

April to May 2018

Week Beginning	4/19/2018	4/26/2018	5/3/2018	5/10/2018
Years 6+ Brian and Mark Years 3,4 & 5 Claire	Thursday	Thursday	Thursday	Thursday
Warm Up	Abandon Ship	Bull Dog	Sharks	Hounds and Hares
Skill Practice	Years 3-5 Lunges High knees Carioca Side Steps Striaght Leg Drives	Years 3-5 Co-ordination Heel Flicks High Knees Side Steps Carioca Straight Leg Drives	Years 3-5 Balance Hoping Stork Stands	Years 3-5 Ability Hurdles Line Drills Slalom Run
	Years 6 + Balance Stork Stands Hoping	Years 6 + Co-ordination As Above	Years 6 + Agility Hurdles Line Drills	Years 6 + Balance Stork Stands Hoping
	Years 6 + Agilty Hurdles Line Drills	Years 6 + Co-ordination As Above	Years 6 + Co-ordination Heel Flicks Straight Leg Drives	Years 6 + Balance Stork Stands Hoping
Skill Inroduction and Skill Development	Years 3-5 Endurance Pacing	Years 3-5 Junior Handicap 1000m/ 2000m	Years 3-5 Hurdles Rhyme 3 Strides Lead leg Trail Leg	Years 3-5 Throws Vortex Howler Standing Run Up's
	Years 6 + Endurance Pacing	Years 6 + Junior Handicap 1000m/ 2000m	Years 6 + Sprints Acceleration Runs	Years 6 + Endurance Change of Pace
	Years 6 + Shot Putt	Years 6 + Junior Handicap 1000m/ 2000m	Years 6 + High Jump Landing Take off Run up's	Years 6 + Long Jump
Fitness and Cool Down	Years 3-5 Enduarance How Far In 5 minutes	Years 3-5 Run The Gauntlet	Years 3-5 Hurdle Sprint races	Years 3-5 Continuous Relays
	Years 6 +	Years 6 +	Years 6 +	Years 6 +

	Endurance Continuous Reps	As Above	Short Relays	Obstacle Relay
Saturday/ Sunday Competitons Sessions	22nd April Whitley Bay Spring Track Relays	29th April Darlington NEYDL	6th May NOTAN Grand Prix Whitley Bay	12th & 13th May NECAA Track and Field Championships Gateshead

5/17/2018	5/24/2018
Thursday	Thursday
Corner Ball	Reaction Games
Years 3-5 Balance Hoping Stork Stands	Years 3-5 Co-ordination Heel Flicks High Knees Side Steps Carioca Straight Leg Drives
Years 6 + Co-ordination Heel Flicks Straight Leg Drives	Years 6+ Co-ordination As Above
Years 6 + Agility Hurdles Line Drills	Years 6+ Co-ordination As Above
Years 3-5 Sprints Starts Baton Changing	Years 3-5 Junior Handicap 1000m/ 2000m
Years 6 + Sprints Sprint Starts Acceleration Runs	Years 6+ Junior Handicap 1000m/ 2000m
Years 6 + Hurdles Rhyme Lead and Trail Legs	Years 6+ Junior Handicap 1000m/ 2000m
Years 3-5 Obstacle Relays	Years 3-5 Run The Gauntlet
Years 6 +	Years 6+

Endurance Continuous Relays	As Above
20th May NEYDL Middlesbrough	