

Family Fitness Program-Term 2 2020

Week 2

Feel free to adapt to meet specific interests and availability. Adjust year level suggestions to suit family circumstances.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Agility 1 Set out 5 markers in a 10m X 10M space. We may have to vary to the space available.</p> <p>Run and touch random markers for 15 seconds-hard. 45 seconds rest.</p> <p>Prep-Yr1 Repeat 4x. Yr 2-4 Repeat 6x. Yr 5-6 Repeat 8x.</p>	<p>Balance Shapes Prep-Yr1 Hold each balance shape for 20 seconds.</p> <p>Yr 2-4 Hold each balance shape for 20 seconds. Repeat 2x.</p> <p>Yr 5-6 Hold each balance shape for 30 seconds. Repeat 2x.</p> <p><i>Descriptions of exercises below.</i></p>	<p>Aerobic <i>(subject to access to park, beach etc.)</i></p> <p>Walk 1 lap; jog 1 lap.</p> <p><u>Approx. Lap size</u> Prep-Yr1. 300m Yr. 2-4 400m Yr. 5-6 500m</p>	<p>Skills-small ball Using a ball and a wall, the students complete the 7UP activities counting down to 1.</p> <p><i>Description of activities below.</i></p> <p>Prep-Yr1. Ignore errors. Yr. 2-4 Error -repeat that number only. Yr. 5-6 Error – start at beginning.</p>	<p>Aerobic <i>(subject to access to suitable area)</i></p> <p>Find a nearby footpath or bike track. Enjoy skating, scooting or bike riding.</p> <p>Prep - Yr 1: 15/20min Yr 2-4: 20/25min Yr 5-6: 25/30min</p>

7UP activities

Sevensies: Under arm throw the ball against the wall seven times. Catch it on the seventh time.

Sixies: Bounce the ball against the wall and then allow it to bounce once on the ground before you catch it and throw it again. Repeat six times.

Fivesies: Bounce the ball on the ground five times.

Foursies: Bounce the ball from the ground to the wall and then back to you (this is the opposite of what you do for Sixies). Repeat four times.

Threesies: Bounce the ball on the ground first, then use your palm to bat the ball against the wall, then catch it before it bounces on the floor again. Repeat three times.

Twosies: Toss the ball under your leg and bounce off the wall, then catch. Repeat.

Onesies Year 4-6: Throw the ball against the wall, spin around completely (360 degrees), then catch the ball before it bounces.

Onesies Year 2-3: Throw the ball against the wall, clap twice and catch.

Onesies Prep and Year 1: Throw the ball against the wall, clap and catch.

VARIATION – after trying the game, invent your own game using your own set of skills.

Balance Shapes – see page 2

STATICS (Supports, Hangs,

1. Basic Static Positions on the Floor



Front and rear lying positions



Tuck sit



V-sit



Front support



Rear support



Inverted shoulder support



Sit with arms raised



Supported straddle stand



Knee scale

See activity Card....
Appendix 3

2. Random Run and Balance

Players run randomly. Various balances are called out (see "Basic Static Positions on the Floor" above) and the position assumed as quickly as possible.