

FITNESS

Winter Lesson Plan 5

The FIT

Muscular strength and endurance : 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: Travelling from one end of the gym hall to the other and back, using various movements:
1.High knee run, 2.walking lunges and 3.on all 4's,

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: Game : Squat tag or 'superman tag', nominate 2 taggers. Children who are tagged must perform a squat with arms in the air like superman, they can be free when another child lowers their arms.

TIP: before playing this game, instruct children (using the FitNut Superstar squat exercise card) the correct way to squat. This is a good opportunity to encourage and compliment good execution of the exercise.

Age 7+

Warm up: Travelling from one end of the gym hall to the other and back, using various movements:
1.High knee run, 2.walking lunges, 3.on all 4's, 4. sideway walking squats

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: Game: Squat tag or 'superman tag', nominate 2 taggers. Children who are tagged must perform a squat with arms in the air like superman, they can be free when another child lowers their arms.

TIP: before playing this game, instruct children (using the FitNut Superstar squat exercise card) the correct way to squat. This is a good opportunity to encourage and compliment good execution of the exercise.

NUTRITION

THE NUT

Kickin Kale Kale, carrot and orange.

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

Chris Carrot I can help your eyes see in dark night skies

Kurly Kale Let it be known, I'm the best for strong skin and bone.

