

Run Jump Throw - Summer Term Planner 2019

Tuesday		Group 1 (Younger) (U11/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
4 Jun	5	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	Linear
11 Jun	6	Activity	Warm up games + Drills	Push Throw <i>Facility: Nearside Grass Edge</i>	Starts <i>Facility: Back Straight Lane 5-8</i>	Physical Prep <i>Facility : Back Straight Lane 4-8</i>
		Skill aims		Shot	Starts	TBC
18 Jun	7	Activity	Warm up games + Drills	Endurance <i>Facility: Infield</i>	Jump for Height <i>Facility: Pole Vault Area</i>	Endurance <i>Facility: Lane 1 track</i>
		Skill aims		Race Walking	Pole Vault	Steady Running
25 Jun	8	Activity	Warm up games + Drills	Heave Throw <i>Facility: Farside Grass Edge</i>	Jump for Height <i>Facility: High Jump Fan + Bed</i>	Physical Prep <i>Facility: Back Straight Lane 4-8</i>
		Skill aims		Hammer	High Jump	TBC
2 Jul	9	Activity	Warm up games + Drills	Jump for Distance <i>Facility: Nearside Pit</i>	Pull Throw <i>Facility: Nearside Jav Runway</i>	Relays <i>Facility: Back Straight Lane 5-8</i>
		Skill aims		Long Jump	Javelin	Continuous
9 Jul	10	Activity	Warm up games + Drills	Max Velocity <i>Facility: TBC</i>	Physical Prep <i>Facility: TBC</i>	Endurance <i>Facility: TBC</i>
		Skill aims		Speed Combo	TBC	Sustained Pace Running
16 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

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Tuesday		Group 2 (Older) (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
4 Jun	5	Activity	Warm up games + Drills	Sling Throw <i>Facility: Farside Grass Edge</i>	Running Over Obstacles <i>Facility: Back Straight Lane 5-8</i>	Relays <i>Facility: Back Straight Lane 5-8</i>
		Skill aims		Discus	Hurdles	Linear
11 Jun	6	Activity	Warm up games + Drills	Starts <i>Facility: Back Straight Lane 5-8</i>	Push Throw <i>Facility: Nearside Grass Edge</i>	Physical Prep <i>Facility : Back Straight Lane 4-8</i>
		Skill aims		Starts	Shot	TBC
18 Jun	7	Activity	Warm up games + Drills	Jump for Height <i>Facility: Pole Vault Area</i>	Endurance <i>Facility: Infield</i>	Endurance <i>Facility: Lane 1 track</i>
		Skill aims		Pole Vault	Race Walking	Steady Running
25 Jun	8	Activity	Warm up games + Drills	Jump for Height <i>Facility: High Jump Fan + Bed</i>	Heave Throw <i>Facility: Farside Grass Edge</i>	Physical Prep <i>Facility: Back Straight Lane 4-8</i>
		Skill aims		High Jump	Hammer	TBC
2 Jul	9	Activity	Warm up games + Drills	Pull Throw <i>Facility: Nearside Jav Runway</i>	Jump for Distance <i>Facility: Nearside Pit</i>	Relays <i>Facility: Back Straight Lane 5-8</i>
		Skill aims		Javelin	Long Jump	Continuous
9 Jul	10	Activity	Warm up games + Drills	Physical Prep <i>Facility: TBC</i>	Max Velocity <i>Facility: TBC</i>	Endurance <i>Facility: TBC</i>
		Skill aims		TBC	Speed Combo	Sustained Pace Running
16 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

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