

Taroona Daily Fitness

A daily fitness program for schools

GROUP LEADERS

Grade 5

RESPONSIBILITIES:

- ☺ Take out your 'group sign' every **Monday** and hold it high for all students to see their particular group.
- ☺ Make every effort to get to the **Quadrangle** each Monday morning as quickly as possible. Also be at your station early so your group can identify you as they come out of class.
- ☺ *Tuesday to Friday mornings* –please go the Prep – Prep/1 classes (wait next to the sand pit) and collect children to take them to their groups.
- ☺ It is **your responsibility** to return the **equipment container** to the Daily Fitness area in the cage next to the bike racks at the conclusion of the Daily Fitness session. **The Grade 6's** will collect the equipment prior to the start of the Daily Fitness session. The '**Commando Course**' bag will remain in the Music and needs only to be taken out and returned each Friday
- ☺ **Help Fitness Leaders ...**
 - when the warm up exercises are being performed
 - in the organisation of your group
 - helping students in your group – (especially Prep – Grade 2) getting down from equipment eg: Obstacle Course or even running with them.
 - encourage others in your group
 - by showing the younger students how to do the activities safely

Setting a good example – by doing your best which will also improve your fitness level as well as setting a behaviour standard for your group.

There will be times throughout the year when Grade 6 leaders will be absent so you will be responsible for taking your fitness group.

Good Luck - have a great year