

# Taroona Daily Fitness

A daily fitness program for schools

COMMANDO COURSE					Weekly Plan
Warm Up	Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Legs</b></p> <ul style="list-style-type: none"> <li>- normal</li> <li>- touch knees with hands</li> <li>- lift heels</li> <li>- heels up and touch with hands</li> <li>- star jumps</li> </ul> <p>Followed by stretches</p>	<p><b>Arms and Legs</b></p> <ul style="list-style-type: none"> <li>- <b>Marching</b> on spot</li> <li>- <b>Toe touching</b> Touch toes with opposite hand</li> <li>- <b>Heel touches</b> Lift heels behind and touch with opposite hand</li> <li>- <b>Side touches</b> Extend leg out to side</li> <li>- <b>Knee touches</b> Right hand to Left knee, Right elbow to Left knee</li> </ul> <p>Followed by stretches</p>	<p><b>Legs</b></p> <ul style="list-style-type: none"> <li>- on spot</li> <li>- squares</li> <li>- 4 steps forwards / 4 steps backwards</li> <li>- side to side</li> <li>- grapevine</li> </ul> <p><b>Arms</b></p> <ul style="list-style-type: none"> <li>- swinging</li> <li>- bicep curls</li> <li>- bicep and triceps</li> <li>- elbows together in front of body</li> </ul> <p>Followed by stretches</p>	<p><b>Legs</b></p> <ul style="list-style-type: none"> <li>- normal</li> <li>- touch knees with hands</li> <li>- lift heels</li> <li>- heels up and touch with hands</li> <li>- star jumps</li> </ul> <p>Followed by stretches</p>	<p><b>Arms and Legs</b></p> <ul style="list-style-type: none"> <li>- <b>Marching</b> on spot</li> <li>- <b>Toe touching</b> Touch toes with opposite hand</li> <li>- <b>Heel touches</b> Lift heels behind and touch with opposite hand</li> <li>- <b>Side touches</b> Extend leg out to side</li> <li>- <b>Knee touches</b> Right hand to Left knee, Right elbow to Left knee</li> </ul> <p>Followed by stretches</p>
	<b>SPRINTS (Oval)</b>	<b>CONDITIONING RUN (Oval)</b>	<b>CROSS COUNTRY (Oval)</b>	<b>HILL RUNNING (Oval)</b>	<b>CIRUIT (Oval)</b>
<b>Conditioning</b>	<p><b>Organise into 3 groups – Rotate groups every 3 minutes</b></p> <p>1) Jog around oval – sprint final 10 metres.</p> <p>2) Sprint to Marker .. 4 lines - Teams of 4/5</p> <p>X X X X O 4 3 2 1 X X X X O 4 3 2 1 X X X X O 4 3 2 1 X X X X O 4 3 2 1</p> <p>(all No. 1's sprint to marker on GO followed by No. 2's ...)</p> <p>3) Pair races over 20 metres Handicap the winner 1-5 metres to get an even finish</p>	<p>Commence on oval for Warm-Up.</p> <p>Move to area outside Music room.</p> <p>Run between buildings ... Run uphill past playground next to creek to top of hill to staff car park.</p> <p><b>1 leader/ or staff member to supervise</b> children crossing car park entrance...</p> <p>Move along pathway behind Kinder and prep classrooms and run through gate back to start.</p> <p><b>Be aware of obstacle course group</b>, How many times can you run <b>the course</b>?</p>	<p>Modify Cross Country course.</p> <p>Do the Course in Grade Groups.</p> <p>Prep-2 Around oval, past rubbish bin and down around trees, back up to oval and repeat run ...</p> <p>Grade 3-5 Run around oval – behind goals, past rubbish bin .run up to and through tennis court and back to oval ... repeat ... <b>DO NOT</b> go on the 2 small ovals</p> <p>Avoid high school classes. Record highest number of steps on sheet</p>	<p>How many times can you run up the hill running along side the creek and back. (stress the use of arms to help with the hill climb</p> <p>Course to incorporate hills / slopes / steps</p>	<p>Explain circuit to group – leader or group leader at each activity.</p> <p>Time each activity for <b>2 minutes</b>. Divide group evenly</p> <p><b>Group 1: Step / jump/ run through/ side to side - over ladder.</b> Run back to next group member</p> <p><b>Group 2:</b> Bouncing on 'rock n hoppers' How many?</p> <p><b>Group 3: Balancing boards-</b> who can balance the longest</p> <p><b>Group 4</b> Two lines –jump over hurdles to next runner Teams at both ends of hurdles</p> <p><b>Group 5: MedicineBall</b> -Pass in circle or 2 lines -Pass standing back to back -Sit up and pass ball to partner</p>
<b>Cool Down</b>	<b>Gentle Stretching</b>	<b>Gentle Stretching</b>	<b>Gentle Stretching</b>	<b>Gentle Stretching</b>	<b>Gentle Stretching</b>