

FITNESS

Summer Lesson Plan 2

The Fit:

Core Strength including abdominal muscles, back muscles and the muscles around the pelvis.

Strong core muscles make it easier to do many physical activities and improves posture.

Good core stability will help your child to maintain a good sitting posture at the desk, and will help develop a stable, supportive base for gross motor and fine motor movements. Strong core muscle can help avoid back pain in adulthood.

Age 4+

Warm Up: using a ball

Line children up arms length away from each other (space them out by putting hands on shoulders of the person in front, then drop hands to sides)

Drill 1: Over & Under: Pass a ball from the front to the back of the line alternating between over head pass and under, through the legs pass to the child behind, when you reach the end of the line, turn around and pass all the way to the start.

Drill 2: Side to Side: Pass the ball to the right, to the left, alternating side as it travels down the line, turn around and keep going until the ball reaches the start again.

Main Component: Superstar Circuit Session. Arrange 1 station per child in a circle around the gym/room. Spend 1 - 1.5 minutes on each station before blowing your whistle move the children on to the "Next Station!"

Cool Down: With a partner, Row row row your boat. Have kids sit down across from each other, feet touching & legs wide apart. Ask them to lean forward to clasp hands, on your command, one child pulls gently while the other pushes, then switch - sing along "row row row your boat....."

Age 7+

Warm Up: using a medicine ball

Line children up arms length away from each other (space them out by putting hands on shoulders of the person in front, then drop hands to sides)

Drill 1: Over & Under: Pass a 1kg medicine ball from the front to the back of the line alternating between over head pass and under, through the legs pass to the child behind, when you reach the end of the line, turn around and pass all the way to the start.

Drill 2: Side to Side: Pass the medicine ball to the right, to the left, alternating side as it travels down the line, turn around and keep going until the ball reaches the start again.

Main Component: Superstar Circuit Session. Arrange 1 station per child in a circle around the gym/room.

Spend 1 - 2 minutes on each station before blowing your whistle move the children on to the "Next Station!"

Cool Down:

Alternate Planks: For a count of 10 ask children to alternate between plank on palms to plank on fore-arms.

Alternate side planks: Spend 10 seconds in plank, switch, 10 seconds in side plank (right side), switch to 10 seconds in plank, switch to 10 seconds in other side plank (left) and end with a final 10 seconds in plank.

NUTRITION

THE NUT: Blue Blast ingredients: Blueberries, organic whole milk or oat milk & honey.
Billie Blueberry: I protect every cell & make your brain work well.

