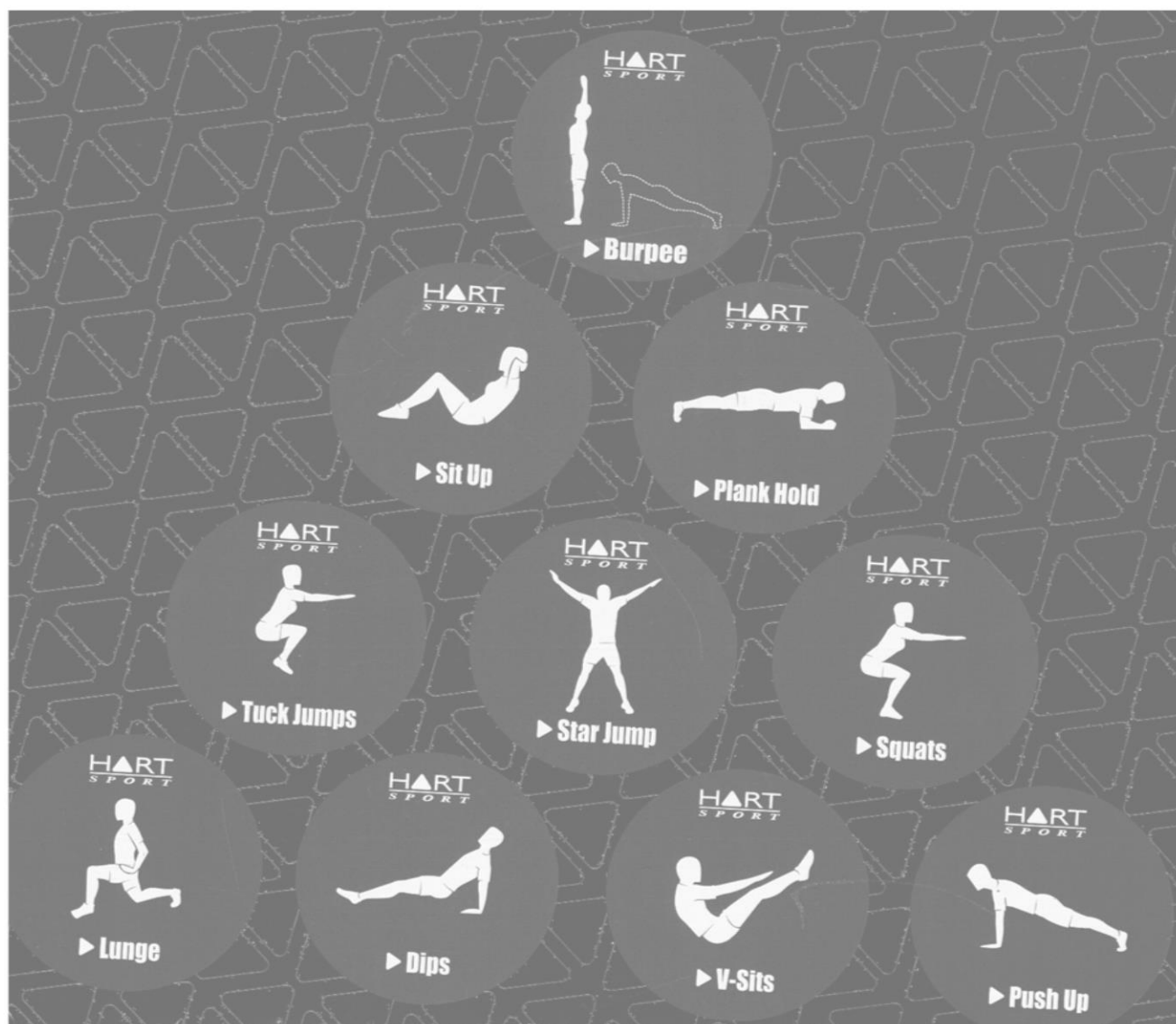


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Skipping</b></p> <p>30 secs skip 30 secs rest</p> <p><b>Prep – Yr 1:</b> Repeat 5x <b>Yr 2-4:</b> Repeat 8x <b>Yr 5-6:</b> Repeat 8x</p> <p><i>See over for exercises.</i></p>	<p><b>Exercise Circuit</b></p> <p><b>Prep – Yr 1:</b> 6 reps of each activity.</p> <p><b>Yr 2-4:</b> 10 reps of each exercise.</p> <p><b>Yr 5-6:</b> 10 reps of each exercise. Do circuit twice</p> <p><i>See below for exercises.</i></p>	<p><b>Aerobic</b> <i>(Subject to access to park, beach etc.)</i></p> <p>Week 1: Jog 1 lap.</p> <p><u>Approx. lap size</u> <b>Prep – Yr 1:</b> 300m <b>Yr 2-4:</b> 400m <b>Yr 5-6:</b> 500m</p>	<p><b>Skills-small ball</b></p> <p><b>Prep – Yr 1 and Yr 2-4:</b> Small ball catching. <i>See over for suggestions.</i></p> <p><b>Yr 5-6:</b> Target throw-overarm throw. Set up target – have 10 shots. Endeavour to set a personal best. <u>Components:</u> -Eyes focused on target. -Arm extension to rear during set-up. -Body side on. -Rotate body from side to face forward during throw.</p>	<p><b>Aerobic</b> <i>(Subject to access to park, beach etc.)</i></p> <p>Run 30secs/walk 30secs.</p> <p><b>Prep – Yr 1:</b> Repeat for 10mins. <b>Yr 2-4:</b> Repeat for 12 mins. <b>Yr 5-6:</b> Repeat for 15mins.</p>



# COMPLETE THE MASCOT CHALLENGE

# WEEK 1 CATCHING



Complete *EACH* activity before moving on!



Throw the ball up with one hand and catch it with two hands.



Throw the ball up with one hand and catch it with the opposite hand, then start with the ball in your other hand.



Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, each time catching the ball with TWO hands.



Find a partner and stand with your toes touching theirs, now take two big steps backwards. Underarm the ball to each other, this time catching the ball with ONE hand.



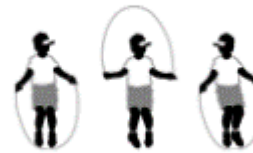
**CONGRATS**  
YOU HAVE NOW COMPLETED  
THE MASCOT CATCHING CHALLENGE!

Single Bounce



Jump with both feet together. Try jumping in time to the beat of a song.

Double Bounce



Jump the rope once, followed by a small rebound bounce.

Skier



Practise jumping side to side along a marked line. Remember: little jumps.

Criss Cross



Hug your hip, ensuring hands are clear to the side.

Glue feet to the ground to practise the arm movement – before adding a jump.

Twister



Keep arms low to the side and maintain a normal arm pattern as you twist!

Jogging Step



Play music with a great beat and jog in time with the music. Try to lift one foot at a time for each rope turn.