

# Taroona Daily Fitness

A daily fitness program for schools

OBSTACLE 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>OBSTACLE COURSE</b>					
<b>Conditioning</b>	<p>Organise <b>two</b> courses:</p> <ul style="list-style-type: none"> <li>- <b>Grade 3-5</b></li> <li>- <b>Prep - 2</b></li> </ul> <p>Show students the course on the first day (Monday) Jog with them over course.</p> <p>Children run the course. (Set the course with apparatus you have available – tyres, jumps, balancing, slides, seats, step ups ...)</p> <p>Do not use flying fox or equipment where children have to line up for their turn.</p> <p><i>Who has done the most laps on any given day? Can this be beaten today?</i></p>	➔	➔	➔	➔	
<b>Cool Down</b>	<b>Gentle Stretching</b>					