

Taroona Daily Fitness

A daily fitness program for schools

POWER WALKING					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>
	POWER WALKING				
Conditioning	<p>Demonstrate the power walking techniques:</p> <ul style="list-style-type: none"> - stride fast - arms across body <p>Use of arms:</p> <ol style="list-style-type: none"> 1. Triceps' curls 2. Bicep curls 3. Punching arms 4. Up and out arms 5. Swinging arms 6. Lift arms straight into air 7. Elbows together in front of body <p>Select relatively flat areas to power walk on</p> <p>Organise 2-3 groups based on ability</p> <p>Select courses around school</p> <p><i>Power Walking around the school in ability groups.</i></p>	→	→	→	→
Cool Down	Gentle Stretching				