

Taroona Daily Fitness

A daily fitness program for schools

<p>DAILY FITNESS EQUIPMENT</p> <p>SKIPPING</p> <p>24 Individual ropes of different sizes 6 Long ropes</p>	<p>DAILY FITNESS EQUIPMENT</p> <p>RELAYS</p> <p>4 Basketballs (Size 3) 4 Batons 4 Bean Bags 4 Hoops 8 Markers</p>
<p>DAILY FITNESS EQUIPMENT</p> <p>COMMANDO COURSE</p> <p>1-2 Ladders 2 Medicine Balls 6 Markers 4-6 Hurdles 3-4 Balance Boards 3-4 Rock'n Hoppers</p>	<p>DAILY FITNESS EQUIPMENT</p> <p>BOUNDRY RUN POWER WALKING OBSTACLE COURSE</p> <p>No Equipment Required</p>

Taroona Daily Fitness

A daily fitness program for schools

DAILY FITNESS EQUIPMENT

AEROBICS

Station Name Cards
Blue tac
Skipping ropes
2 Markers
1 Whistle
Sand Filled Bottles
1 Stop Watch
Floor Mats

DAILY FITNESS EQUIPMENT

CIRCUIT TRAINING

1 Stop Watch
1 Whistle
Skipping Ropes
Chalk

DAILY FITNESS EQUIPMENT

PENTATHLON (TPS)

4 Basketballs
4 Soccer Balls
4 Elastics
8 Markers
2 long ropes

DAILY FITNESS EQUIPMENT

GAMES

2 Foam Volley Balls
Coloured sashes
6 Markers
Chalk
Whistle