Taroona Daily Fitness A daily fitness program for schools

DAILY FITNESS ROSTER

Primary School - TERM 1 2009

WEEK	1	2	3	4	5	6	7	8	9	10
DATE										
Echidnas	Circuit Training	Obstacle Course	Power Walk	Aerobics	Skipping	Commando Course	Boundary Run	Games	Relays	Pentathlon
Wombats	Boundary Run	Power Walk	Obstacle Course	Relays	Pentathlon	Circuit Training	Games	Aerobics	Skipping	Commando Course
Tasmanian Devils	Games	Relays	Aerobics	Skipping	Commando	Boundary Run	Power Walk	Obstacle Cours	Pentathlon	Circuit Training
Dingos	Power Walk	Aerobics	Relays	Pentathlon	Circuit Training	Games	Obstacle Course	Skipping	Commando Course	Boundary Run
Platypus	Obstacle Course	Pentathlon	Skipping	Commando Course	Boundary Run	Power Walk	Aerobics	Relays	Circuit Training	Games
Kangaroos	Aerobics	Skipping	Pentathlon	Circuit Training	Games	Obstacle Course	Relays	Commando	Boundary Run	Power Walk
Bandicoots	Relays	Circuit Training	Commando Course	Boundary Run	Power Walk	Aerobics	Skipping	Pentathlon	Games	Obstacle Course
Koala	Skipping	Commando	Circuit Training	Games	Obstacle Course	Relays	Pentathlon	Boundary Run	Power Walk	Aerobics