

fitness

THE PROGRAMME

A SUGGESTED WEEKLY PROGRAMME

Monday	Tuesday	Wednesday	Thursday	Friday
Run (10 mins)	Jog (3 mins)	Health Hustle (15 mins)	Run or Relays (10 mins)	Obstacle Run (10 mins)
Partner Activities or Joint Mobility Exercises (5 mins)	Vigorous Play Activities and Free Choice (12 mins)		Joint Mobility Exercises (5 mins)	Group Games or Joint Mobility Exercises (5 mins)

EXAMPLE OF A WEEKLY PROGRAMME

MONDAY

Run (10 mins) Partner activities or exercises (5 mins)

From the classroom door, do a slow loosening jog to the start of the running course.

Commence running.

Run continuously for 6 minutes (children will probably not be able to run for 10 minutes yet, and therefore the run may be broken into parts, with a slight recovery between them).

In pairs again, perform 6 partner strength activities (3 minutes).

Continue running for 4 more minutes.

In pairs again, perform 6 partner activities (3 minutes).

Jog back to the classroom door or the drinking area.

TUESDAY

Jog (3 mins) Play and free choice activities (12 mins)

From the classroom door jog as a group for 3 minutes finishing on the side of the oval.

Play **Animal Walks**. When the teacher calls out different animal names, run around imitating those animals.

Jog across to the playground equipment area.

In groups of 4, play **Follow the Leader** with the leaders freely using all the equipment (5 minutes).

Gather together and play **Here, There, Where** (3 minutes).

Slowly jog back to the classroom or drinking area.

WEDNESDAY

Health Hustle (15 mins)

Jog to the room or area selected for the health hustle.

Perform a full hustle.

Jog back to the classroom.

THURSDAY

Run or relays (10 mins) Joint mobility exercises (5 mins)

From the classroom door, do a slow loosening jog to the start of the running course.

Commence running.

Run continuously for 7 minutes (this is a 1 minute's improvement on Monday's run: the class is slowly building up to a 10-minute run).

Perform exercise routine 1 (5 minutes).

For added variety, and instead of 3 more minutes running incorporate 3 simple relays into the programme.

— Run up and back.

— Hop up, skip back.

— Kangaroo jump up, run back.

Jog back to the classroom door or drinking area.

FRIDAY

Obstacle course (10 mins) Games or joint mobility exercises (5 mins)

From the classroom door, do a slow loosening jog to the obstacle course area.

Spread throughout the obstacle course area.

Run through the obstacle course as often as possible in 10 minutes.

Gather together for **the game of the week**.

Choose a game from the games section and play it for 5 minutes.

Jog back to the classroom or drinking area.

PLAY ACTIVITIES

General Movements



Walking



Running



Hopping



Skipping



Crawling

Variations in general movements can include the following.



Swaying



Sliding



Prancing



Twisting



Leaping

General movements can be developed in the following ways:

- on the spot
- in a defined area
- changing pace on a signal
- dodging and swerving (around people or equipment)
- changing effort (strong and light)
- stopping and accelerating on signal
- emphasising different body parts (run on toes, lift knees, follow a leading body part ...)
- in different floor patterns (circle, figure of eight)



Bending



Rolling



Stretching