winter Lesson 1

### The Fit

Balance & Co-ordination: Balance is the ability to stabilize & produce movement. Coordination generally refers to moving two or more parts of your body at the same time to achieve a specific goal. Having good balance improves co-ordination and can be a huge benefit in many sports. From the basics at age 4 to perfecting motor skills as they grow into teenage years. Balance, rhythm, spatial awareness and the ability to react to stimulus are all elements of coordination. In the early years we use games to develop spatial awareness and move on to perform these skills using drills at increased speed as the kids develop.

### Age 4+

This week our FitNuts will develop their balance skills with a challenging warm up, travelling along our bench trail, using various movements including bear walking. They will perform a Fitnut Superstar exercise circuit which will include some balance stations and cool down with a fun game of balloon Pass.

### Age 7+

Warm Up:

This week our FitNuts will develop their balance & coordination skills with some challenging warm up drills including 'stride & hold', 'Jump up & Hold' & 'single leg balance & throw'. Should be good fun and help to increase awareness of how important both balance & coordination are in sports and in everyday life. The children will then perform a circuit of FitNut Superstar exercises and end by cooling down with some FitNut Superstar yoga poses.

# NUTRITION

### THE NUT: -

**Fizzy OJ with mint** - Oranges, a hint of mint and sparkling water.

We are making a healthy alternative to soda this week, the children can decide to add bubbles or not.

### Our FitNut Superstars super powers:

**OJ Orange:** Juice me for Vitamin C, I will boost your immunity

**Murray Mint:** I help digest your food and brighten your mood

