

| Monday 24th March | Costa 7-9   | Micheal 10-11   | Khalid 12+   |
|-------------------|---|---|--|
|                   | 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)   |
| 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  |
| 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 80m, 150m, 300m - Shuttle run Relay games  |
| 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   |
| Tues 25th March   | Costa 7-9   | Micheal 10-11   | Khalid 12+   |
|                   | Separate Group Warm up  |   |  |
| 9am -9.45am       | Run Time trial 800m then fartek session - relays 200m   | Jumps - Bounding over small green/blue hurdles, High Jump fosbury   | Throw - Discus, Shot, Javelin - throwing game like Rounders  |
| 9.45am-10.30am    | Jumps - Bounding over small green/blue hurdles, High Jump fosbury   | Run Time trial 800m then fartek session - long relays 200m  | Fitness - Sleds, Circuit, ladders, med ball, bands, parachutes   |
| 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 Fartek session 200m relays   |
| 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   |
| Weds 26th March   | Costa 7-9   | Micheal 10-11   | Khalid 12+   |
|                   | 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   |
| 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.   |
| 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. |
| 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                                    |
| Thurs 27th March  | Costa 7-9   | Micheal 10-11   | Khalid 12+   |
|                   | 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.  |
| 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   |
| 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  |
| 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  |
| Fri 28th March    | Costa 7-9   | Micheal 10-11   | Khalid 12+   |
|                   | Separate Group Warm up  |   |  |
| 9am -9.45am       | Run - Timed 800m + 80m, 150m, 300m compare day 1 & 2 timings  | Jumps - Bounding over hurdles, High Jump Drills, High Jump Comp   | Javelin and Shot put Measured Competition at the end   |
| 9.45am-10.30am    | Jumps - Bounding over hurdles, High Jump Drills, High Jump Comp   | Run - Timed 800m + 80m, 150m, 300m compare day 1 & 2 timings  | Fitness - Sled, Circuit, ladders, med ball, bands, parachutes  |
| 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 + 80m, 150m, 300m compare day 1 & 2 timings   |
| 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  |