

Taroona Daily Fitness

A daily fitness program for schools

BOUNDARY RUN					Weekly Plan
Warm Up	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Legs</p> <ul style="list-style-type: none"> - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps <p>Followed by stretches</p>	<p>Arms and Legs</p> <ul style="list-style-type: none"> - Marching on spot - Toe touching Touch toes with opposite hand - Heel touches Lift heels behind and touch with opposite hand - Side touches Extend leg out to side - Knee touches Right hand to Left knee, Right elbow to Left knee <p>Followed by stretches</p>	<p>Legs</p> <ul style="list-style-type: none"> - on spot - squares - 4 steps forwards / 4 steps backwards - side to side - grapevine <p>Arms</p> <ul style="list-style-type: none"> - swinging - bicep curls - bicep and triceps - elbows together in front of body <p>Followed by stretches</p>	<p>Legs</p> <ul style="list-style-type: none"> - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps <p>Followed by stretches</p>	<p>Arms and Legs</p> <ul style="list-style-type: none"> - Marching on spot - Toe touching Touch toes with opposite hand - Heel touches Lift heels behind and touch with opposite hand - Side touches Extend leg out to side - Knee touches Right hand to Left knee, Right elbow to Left knee <p>Followed by stretches</p>
	BOUNDARY RUN (Around School)	INDIAN FILE RUNNING	BOUNDARY RUN (Around Course)	BOUNDARY RUN (Around School)	INDIAN FILE RUNNING
Conditioning	<p>Organise a small group for each daily fitness leader. This should be based on ability.</p> <p>Run around the school boundaries. Over different grounds and levels.</p> <p>Stop at times for children to recover or waiting for students to catch up – keep group moving.</p>	<p>Indian file running in straight line, last person in the line sprints to the front.</p>	<p>Organise a small group for each daily fitness leader. This should be based on ability.</p> <p>Run around course.</p> <p>Stop at times for children to recover or waiting for students to catch up – keep group moving.</p>	<p>Organise a small group for each daily fitness leader. This should be based on ability.</p> <p>Run around the school boundaries. Over different grounds and levels.</p> <p>Stop at times for children to recover or waiting for students to catch up – keep group moving.</p>	<p>Indian file running in straight line, last person in the line sprints to the front.</p>
Cool Down	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching