

FITNESS

Spring Lesson Plan 5

The FIT

Muscular strength: is the ability of the muscle to exert force during an activity. The key to making muscles stronger is working them against resistance, from weights or gravity. Children should not lift heavy weights but performing tasks like arm circles or rapidly taking the stairs will gain muscular strength. Muscular endurance is the ability of the muscle to continue to perform without fatigue.

Age 4+

Warm Up: Work through the FitNut Superstar Warm-up exercise sequence

Main Component: Team Games:

Ball Pass : 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)

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.

Commando: Begin at one end of the gym hall. Children stand with their team in a line and open their legs wide to form a tunnel which the team member at the back crawls through, this continues until the team reach the other end of the gym hall

Superstar Freeze: Using the FitNut Superstar exercise cards, arm circles, box press up, alternate L's, jumping jacks, stand up/sit down, shadow boxing. Play music and instruct the children to perform one of the exercises at a time, the children must freeze when you stop the music

Cool Down: Work through the FitNut Superstar Cool Down card exercise sequence

Age 7+

Warm Up: Work through the FitNut Superstar Warm-up exercise sequence

Main Component: Team Games:

Medicine Ball Pass: 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)

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 back to the start. 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.

Commando: Begin at one end of the gym hall. Children stand with their team in a line and open their legs wide to form a tunnel which the team member at the back crawls through, this continues until the team reach the other end of the gym hall

Rafts: Begin at one end of the gym hall. Each team have 2 large gym mats. Standing on one mat, tell the children that they have to move to the other end without touching the floor, i.e. start on one mat, jump to the next, pass the back mat forward and repeat the sequence. If any of the teams touches the floor, you might want to send them back to the start!

Cool Down: Work through the FitNut Superstar Cool Down card exercise sequence

NUTRITION

THE NUT:

Vitamin Citrus - Orange, Lemon & sparkling water

Juice 1 orange and 1/8 lemon per child, add sparkling water to add some fizz

O.J Orange: Juice me for Vitamin C, I will boost your immunity

Liz Lemon: When you have a cold in your chest, my zest will get you back to your best

