

Run Jump Throw - Summer Term Planner 2019

Thursday		Group 1 (U13/15 Academy)	Warm up 5:45pm to 5:55pm	Activity 1 5:55pm to 6.20pm	Activity 2 6.20pm to 6.45pm	End Skill/Game + Cool Down 6.45pm to 7.00pm
WEEK	WEEK No.	Registration 5:40pm Clubhouse 5:45pm Start time 7.00pm Finish time	Warm up games 10mins	25min	25min	10min game or skill + 5min cool down
6 Jun	5	Activity	Warm up games + Drills	Endurance Facility: Infield	Jump for Height Facility: High Jump Fan + Bed	Endurance Facility: Lane 1 track
		Skill aims		Race Walking	High Jump	Sustained Pace Running
13 Jun	6	Activity	Warm up games + Drills	Sling Throw Facility: Farside Grass Edge	Running Over Obstacles Facility: Back Straight Lane 5-8	Relays Facility: Back Straight Lane 5-8
		Skill aims		Discus	Hurdles	Circular
20 Jun	7	Activity	Warm up games + Drills	Jump for Distance Facility: Nearside Pit	Pull Throw Facility: Nearside Jav Runway	Physical Prep Facility: Back Straight Lane 5-8
		Skill aims		Long Jump	Javelin	
27 Jun	8	Activity	Warm up games + Drills	Physical Prep Facility: Back Straight Lane 5-8	Max Velocity Facility: Back Straight Lane 5-8	Endurance Facility: Lane 1 track
		Skill aims		TBC	Speed Combo	Steady Paced Running
4 Jul	9	Activity	Warm up games + Drills	Heave Throw Facility: Farside Grass Edge	Jump for Height Facility: Pole Vault Area	Physical Prep Facility: Back Straight Lane 5-8
		Skill aims		Hammer	Pole Vault	TBC
11 Jul	10	Activity	Warm up games + Drills	Endurance Facility: Infield	Push Throw Facility: TBC	Relays Facility: TBC
		Skill aims		Orienteering	Shot	Continuous
18 Jul	11	Activity	Warm up games + Drills	Challenges and Games Facility: TBC	Challenges and Games Facility: TBC	Challenges and Games Facility: TBC
		Skill aims		Team Challenges including relays	Team Challenges including relays	Team Challenges including relays

No Track

No Track

Run Jump Throw - Summer Term Planner 2019

Thursday		Group 2 (U13/15 Academy)	Warm up 5:45pm to 5:55pm	Activity 1 5:55pm to 6.20pm	Activity 2 6.20pm to 6.45pm	End Skill/Game + Cool Down 6.45pm to 7.00pm
WEEK	WEEK No.	Registration 5:40pm Clubhouse 5:45pm Start time 7.00pm Finish time				10min game or skill + 5min cool down
6 Jun	5	Activity	Warm up games + Drills	Jump for Height <i>Facility: High Jump Fan + Bed</i>	Endurance <i>Facility: Infield</i>	Endurance <i>Facility: Lane 1 track</i>
		Skill aims		High Jump	Race Walking	Sustained Pace Running
13 Jun	6	Activity	Warm up games + Drills	Running Over Obstacles <i>Facility: Back Straight Lane 5-8</i>	Sling Throw <i>Facility: Farside Grass Edge</i>	Relays <i>Facility: Back Straight Lane 5-8</i>
		Skill aims		Hurdles	Discus	Circular
20 Jun	7	Activity	Warm up games + Drills	Pull Throw <i>Facility: Nearside Jav Runway</i>	Jump for Distance <i>Facility: Nearside Pit</i>	Physical Prep <i>Facility: Back Straight Lane 5-8</i>
		Skill aims		Javelin	Long Jump	
27 Jun	8	Activity	Warm up games + Drills	Max Velocity <i>Facility: Back Straight Lane 5-8</i>	Physical Prep <i>Facility: Back Straight Lane 5-8</i>	Endurance <i>Facility: Lane 1 track</i>
		Skill aims		Speed Combo	TBC	Steady Paced Running
4 Jul	9	Activity	Warm up games + Drills	Jump for Height <i>Facility: Pole Vault Area</i>	Heave Throw <i>Facility: Farside Grass Edge</i>	Physical Prep <i>Facility: Back Straight Lane 5-8</i>
		Skill aims		Pole Vault	Hammer	TBC
11 Jul	10	Activity	Warm up games + Drills	Push Throw <i>Facility: TBC</i>	Endurance <i>Facility: Infield</i>	Relays <i>Facility: TBC</i>
		Skill aims		Shot	Orienteering	Continuous
18 Jul	11	Activity	Warm up games + Drills	Challenges and Games <i>Facility: TBC</i>	Challenges and Games <i>Facility: TBC</i>	Challenges and Games <i>Facility: TBC</i>
		Skill aims		Team Challenges including relays	Team Challenges including relays	Team Challenges including relays

No Track

No Track