

Taroona Daily Fitness

A daily fitness program for schools

		10/3/09	16/3/09	23/3/09	30/3/09	6/4/09	
BOUNDARY RUN	Rebecca, Izzy, Daniel, Toby	Good problem solving work on voices being loud and clear	Worked well as a team. Voices need to be louder and encourage more	Responded well to advice and were flexible and responsive to need	Good effort but need to keep moving at all times - esp. Toby & Daniel - not slow walking - improved as week went on	Pleasing effort for the leaders. Encouraged and supported all students.	BOUNDARY RUN
OBSTACLE COURSE	Tom, Will C. Finnian, Lily		Leaders worked well as a team. Everyone joined in well.	Good work leaders. Be there on time and the younger ones will know you are ready.	Terrific. Good praising, well done.	Leaders really worked well as a team. Everyone joined in.	OBSTACLE COURSE
SKIPPING	Lauren, Lilly, Jack, Alistair, Mara	Well organised. Remember to encourage the younger students.	Ready to start. Strong leadership. Helped younger students.	Excellent all round effort by leaders, clear and assertive leadership	Leaders worked hard to improve their voice projection. Well organised	A good week. Supervision of small groups was excellent	SKIPPING
POWER WALKING	Zoe, Jarrah, Fraser, Emily	Very clear with instructions. Confident and encouraging.		Confident, yet at times the use of voice did not convey this. Ensure they listen.		Great team work. Keep an eye on all children to ensure they are all moving.	POWER WALKING
PENTATHLON	Tommy, Jayde, Brandon, Amber, Josephine	Some leaders away but Amber and Jade carried the group		Two girls on their own due to ath's training. Good effort. More enthusiasm would be good.	Generally well organized group. Need to make sure all students join in all activities.	The leaders need to work as a team as well	PENTATHLON
COMMANDO COURSE	Inessa, Sam, Elena, Tom, Isabella			Well done. Excellent all round. Helped younger children and well organised	All excellent work. Always well prepared and aware of the need to keep your group motivated. You are excellent role models. Well done.	Accepted advice and improved during the week.	COMMANDO COURSE
AEROBICS	Alexandra, Maddy, Mathew, Caitlin, Indy	Good. Excellent preparation helped the children.	A good leadership group. Well run activities. Clear instructions.	A greater level of encouragement and clearer instructions would help		All roles shared fairly. Active sessions and good results.	AEROBICS
GAMES	Jack B. Kate, Veronica, Ben, Carmen		Leaders worked well as a team, well prepared.	Lacked some knowledge of the games and not the variety needed. Improved as week progressed.	Improved by the end of the week. Team work by Friday was good.	Some children not doing stretches well. Keep an eye on it.	GAMES
RELAYS	Mathew H. Patrick, Narnia, Paige	Excellent first up effort. Well done Mathew in particular.	Excellent, well organized, encouraged younger members well.	Organised a range of relays which kept all involved and moving.	Excellent work. Well done!	Leaders really teamed up well. Well demonstrated and overall a professional job.	RELAYS
CIRCUIT TRAINING	Henry, Lianna, Trevor, Sarah, Mollie	Highly organized and competent "fantastic effort"		Very impressive group of leaders. Well organised.	The most organized group I have seen all year. Fantastic effort guys, keep up the great work!	Each leader performed well at all times. Very well run group.	CIRCUIT TRAINING
Other Comments							Other Comments