

FITNESS

Winter Lesson 6

The Fit

Power & Speed:

Speed is the ability to move quickly from one point to another in a straight line. Acceleration, max speed & speed maintenance are all indicators of speed. Power is the ability to do strength work at an explosive pace.

Age 4+

This week our FitNuts will work through the FitNut Superstar Warm-up exercise sequences and follow this with some drills and games including 'falling starts', weave in/weave out' and 'treasure grab'. They will end with a FitNut Superstar cool down yoga sequence.

Age 7+

This week our FitNuts will work through the FitNut Superstar Warm-up exercise sequences and follow this with some drills and games including 'falling starts', weave in/weave out' and 'second bounce'. They will end with a FitNut Superstar cool down yoga sequence.

NUTRITION

THE NUT

Ruby Red Orange, Cranberries and Apple

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

Carol Cranberry To help you body cleanse, we are your friends.

Adam Apple An Apple a day takes the toxins away

