

FITNESS

Spring Lesson 7

THE FIT: Accuracy

Age 4= and 7+

In this session, our FitNuts will train for accuracy skills performing ball handling drills including 'triangle passing', 'pressure passing' and a 'bounce and shoot relay',

NUTRITION

THE NUT:

Berry Powerful - Orange juice, Spinach, Banana and mixed frozen berries.

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

Suzie Spinach: All day long, I will keep you strong

Barry Banana: I give you energy fast and slow, when you want to go, go, go!

Star Strawberry: I take cuts & bruises away, and give you energy to go and play.

Rosie Raspberry: I'm a disease fighting berry, who can make you feel merry.

