

Taroona Daily Fitness

A daily fitness program for schools

RELAYS		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>
	RELAY 1	RELAY 2	RELAY 3	RELAY 4	RELAY 5
<p>Conditioning</p>	<p>Teams of 4 or 5</p> <p>X X X X O X X X X O X X X X O X X X X O</p> <p>Equipment: Large Balls</p> <ol style="list-style-type: none"> run and bounce ball 5 times roll ball along ground pick up carry and hold ball above head throw ball up / clap / catch repeat or make your own <p>(Make up your own relays)</p>	<p>Teams of 4 or 5</p> <p>X X X X O X X X X O X X X X O X X X X O</p> <p>No Equipment</p> <ol style="list-style-type: none"> skipping galloping side stepping hopping jumping (feet together) <p>(Make up your own relays)</p>	<p>Teams of 4 or 5</p> <p>X X X X O X X X X O X X X X O X X X X O</p> <p>Equipment: Large Balls</p> <ul style="list-style-type: none"> - Over and Under Relay - repeat or make your own 	<p>Equipment: Large Balls</p> <p>Wheel Relays (4 teams) (leaders in front of each team)</p> <ol style="list-style-type: none"> Pass ball along line Chest Pass <ul style="list-style-type: none"> - Repeat all , select or make up own - other options: bounce pass 	<p>Equipment: Bean Bags</p> <ul style="list-style-type: none"> - run with bean bag on head <p>Variation/s - throw bean bag up in air and catch</p> <p>Teams of 4 or 5</p> <p>X X</p> <p>Relay Batons / Shuttle relays</p> <p>X X</p> <ul style="list-style-type: none"> - Pass baton to opposite team member
Cool Down	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching