

# Fit and fun for under Fives @ WUFA

Physical Activity within session times with our trained coach Sophie

## **Introduction:**

These inclusive sessions will be incorporated into our “Normal” sessions each week, Sophie is a trained fitness professional who has over seven years of experience working in the fitness industry providing classes for parents and children. The sessions will be run as a trial for Term 1 starting on Monday 19<sup>th</sup> September. They will last for no longer than 30 minutes (Child led and no child will be forced to participate although they will be encouraged). Each Term will have a different theme. Term 1 for example will involve hand-eye coordination. The following terms movement, stability and balance, movement to music and stretching/yoga. All will be fun so the children can see exercise can be a part of a normal healthy lifestyle. Week 1 sessions will be held on a Monday, Week 2 a Tuesday, Week 3 a Wednesday, Week 4 a Thursday, Week 5 a Friday. By doing it this way we hope that all children that attend WUFA will have a go at “Fit and fun for under Fives”

## **Reason:**

At WUFA we believe that healthy eating, drinking water and physical activity is so important and helps children to learn more effectively. Physical activity improves cardiovascular health, contributes to healthy weight, improves bone health, supports learning of social skills, develop movement and co-ordination. (Please see Guidelines for full information)

## **Footwear:**

It is advisable that children wear comfortable shoes they can run around in. Chances are they will be wearing them anyway for their usual session at WUFA.

## **Plan & Examples:**

Each session will be carefully planned but also adapted where necessary to suit our children’s individual needs and likes. It will be a fun introduction into the world of fitness.

(Please see below for our comprehensive list of ideas)

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## Plan & Examples: (Cont)

### Warmup

Throwing a ball into a bucket (different distances)  
Throwing a ball into different coloured circles  
Throwing a ball to a coloured line  
Clearing up coloured flat cones  
Running from one coloured circle to another  
Running from one coloured line to another  
Balancing a bean bag on the head  
Balancing a bean bag on the back of the hand  
Throwing a bean bag to a coloured line  
Dribbling a ball between cones  
Dribbling a ball to a different coloured circle  
Hiding a ball under a flat cone  
Hiding a ball under different coloured flat cones  
Defence Vs Attack (coloured line)  
Two aside  
Jumping  
Running races  
Balance beam  
Wall to wall  
Noisy running  
Tiptoes running  
Dancing (different types of music)  
Throwing a bean bag into a bucket (different distances)  
Throwing a bean bag into different coloured circles

### Cool down

Kicking a ball  
Throwing a ball  
Shooting at goal  
Throwing a bean bag  
Ice cream balancing  
Ice cream walking  
Ice cream running  
Dribbling a ball  
Ballet exercises  
Story time  
Yoga  
One on one  
Two on two  
One aside  
Mini obstacle course  
Throwing a balloon  
Catching a balloon  
Breathing exercises  
Stretching exercises  
Quiet running  
Heels running