

April to May 2018

Week Beginning	4/16/2018	4/23/2018	4/30/2018	5/7/2018
Years 6+ Brian Years 3,4 & 5 Mark	Monday	Monday	Monday	Monday
Warm Up	Hounds and Hares	Coloured Squares	Reaction Games	No Session
Skill Practice	Years 3-5 Balance Hoping Stork Stands Picking Up Bean Bag Game	Years 3-5 Co-ordination Lunges High knees Carioca Side Steps Striaight Leg Drives	Years 3-5 Ability Hurdles Line Drills Slalom Run	Bank Holiday No Session Tonight
	Years 6 + Co-ordination Heel Flicks High Knee Drives Straight Leg Drives Clock Lunges	Years 6 + Agility Hurdles Line Drills 10m x 10m Cross Run	Years 6 + Balance Stork Stands Hoping Bean Bag Games	Bank Holiday No Session Tonight
Skill Inroduction and Skill Development	Years 3-5 Throws Howler and Push Throw	Years 3-5 Sprints Starts Standing Falling Box Start	Years 3-5 Endurance Pacing Games Pusuit Relays	Bank Holiday No Session Tonight
	Years 6 + Sprints Starts Baton Changing	Years 6 + Throws Javelin Standing Throw Run Ups	Years 6 + Endurance Drills Pacing	Bank Holiday No Session Tonight
Fitness and Cool Down	Years 3-5 Obstacle Relays Splat	Years 3-5 Agility Circuit Detectives	Years 3-5 Flexibility In Pairs Bob, Wilf & Fred	Bank Holiday No Session Tonight
	Years 6 + Continuous Relays	Years 6 + Endurance Reps 200m x 5	Years 6 + Flexibility in Pairs	Bank Holiday No Session

	Static Stretches	Dice In Pairs	All Tangled Up	Tonight
Wednesday	NEGP Monkton	Possible Track Session	Possible Track Session	Committee meeting 7pm Beamish Mary

5/14/2018	5/21/2018
Monday	Monday
Abandon Ship	Bull Dog
Years 3-5 Balance Hoping Stork Stands Picking Up Bean Bag Game	Years 3-5 Co-ordination Lunges High knees Carioca Side Steps Striaight Leg Drives
Years 6 + Co-ordination Side Steps Galoping Lunges Carioca	Years 6+ Agility Illinos Run Under and Over
Years 3-5 Jumps Standing Long Jump Measuring Run Up's Running Long Jump	Years 3-5 Throws Howler and Shot Put
Years 6 + High Jump Drills Landings Run Up's	Years 6+ Endurance Drills Pacing Reps
Years 3-5 Continous Relays Sit Down Stand Up Game	Years 3-5 Under and Over Relays How low How High
Years 6 + Continuous Relays	Years 6+ Flexibility in Pairs

Run the Gauntlet	Ball Game
Possible Track Session	NEGP Monkton