



LESSON PLAN

WEEK

EIGHT



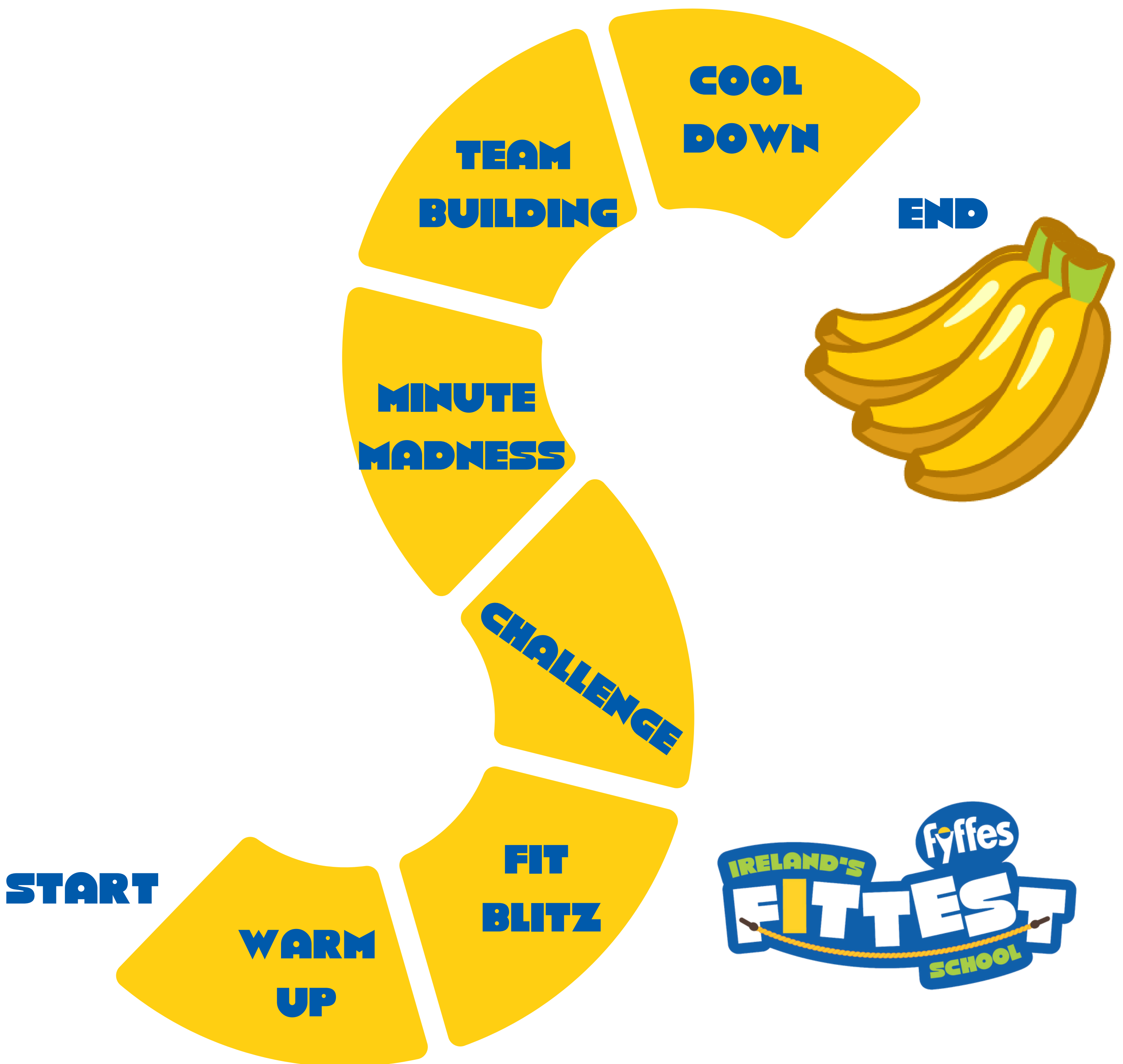
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FYFFES FITTEST SCHOOL

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!



LESSON PLAN WEEK 8

FIT BLITZ

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

Exercises:

HIGH SKIPS
LATERAL LUNGE
TOE TOUCH

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

One round =

8 high skips + 8 lateral lunge + 8 toe touch

Adaptation:

Skips low, short rests

Smaller side steps

Take big deep breaths and rest as needed

Progression:

Explosive skips upright or forward if space allows

Increase depth or speed of lunges

Full range of movement without reducing quality of movement

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 8

In our minute madness we are going to exercise for **40** seconds and have **20** seconds rest. We will complete as many rounds in the 40 seconds as possible. Complete this 5 times.

Exercises:

SQUATS **CHAIR DIPS**

One round = 5 squats and 5 chair dips

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:

Squat to a chair or slight knee bend

Sitting on chair walk feet out and hold bodyweight on your hands on edge of chair

Progression:

Add in a jump into squats, lower position (perfect form) or pause

Legs as straight as possible and back as close to chair as possible

Complete this for 5 minutes and try to get the same amount of squats and chair dips in each round.

CHAIRS NEEDED

FYFFES FITTEST SCHOOL CHALLENGE 4

1 - 2 MINUTE

The fourth challenge is a fun way to work with a partner.

What you need:

Floor space

Aim: To get children to comfortably move for the entire time without going too fast.

Challenge: 1 - 2 minute (ideally 2) of:

5 BURPEE

5 SQUATS

5 PLANK UP AND DOWN

This is not a race. You want to be able to complete this and still have energy for more.

Adaptation:

Burpee - half burpee / step out and up (no jump)

Squats - slow and comfortable depth

Plank up & down - hold plank for 10 seconds

Progression:

Burpee - tummy to the ground, big jump with clap overhead

Squats - deep squats or add in a jump

Plank - complete 10 but ensure movement is good.

Bonus points: Try more than 2 minutes!!

FYFFES FITTEST SCHOOL

COOL DOWN AND BREATHING TECHNIQUE

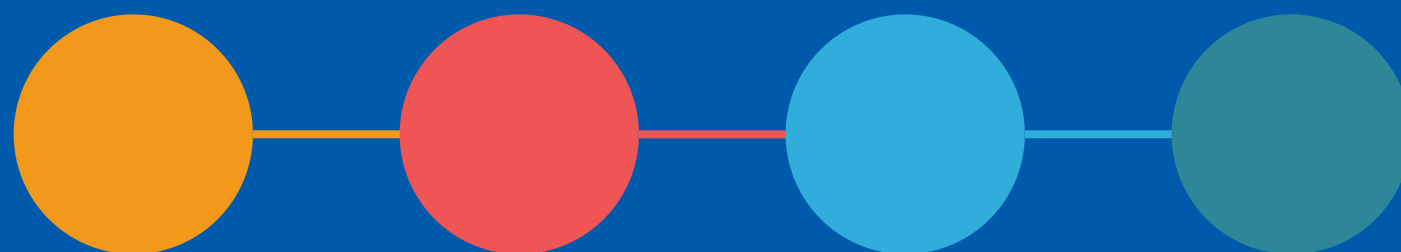
Breathing challenge

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.

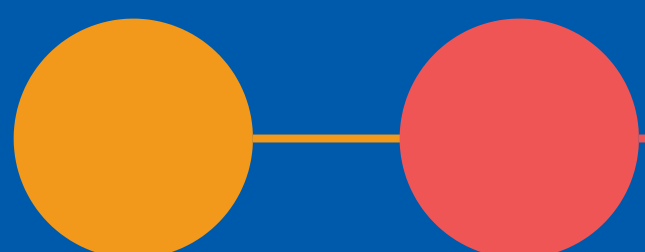
You can walk around and take deep breaths. Breath in for 4 seconds and exhale for 2 seconds and repeat.

Sample below:

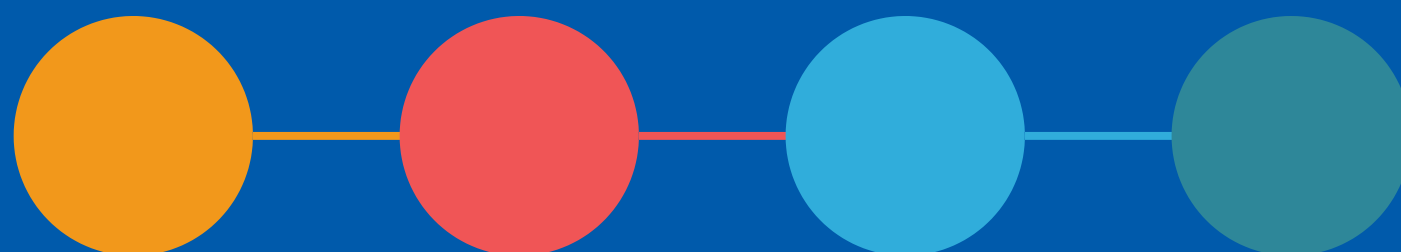
Inhale



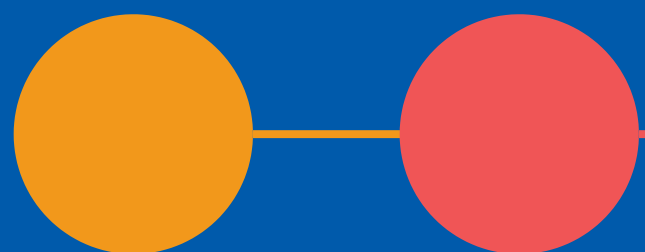
Exhale



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.