

Fantastic Fitness

CLASS AGE. Yrs 4,5,6	DURATION. 5-10 mins	EQUIPMENT. Optional music / 3 Bibs
FACILITY. Hall/Outdoors	ACTIVITY TYPE. Warm Up/Fun activity	

AIMS

- To increase heart rate
- Mobilization of body,
- To increase spacial awareness,
- To create an understanding of components of fitness Muscular strength, Cardiovascular fitness and Flexibility

MAIN ACTIVITY

A brief explanation (may be needed) of **Muscular Strength**, (We need muscles to support our bodies and to perform daily activities) **Cardiovascular Fitness** (Our heart and lungs work all the time to pump blood and provide oxygen throughout our bodies) and **Flexibility** (we need to be flexible so that we can sit down stand up and generally move around without delay or hindrance)

Choose 3 **Fitness Fanatics!** (optional bibs with fitness title/picture on them) **Mr/Miss Muscle, Captain Cardio, Mr/Miss Flexible.** At this point I would get the children to discuss choose and demonstrate an activity for the 3 different concepts. For example. Muscle= 5 Box press ups, Cardio = 5 Jumping Jacks Flexibility= Touch toes and hold for 10 seconds. As the weeks progress you can change the exercises.

The remaining children walk/ jog around the room, when tagged they have to perform the designated exercise with precision and control. Change the 3 Fitness Fanatics at regular intervals.



Mr/Miss Muscle



Mr/Miss Flexible



Captain Cardio