
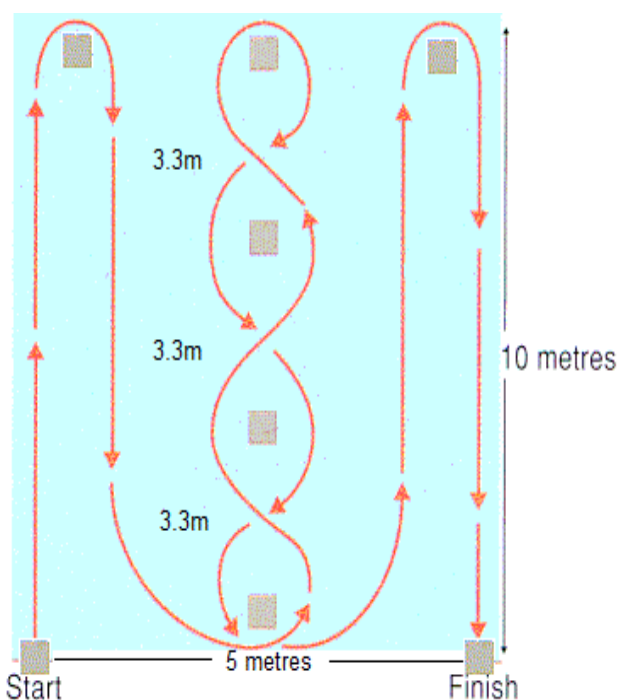
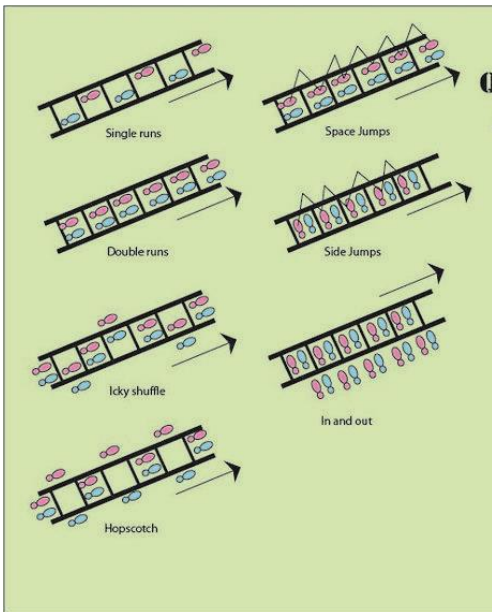


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Agility Run – as per diagram below. Yr P-2 Repeat 6 times Yr 3-4 Repeat 6 times. Yr 5-6 Repeat 8 times. Test yourself against the clock.</p> <p>Agility ladder Activities. Draw your own ladder with chalk. Activities-attached. P-3 Single runs. Double runs Hop scotch. Side jumps. Year 4,5,6 All sequences. 5 reps = 1 set. Do 3 sets of each exercise.</p>	<p>1. Warm Up.</p>  <p>2.YOGA Session C- See below for Yoga Shapes Stretching and flexibility is super important for not only athletes but also everyone in general! Remember some of these require a high level of flexibility so only do the ones that feel comfortable and do not push your body to do something it can't!</p>	<p>Aerobic (Subject to access to park, beach etc.) Week 5: Jog 3 laps. <u>Approx. lap size</u> Prep – Yr 1: 300m Yr 2-4: 400m Yr 5-6: 500m</p>	<p>Small Ball Skills Year 2 and 3 <u>Ten and Then</u> (lower) With a partner or wall. Start by standing 3 steps apart. Throw a ball (sock or another soft toy will work) to each other. Challenge yourself to make 10 catches. Each time you make 10 catches take a step back. How many times can you throw the ball without dropping it? How far back do you get? Year 4-6 -Hand like Healy and -Eyes like Elyse (see attached) Also - Continue juggling practice from week 3.</p>	<p>Aerobic (Subject to access to park, beach etc.) Run 30secs/walk 30secs. Prep – Yr 1: Repeat for 10mins. Yr 2-4: Repeat for 12 mins. Yr 5-6: Repeat for 15mins.</p>

Agility Run



Agility ladder activities.



Yoga



1. Stand like a Stegosaurus.



2. Dip down like a Diplodocus.



3. Angle like an Ankylosaurus.




1. Shine like the **SUN**.

2. Pretend to be a **UNICORN**.




3. Flutter like a **BUTTERFLY**.

4. Blossom like a **FLOWER**.




5. Create a **RAINBOW**.

HANDS LIKE HEALY

SKILL

Reaction Time

PARTICIPANTS

2

EQUIPMENT

At least 2 balls and 2 cones

Instructions

Stand in between the 2 cones that are 3-5metres apart.
Have your partner throw a ball to one side for you to catch, then the other ball to the other side.

Variations

Throw the ball at different levels e.g. feet, knees or above the head.
Move the cones further apart so more foot movement is required.

Substitutions

If you don't have a cricket blast ball you can use a tennis ball, handball or even fold up some socks!
If you don't have cones you can use water bottles, shoes or even some empty pot plants.

Challenge

Make as many successful catches out of 10!
Speed up the throws to see just how fast you can react!



EYES LIKE ELLYSE

SKILL

Hand-Eye Coordination

PARTICIPANTS

1

EQUIPMENT

1 ball

Instructions

Lay on the ground with the ball in your hand
Throw the ball straight up above your head and catch it when it comes back down.

Variations

Throw the ball at different heights, start out low and work your way up.
Catch the ball with 1 hand and alternate hands
Close 1 eye while catching the ball

Substitutions

If you don't have a cricket blast ball you can use a tennis ball, handball or even fold up some socks!

Challenge

Make as many successful catches out of 10!
See how many catches you can get in a row without dropping the ball!

