Monday 25th March	Costa 7-8	Micheal 9-10	Khalid 11-12	Lily 13+
Moriday 25th March	Separate Group Warm up	micreal 3-10	Nialu II-12	Lily 137
9am -9.45am	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games	Jumps - Plyometrics Long Jump practice, grab the noodle, LJ competition	Throw - Shot Put, javelins (try to use circle / proper run up)	Fitness - Sled, Circuit, ladders, med ball, bands, parachutes
9.45am-10.30am	Jumps - Plyometrics Long Jump practice, grab the noodle, LJ competition	Run - Sprint starts Timed Trial 80m, 150m, 300m - Shuttle run Relay games	Fitness - Sled, Circuit, ladders, med ball, bands, parachutes	Throw - Shot Put, javelins (try to use circle / proper run up)
10.30am-11am		Break - wash hands - Kibsons (find a shaded area on the grass)	,	
11am-11.45am	Throw - Shot Put, Vortex - throwing and catching tennis ball in pairs. Games, first to 10 throws without dropping, throw into bucket, through a hoop (partner holds it)		Run - Sprint starts Timed Trial 100m. 200m. 400m - Relays 4 x100m	Jumps - Plyometrics. Long Jump, spring board, grab the noodle, LJ measured competition
11.45am - 12.30pm		Throw - Shot Put, Vortex - throwing and catching tennis ball in pairs. Games, first to 10 throws without dropping, throw into bucket, through a hoop (partner holds it)	Jumps - Plyometrics, Long Jump, spring board, grab the noodle, LJ measured competition	Run - Sprint starts Timed Trial 100m, 200m, 400m - Relays 4 x100m
Tues 26th March	Costa 7-8	Micheal 9-10	Khalid 11-12	Lily 13+
	Separate Group Warm up			
9am -9.45am	Run Time trial 800m then fartlek session - relays 200m	Jumps - Bounding over small green/blue hurdles, High Jump fosbury	Throw - Discus, Shot, Javelin	Fitness - Sleds, Circuit, ladders, med ball, bands, parachutes
9.45am-10.30am	Jumps - Bounding over small green/blue hurdles, High Jump fosbury	Run Time trial 800m then fartlek session - long relays 200m	Fitness - Sleds, Circuit, ladders, med ball, bands, parachutes	Throw - Discus, Shot, Javelin
10.30am-11am	Break - wash hands - Kibsons (find a shaded area on the grass)			
11am-11.45am	Throw - Javelin, Discus, throwing game like rounders	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes	Run Time trial 800m Fartlek session 200m relays	Jumps - Bounding over hurdles, jumps on the black boxes, High Jump
11.45am - 12.30pm	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes	Throw - Javelin, Discus, throwing game like rounders	Jumps - Bounding over hurdles, jumps on the black boxes, High Jump	Run Time trial 800m Fartlek session 200m relays
Weds 27th March	Costa 7-8	Micheal 9-10	Khalid 11-12	Lily 13+
	Separate Group Warm up			
9am -9.45am	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting	Fitness Circuit - own body exercises, 40 seconds each station.
		Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put		
9.45am-10.30am	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition	the cone down when the whistle blows, try to beat the cone each time x 4.	Fitness Circuit - own body exercises, 40 seconds each station.	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting
9.45am-10.30am 10.30am-11am	Jumps : righe units greature roly, sep, jump in solution instituting leavers, minutes, cones). Then a measured competition.	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)		
	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting	the cone down when the whistle blows. try to beat the cone each time x 4.	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. by to beat the cone each time x 4.	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition
10.30am-11am 11am-11.45am		the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. by to beat the cone each time x 4.	
10.30am-11am 11am-11.45am	Throw Tennis Ball - Cricket Baseball type game, throw ball - instead of batting	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Trajle Jump (practice Hop, sale), jump in loadiaton first using ladders, hurdles, cones)	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone
10.30am-11am 11am-11.45am	Throw Tennis Ball - Cricket Baseball type game, throw ball - instead of batting	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Trajle Jump (practice Hop, sale), jump in loadiaton first using ladders, hurdles, cones)	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone
10.30am-11am 11am-11.45am 11.45am - 12.30pm	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting Fitness Circuit - own body exercises, 40 seconds each station.	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Micheal 9-10	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khalid 11-12	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.
10.30am-11am 11am-11.45am 11.45am - 12.30pm	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up  Hurdle drills, Hurdle races, Hurdle relays	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows: try to beat the cone each time x 4.  Lily 13+  Mediey Relays 200,200,400,800
10.30am-11am 11am-11.45am 11.45am - 12.30pm Thurs 28th March	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Micheal 9-10  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khalid 11-12	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint darts. + Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x.4.  Lily 13+
10.30am-11am 11am-11.45am 11.45am - 12.30pm Thurs 28th March 9am-9.45am	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up  Hurdle drills, Hurdle races, Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competition	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Micheal 9-10  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competition	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khalid 11-12  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Lify 13+  Medicy Relays 200,200,400,800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.
10.30am-11am 11am-11.45am 11.45am - 12.30pm Thurs 28th March 9am-9.45am 9.45am-10.30am	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up  Hurdle drills, Hurdle races, Hurdle relays	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Micheal 9-10  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competiton  Hurdle drills, Hurdle races, Hurdle relays  Break - wash hands - Kibsons (find a shaded area on the grass)  Mediey Relay 200,200,400,800	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khalid 11-12  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Medley Relays 200,200,400, 800	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Lily 13+  Medley Relays 200,200,400,800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus
10.30am-11am 11am-11.45am 11.45am - 12.30pm Thurs 28th March 9am-9.45am 9.45am-10.30am 10.30am-11am 11am-11.45am	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up  Hurdle drills, Hurdle races, Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competition	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Micheal 9-10  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competiton.  Hurdle drills, Hurdle races, Hurdle relays  Break - wash hands - Kibsons (find a shaded area on the grass)	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khallid 11-12  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Mediay Relays 200,200,400,800	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Lily 13+  Medicy Relays 200,200,400,800 Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle
10.30am-11am 11am-11.45am 11.45am - 12.30pm Thurs 28th March 9am-9.45am 9.45am-10.30am 10.30am-11am 11am-11.45am	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up  Hurdle drills, Hurdle races, Hurdle relays  Jumps - Long Jump - Plyometrics with vickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competition  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw, Discus Competition.  Mediey Relay 200,200,400, 800	the cone down when the whistle blows, try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 49 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Milcheal 9-10  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competition  Hurdle drills, Hurdle races, Hurdle relays  Break - wash hands - Kibsons (find a shaded area on the grass)  Mediey Relay 200, 200, 400, 800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw.	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows, try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khalid 11-12  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Mediey Relays 200,200,400, 800  Hurdle drills, Hurdle races 60m Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Lily 13+  Mediey Relays 200,200,400,800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp  Hurdle drills, Hurdle racos 60m Hurdle relays
10.30am-11am 11am-11.45am 11.45am - 12.30pm Thurs 28th March 9am-9.45am 9.45am-10.30am 10.30am-11am 11am-11.45am	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - Instead of batting  Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up  Hurdle drills, Hurdle races, Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competition  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw.	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Micheal 9-10  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard, Long Jump Competition  Hurdle drills, Hurdle races, Hurdle relays  Break - wash hands - Kibsons (find a shaded area on the grass)  Medicy Raisy 208,000,000,000  Discuss practics with rings first, then discus, 1 by 1 can by spinning and then throw.	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Tripte Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khalid 11-12  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Medley Relays 200,200,400, 800  Hurdle drills, Hurdle races 60m Hurdle relays  Jumps - Long Jump - Pyometrics with wickets in sand - Jumping for height over small hurdle	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows: try to beat the cone each time x 4.  Lily 13+  Mediey Relays 200,200,400,800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp
10.30am-11am 11am-11.45am 11.45am - 12.30pm 11.45am - 12.30pm Thurs 28th March 9am-9.45am 9.45am-10.30am 10.30am-11am 11am-11.45am 11.45am - 12.30pm	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up  Hurdle drills, Hurdle races, Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competition  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Oncote Competition.  Medley Relay 200,200,400,800  Costa 7-8  Separate Group Warm up	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Micheal 9-10  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competiton  Hurdle drills, Hurdle races, Hurdle relays  Break - wash hands - Kibsons (find a shaded area on the grass)  Mediey Relay 20, 200, 400, 800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw.  Micheal 9-10	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows, try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khalid 11-12  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Medley Relays 200,200,400, 800  Hurdle drills, Hurdle races 60m Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp  Khalid 11-12	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows, try to beat the cone each time x 4.  Lily 13+  Mediey Relays 200, 200, 400, 800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp  Hurdle drills, Hurdle races 60m Hurdle relays  Lily 13+
10.30am-11am 11.45am 11.45am 11.45am - 12.30pm Thurs 28th March 9am-9.45am 10.30am-11am 11.45am 11.45am - 12.30pm Fri 29th March	Throw Tennis Ball - Cricket Baseball type game, throw ball - instead of batting Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up  Hurdle drills, Hurdle races, Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competition  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Medley Relay 200,200,400, 800  Costa 7-8  Separate Group Warm up  Run - Timed 800m + 80m, 150m, 300m compare day 1 timings	the cone down when the whistle blows, try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Micheal 9-10  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard, Long Jump Competition  Hurdle drills, Hurdle races, Hurdle relays  Break - wash hands - Kibsons (find a shaded area on the grass)  Mediey Rolay 20, 200, 400, 800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw.  Micheal 9-10  Jumps - Bounding over hurdles, High Jump Drills, High Jump Comp	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khalid 11-12  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus competition.  Medicy Relays 200,200,400, 800  Hurdle drills, Hurdle races 60m Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle rate sand. Long Jump Comp  Khalid 11-12	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows. try to beat the cone each time x 4.  Lily 13+  Mediey Relays 200,200,400,800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp  Hurdle drills, Hurdle races 60m Hurdle relays  Lily 13+  Fitness - Sied, Circuit, ladders, med ball, bands, parachutes
10.30am-11am 11am-11.45am 11.45am - 12.30pm  Thurs 28th March 9am-9.45am 10.30am-11am 11.45am - 12.30pm  Fri 29th March 9am-9.45am 9.45am-10.30am	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting Fitness Circuit - own body exercises, 40 seconds each station.  Costa 7-8  Separate Group Warm up  Hurdle drills, Hurdle races, Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competition  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Oncote Competition.  Medley Relay 200,200,400,800  Costa 7-8  Separate Group Warm up	the cone down when the whistle blows. try to beat the cone each time x 4.  Break - wash hands - Kibsons (find a shaded area on the grass)  Fitness Circuit - own body exercises, 40 seconds each station.  Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting  Micheal 9-10  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over rainbow arches, off springboard. Long Jump Competiton  Hurdle drills, Hurdle races, Hurdle relays  Break - wash hands - Kibsons (find a shaded area on the grass)  Mediey Relay 20, 200, 400, 800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw.  Micheal 9-10	Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows, try to beat the cone each time x 4.  Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition  Khalid 11-12  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Medley Relays 200,200,400, 800  Hurdle drills, Hurdle races 60m Hurdle relays  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp  Khalid 11-12	Jumps - Triple Jump (practice Hop, skip, jump in isolation first using ladders, hurdles, cones) Then a measured competition Wicket Runs, Sprint starts - Holding a cone - how far can you run in 30 seconds? Put the cone down when the whistle blows, try to beat the cone each time x 4.  Lily 13+  Mediey Relays 200, 200, 400, 800  Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.  Jumps - Long Jump - Plyometrics with wickets in sand - Jumping for height over small hurdle into sand. Long Jump Comp  Hurdle drills, Hurdle races 60m Hurdle relays  Lily 13+
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