

FITNESS

Winter Lesson Plan 6

The FIT

Power and Speed:

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

Age 4+

Warm Up: Work through the FitNut Superstar Warm-up exercise sequence card

Main Component: Drills and Games:

Falling Starts: Have children run from one side of the gym to the other and back but they must begin on their tummies and jump up and go on your command. TIP: You can also try this starting from lying down on back and also travel in various ways to the other side of the gym. eg, crawl, hop, side step, jump, stride, lunge etc.

Weave In / Weave out: Place cones in zigzag form on the floor and have children sprint in and out to the end and back.

Treasure Grab: Place several items eg. bean bags in a hoop at the end of the gym. Children have to run, collect 1 item at a time and return it to their starting position before running for another item. This can be done individually or in teams.

Cool Down: Work through the FitNut Superstar cool down yoga sequence card

Age 7+

Warm Up: Work through the FitNut Superstar Warm-up exercise sequence card

Main Component: Drills and Games:

Falling Starts: Have children run from one side of the gym to the other and back but they must begin on their tummies and jump up and go on your command. TIP: You can also try this starting from lying down, kneeling down or after performing an exercise eg. 5 x jumping jacks or 5 x push up's.

Weave In / Weave out: Place cones in zigzag form on the floor and have children sprint in and out to the end and back. TIP: travel in various ways to the other side of the gym. eg, crawl, hop, side step, jump, stride, lunge etc.

Second bounce: Have children face a partner about 3 metres apart. Child A holds a large ball (soccer/football) at shoulder height in front of them, they drop the ball and child B runs quickly to try to catch the ball before it bounces for a second time. Child B runs back to their starting position with the ball and the roles switch. TIP: start closer together and gradually increase the distance between the children until the point where they can not catch the ball.

Cool Down: Work through the FitNut Superstar cool down yoga sequence card.

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

