



LESSON PLAN

WEEK

FOUR



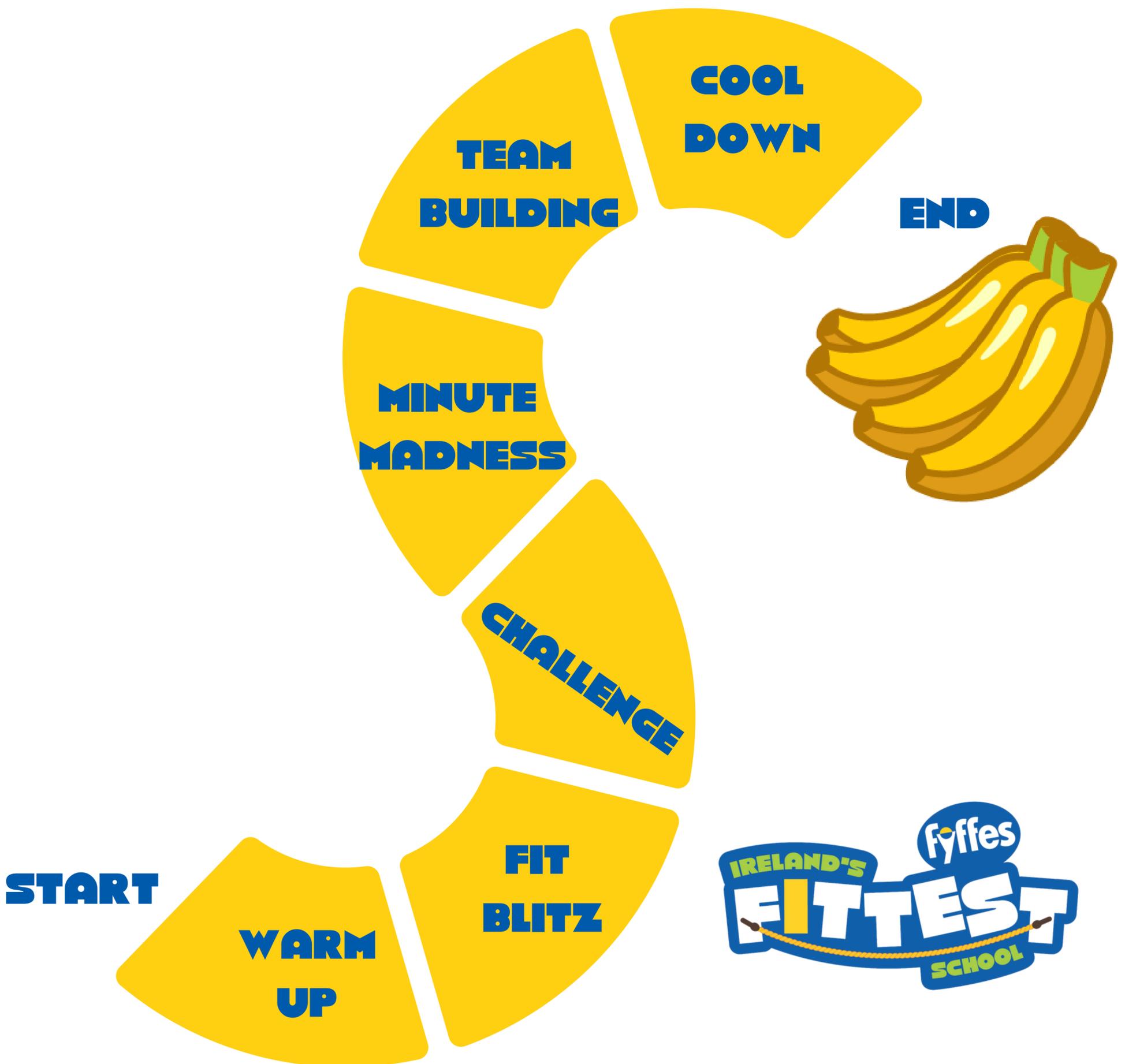
www.fyffesfittestschool.ie

#fyffesfittestschool #irelandsfittestschool

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!



LESSON PLAN WEEK 4

FIT BLITZ

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

Exercises:

RUNNING
HIGH JUMPS
SHOULDER TAPS

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

One round =

10 seconds running + 5 high jumps + 10 shoulder taps

Adaptation:

Walking replaces running

Small jumps or small rest periods

Holding plank or small breaks

Progression:

Increasing speed / distance for running

Increase height and no rest (prioritise landing)

Hold each shoulder for 2 seconds

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

FYFFES FITTEST SCHOOL MINUTE MADNESS

LESSON PLAN WEEK 4

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:

REVERSE LUNGE SKI JUMP

One round = 6 reverse lunge + 10 ski jump

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:

Stepping back or slight knee bend

Take small rests

Progression:

Deeper lunge (do not rush, maintain quality of movement) add pause

Increase speed, include arms and/ or deeper jumps

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

FYFFES FITTEST SCHOOL CHALLENGE 2

ANIMAL RELAY

This challenge is for teams. Have groups of 4 or 2 teams to create a fun animal relay.

What you need: Floor space. This should be done in a large space to allow for longer distances of movement.

Aim: To get children to do perfect movement, controlling movements and working as a team cheering each other on.

Challenge: 4 animal movements

CRAB WALK
FLAMINGO HOP
CHEETAH RUN
LEAPFROG

Children will complete one animal up, another back until all children have had a turn of completing all animal movements. This can be

1. All 4 animal movements completed by each child
2. Animal movements broken up into 2 different races. Example crab walk & flamingo hop as one race and cheetah run and leapfrog as another race.

Adaptation:

Change animals to suit each group / abilities

Progression:

Complete multiple times each or increase distance.

FYFFES FITTEST SCHOOL TEAM BUILDING 1

ROCK PAPER SCISSORS

Aim: To complete a fun team game that involves running and rock paper scissors!

All you need is space and 2 teams.

Teams line up behind each other. The leader of both teams competes rock paper scissors with their bodies until one wins. The winner must run up to a point and back again. For the movement they must complete 3 jumps (rock, paper and scissors) and then turn themselves into one.

The team who has all members back from running is the winner.

This can be a game of luck so you can change up the sequence to keep morale high!

Bonus points: Get the whole school / teachers involved!



ROCK



PAPER



SCISSORS

FYFFES FITTEST SCHOOL

COOL DOWN AND BREATHING TECHNIQUE

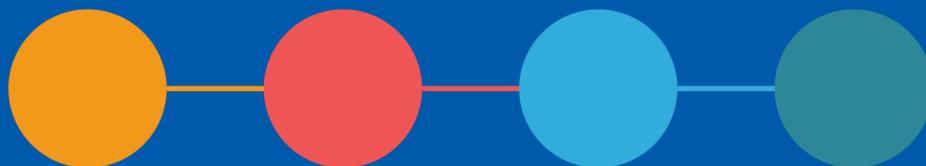
Breathing challenge

The reason for incorporating breathing exercises and a cool-down routine is that they help children regulate their heart rate, reduce muscle tension, and promote relaxation, allowing their bodies to recover more effectively and transition smoothly from physical activity to rest.

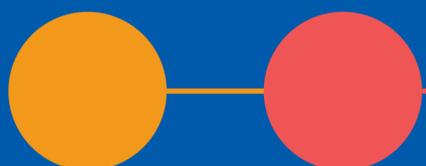
You can walk around and take deep breaths. Breathe in for 4 seconds and exhale for 2 seconds and repeat.

Sample below:

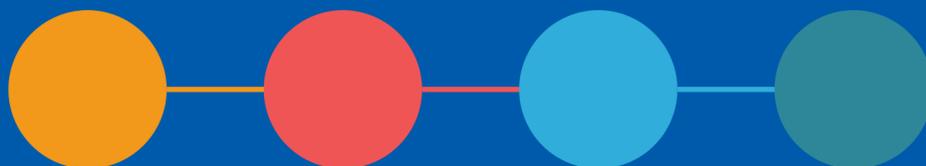
Inhale



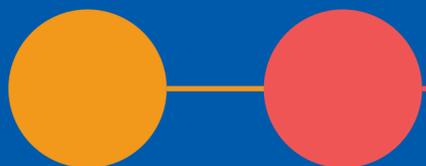
Exhale



Inhale



Exhale



FYFFES FITTEST SCHOOL

COOL DOWN 1

Head to toe stretch and breathe

Aim: To bring heart rate and breathing down to cool down from all exercises workouts.

Start off shaking your body from top to toe for 20 seconds

Lift your head up and down, side to side

Big breath in for 3 seconds, exhale slowly for 6 seconds

Shrug your shoulders up towards your ears and lower slowly

Gently sway arms and lift over head and slowly lower down

Big breath in for 3 seconds through your nose and exhale slowly for 6 seconds through your mouth.

Stretch arms across your body and alternate

Place hands on lower back and try to bring elbows close together.

Slowly bring chin to chest, roll shoulders forward and lowering arms to the ground.

Breath in for 3 seconds and exhale for 6 seconds

Hug arms together

Squat down and gently move sideways

Stand up and lift one foot behind. Balance and swap

Breath in for 3 seconds and exhale for 6 seconds

One foot our infront and stretch lower legs

Big breath in as bring arms overhead, exhale slowly as reach down to toes.