

# Taroona Daily Fitness

A daily fitness program for schools

GAMES						Weekly Plan					
Warm Up		Monday		Tuesday		Wednesday		Thursday		Friday	
		<b>Legs</b> - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps  <b>Followed by stretches</b>		<b>Arms and Legs</b> - <b>Marching</b> on spot - <b>Toe touching</b> Touch toes with opposite hand - <b>Heel touches</b> Lift heels behind and touch with opposite hand - <b>Side touches</b> Extend leg out to side - <b>Knee touches</b> Right hand to Left knee, Right elbow to Left knee  <b>Followed by stretches</b>		<b>Legs</b> - on spot - squares - 4 steps forwards / 4 steps backwards - side to side - grapevine  <b>Arms</b> - swinging - bicep curls - bicep and triceps - elbows together in front of body  <b>Followed by stretches</b>		<b>Legs</b> - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps  <b>Followed by stretches</b>		<b>Arms and Legs</b> - <b>Marching</b> on spot - <b>Toe touching</b> Touch toes with opposite hand - <b>Heel touches</b> Lift heels behind and touch with opposite hand - <b>Side touches</b> Extend leg out to side - <b>Knee touches</b> Right hand to Left knee, Right elbow to Left knee  <b>Followed by stretches</b>	
		<b>GAMES 1</b>		<b>GAMES 2</b>		<b>GAMES 3</b>		<b>GAMES 4</b>		<b>GAMES 5</b>	
<b>Conditioning</b>		1. Stuck in the mud (boys chase girls .. change...)  2. British Bull Dog		1. Red Rover (jump.. hop, run over ...)  2. Octodog		1. Pacman and Penny  2. Chinese Wall		1. Chase partners shadow  2. All in Dodgeball		1. Chain Tag  2. Shark and Octopus	
<b>Cool Down</b>		Gentle Stretching		Gentle Stretching		Gentle Stretching		Gentle Stretching		Gentle Stretching	