

FITNESS

Summer Lesson 9

The FIT: Reaction Training

Reaction Training is the initiation of physical movement in response to some stimulus. Student's 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+ and 7+

In this super fast paced reaction training session, student will warm up with a game of 'Crocodile River', they will continue with a FitNut superstar circuit session and end with a game of 'Where do you stand?' to cool down.

NUTRITION

THE NUT:

Summer spinach Salad - ingredients: Oranges, Spinach

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

Suzy Spinach: All day long I will keep you strong.

