

Taroona Daily Fitness

A daily fitness program for schools

PENTATHLON					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>
	SOCCER SKILLS (Oval)	LONG JUMP (Oval)	MARATHON (Oval)	BASKETBALL (Tennis Court)	SOCCER GAME (Oval)
Conditioning	<p>Teams of 4/5 XX XX</p> <p>No. 1 dribbles to No. 2 who then dribbles it to No. 3...</p> <p>Dribble soccer ball around markers and pass to next player XXX OO XXX</p>	<p>Long Jump into pit</p> <p>Jumping Between 2 ropes ... widen rope when all in the group have jumped successfully</p> <p>Elastics 'England, Ireland, Scotland Wales. .Inside Outside, Puppydog's Tails</p>	<p>How many times can students run around the oval</p> <ul style="list-style-type: none"> - follow fence line - follow soccer sidelines and back lines 	<p>Teams of 4/5 XX XX</p> <p>No. 1 dribbles Basketball to No. 2 who then dribbles to No. 3 etc. (Runners run to end of line and await their turn)</p> <p>Bounce around markers XXX OOO XXX</p> <p>Passing ball along line How many times? Use Chest Pass / Bounce Pass XXXXXX XXXXXX</p>	<p>Finish up with 2 games of soccer</p> <p>Prep – Grade 2 Grade 3 – Grade 5</p>
Cool Down	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching