

A large orange circle is centered on the page. It is decorated with two yellow bananas (one at the top right, one at the bottom left), a blue 'X' at the top, and a blue '+' at the bottom right. A dashed blue line with small circles at the ends circles the orange circle.

# LESSON PLAN WEEK 2

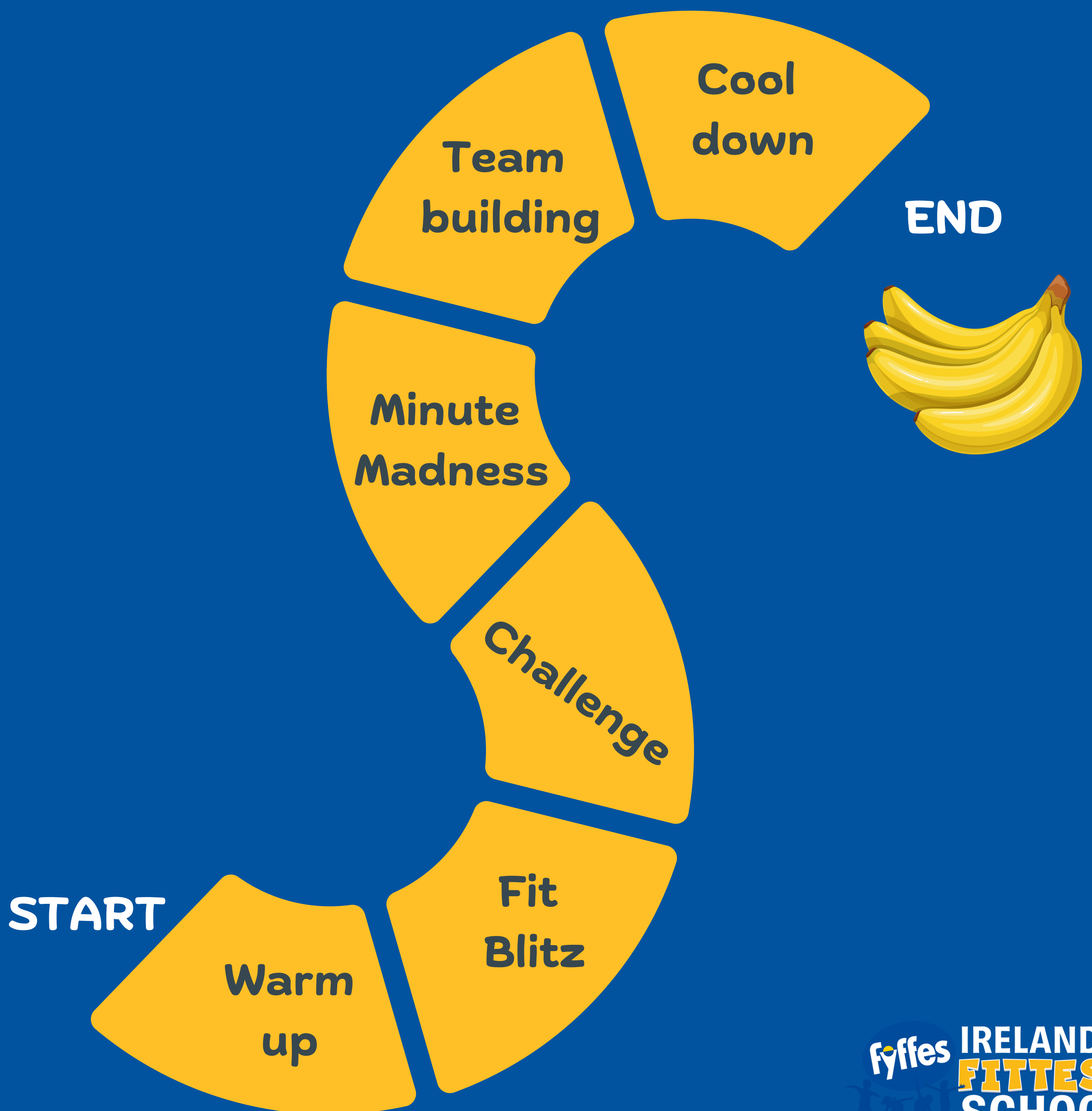
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# FYFFES FITTEST SCHOOL

## The Banana Powered Path

Get active with the Fyffes Fittest School competition! Follow the path of warm-ups, workouts, challenges, and cool-downs to earn banana points and power up your fitness journey!



# FYFFES FITTEST SCHOOL

## Lesson Plan week 2

### Fit Blitz

The second Fit Blitz is going to be for 3 minutes. All you need is a clock, some space and energy!

Exercises:

**Mountain climb**  
**Ski Jumps**

Aim: To keep moving, maintain form and count how many rounds you get within 3 minutes.

**One round = 10 mountain climb + 10 ski jumps**

### Adaptation:

Take small rests or no arm movements.

Step and tap foot instead of jumping

Take small breaks, smaller movements in mountain position

### Progression:

Increase depth and speed of ski jumps,

Bring in arm movements

Slow movements where each knee touches elbow

Complete this for 3 minutes and count your rounds. Take a rest for 1-2 minutes and repeat if desired.

# FYFFES FITTEST SCHOOL

## Lesson Plan week 2

### Minute madness

In our minute madness we are going to exercise for 30 seconds and have 30 seconds rest. Complete as many rounds as possible in the 30 seconds. Take 30 seconds rest and begin on the next minute. Complete this 5 times.

Exercises:

Skip  
Squats

One round = 10 skips + 5 squats

Aim: To exercise as fast as you can while keeping perfect form. Keep exercising until the time stops. Take big deep breaths in between and try to keep the same score/speed as the first round.

Adaptation:

Marching or small breaks

Slight knee bend or take rests

Progression:

Include arms, increase height and speed

Lower squat, slower, pause included (choose one)

Complete this for 5 minutes and try to get the same amount of rounds per minute (30 seconds)

# FYFFES FITTEST SCHOOL

## Lesson Plan week 2

### Challenge 2:

The second challenge is the 60 second challenge

What you need:

Floor space

Aim: To get children to do continuous movement for 60 seconds without taking a break.

**Challenge: 6 exercises - 10 seconds each = 60 seconds**

1. Running on the spot
2. Jumping up as high as possible
3. Jumping Jacks
4. Squats
5. Rope climb
6. Mountain climb

Adaptation:

Take 1-5 seconds rests if needed. Change movements to suit

Progression:

Changing exercises to make them more challenging

Make challenge 90 / 120 seconds.

Do challenge, rest and repeat!

Bonus points: Get the whole school / teachers involved!