

Monday 25th March	Costa 7-8	Micheal 9-10	Khalid 11-12	Lily 13+
	Separate Group Warm up			
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)	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes	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	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes	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.
9.45am-10.30am	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.	Fitness Circuit - own body exercises, 40 seconds each station.	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting
10.30am-11am	Break - wash hands - Kibsons (find a shaded area on the grass)			
11am-11.45am	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 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
11.45am - 12.30pm	Fitness Circuit - own body exercises, 40 seconds each station.	Throw Tennis Ball - Cricket/ Baseball type game, throw ball - instead of batting	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.
Thurs 28th March	Costa 7-8	Micheal 9-10	Khalid 11-12	Lily 13+
	Separate Group Warm up			
9am -9.45am	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 Relays 200,200,400, 800
9.45am-10.30am	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	Medley 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	Break - wash hands - Kibsons (find a shaded area on the grass)			
11am-11.45am	Discus, practise with rings first, then discus. 1 by 1 can try spinning and then throw. Discus Competition.	Medley Relay 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
11.45am - 12.30pm	Medley Relay 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
Fri 29th March	Costa 7-8	Micheal 9-10	Khalid 11-12	Lily 13+
	Separate Group Warm up			
9am -9.45am	Run - Timed 800m + 80m, 150m, 300m compare day 1 timings	Jumps - Bounding over hurdles, High Jump Drills, High Jump Comp	Javelin and Shot put Measured Competition at the end	Fitness - Sled, Circuit, ladders, med ball, bands, parachutes
9.45am-10.30am	Jumps - Bounding over hurdles, High Jump Drills, High Jump Comp	Run - Timed 800m + 80m, 150m, 300m compare day 1 timings	Fitness - Sled, Circuit, ladders, med ball, bands, parachutes	Javelin and Shot put Measured Competition at the end
10.30am-11am	Break - wash hands - Kibsons (find a shaded area on the grass)			
11am-11.45am	Javelin and Vortex, Add the run up. Measured Competition at the end	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes	Run - Timed 800m + 100m, 200m, 400m compare day 1 timings	Jumps - Bounding over hurdles, High Jump Drills, High Jump Comp
11.45am - 12.30pm	Fitness - Steps, Circuit, ladders, med ball, bands, parachutes	Javelin and Vortex, Add the run up. Measured Competition at the end	Jumps - Bounding over hurdles, High Jump Drills, High Jump Comp	Run - Timed 800m + 100m, 200m, 400m compare day 1 timings