

Taroona Daily Fitness

A daily fitness program for schools

KINDERGARTEN DAILY FITNESS – 2008 (17th Nov – 12th Dec)

Week commencing	17 th Nov	24 th Nov	1 st Dec	8 th Dec.
<u>GROUP</u>	Week 1	Week 2	Week 3	Week 4
1.	Boundary Run Power Walking	Large Balls	Games	Skipping
2.	Skipping	Boundary Run Power Walking	Large Balls	Games
3	Games	Skipping	Boundary Run Power Walking	Large Balls
4.	Large Balls	Games	Skipping	Boundary Run Power Walking

GAMES: Whats the Time Mr Wolf / Duck Duck Goose / Fruit Salad (on Oval)

BOUNDARY RUN / POWER WALKING: Alternate both power walking and boundary run each day

SKIPPING: Practise individual skipping: skipping with leader: Helicopter : Skipping in long rope (on oval)

LARGE BALLS; Bouncing, catching, and throwing – bounce pass to leader

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KINDERGARTEN DAILY FITNESS – 2008 (20th Oct – 14th Nov)

Week commencing	20 th October	27 th October	3 rd November	10 th November
<u>GROUP</u>	Week 1	Week 2	Week 3	Week 4

1.	Hoops	Circle Games	Relays	Obstacle Course
2.	Obstacle Course	Hoops	Circle Games	Relays
3	Relays	Obstacle course	Hoops	Circle Games
4.	Circle Games	Relays	Obstacle Course	Hoops

OBSTACLE COURSE: Using equipment (watch safety) work in early childhood playground

HOOPS: Climbing through hoop / skipping in hoop / spinning hoop around waist / arm / hopping into hoop/ rolling

RELAYS: Using bean bag as baton / bean bag / practise running with equipment to next player .. can hop, skip, jump, side step etc (on oval) – use hoops, large balls

CIRCLE GAMES; Drop the Bean bag behind their back, cat and mouse, Duck, Duck Goose (on oval)