

FITNESS

Autumn Lesson plan 3

THE FIT:

Cardiovascular endurance: is physical activity that can be performed for extended periods and uses major muscle groups. This type of exercise helps to strengthen the heart, Improves the body's ability to deliver oxygen to the muscles and helps improve sporting performance.

Age 4+ & 7+

Warm-up: Using the full size of the gym hall, have the children travel around in the same direction starting slowly and gradually increase the pace.. Start with walking then move on to sidestepping (lead with right leg then switch to left leg leading), next galloping, skipping, jogging and end with running. Have the children find a space and try 'swimming arms' : using breaststroke, front crawl, back crawl and butterfly.

Main Component:

Games:

'Builders & Bulldozers' - scatter marker cones around the gym hall. Assign half of the class to be builders (their job is to make sure the cones are right-side up). Assign the other half of the class to be bulldozers (their job is to make sure that the cones are upside down). Kids are not allowed to use their feet, and are not allowed to kick the cones. On your command (blow the whistle) let the kids go to work. Make sure to swap the roles so that each half of the kids gets to do both roles.

'Cone Collect' - Set up the cones in a line. Have the kids stand in teams. They must collect their cones and run back to their team tagging the next player to collect the next cone and so on. The first team back with all their cones and sitting down win.

Relay Race: Mark out the gym hall in 3 sections - use different colored cones to indicate change of section. In section 1, have children kangaroo jump with feet together to the next section. In section 2 they must hop to the next section. In section 3 they have to bear walk to the end of the room, touch the wall and run back to their team, tagging the next player to go.

Cool Down: 'Rainbow Tag' Assign one or two players to be 'it', depending on the number of kids playing. When tagged, the other player must make a rainbow (like downward dog yoga pose) with their body. They can be free again when one of the other players who are not taggers slide under or crawl through their rainbow. Change taggers after a few minutes to give many children a chance.

NUTRITION

The NUT

Sweet P: Pineapple, Carrot, Orange (add mint if desired)

Pablo Pineapple: When you need to heal a bruise, I'm the one to choose

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

Chris Carrot: I can help you eyes see in dark night skies.

Murray Mint: I help digest your food and brighten your mood.

