Taroona Daily Fitness A daily fitness program for schools

Aerobics Weekly Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Warm Up	**Legs** - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps	- **Marching** on spot - **Toe touching** –touch toes with opposite hand - **Heel touches** lift heels behind and touch with opposite hand - **Side touches** (extend leg out to side) - **Knee touches** – R hand to L knee: R elbow to L knee.	**Legs** -on spot -squares -4 steps forwards / 4 steps backwards - side to side - grapevine **Arms** swinging bicep curls bicep and triceps elbows together in front of body	**Legs** - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps	**Use arms with leg movements** - **Marching** on spot - **Toe touching** touch toes with opposite hand - **Heel touches** lift heels behind and touch with opposite hand - **Side touches** (extend leg out to side) - **Knee touches** – R hand to L knee: R elbow to L knee.
Conditioning	**Followed by stretches** **Children placed in groups** **Station Activities: (45 seconds)** **1.** Bicep / Tricep Curls **2.** Dips **3.** Step Ups **4.** Leg curls **5.** Crunches- sit ups **6.** Push Ups **7.** Run from 1marker to another marker – shuttle run – **8.** Twisting **9.** Weightlifting – using sand bottles	**Followed by Stretches** **Station activities can be**	**Followed by Stretches** **varied each day**	**Followed by stretches** >>>>>>>>>>>>>>>>>>>>>>	**Followed by stretches** >>>>>>>>>>>>>>>>>>>>>>
Cool Down	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching