

FITNESS

Winter Lesson 9

The Fit Reaction Training

Reaction Training is the initiation of physical movement in response to some stimulus. Students 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 piggy in the middle using a beach ball. We will continue our exercise with a Superstar circuit session and end our activities playing a fun game of whistle blower stretching.

Age 7+

In this session we will warm up with a game of piggy in the middle using a soft ball. We will continue our exercise with a Superstar circuit session and end our activities playing a fun game of whistle blower stretching.

NUTRITION

THE NUT

Heart Healthy Soup

Lenny Leek I can play a part, in protecting your heart.

Olly Onion I clean your blood and fight disease, make sure you cook with lots of these.

Paddy Potato Leave on my skin, to keep the fiber in.

