



U6/7/8 HOME SESSIONS

MARCH 2020

WARM UP

30 Seconds of each:

- Jogging
- Butt Kicks
- High Knees
- Jumping Jacks
- Spotty Dogs

Repeat 3 times

BALL SKILLS

Complete: 10, 20, 30, 40
of each skill = 100!

- Chest Pass
- Shoulder Pass
- Bounce Pass
- Overhead Pass

Use a wall or play with a friend!

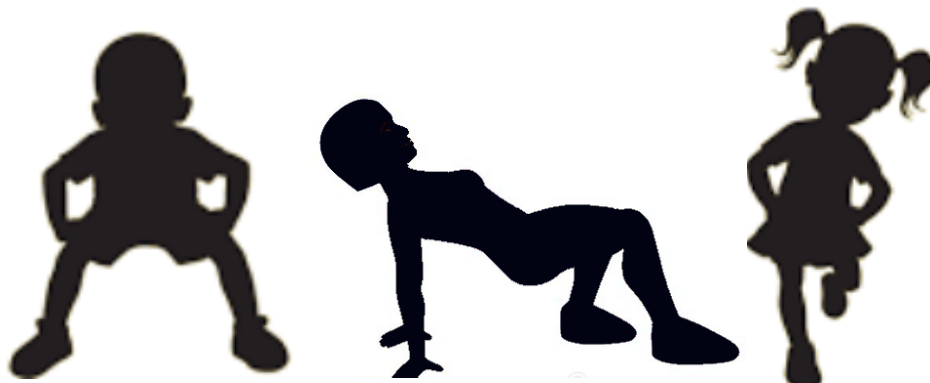
OTHER IDEAS!

- Watch a netball game on you tube (search sky sports)
- Complete a yoga session (Cosmic Kids)
- Read or watch netball rules!

FITNESS SESSION

Complete each activity for 30 seconds. Rest one minute. Repeat three times.
Total time = 15 minutes

1. Air Squats
2. Bear Walk
3. Cheetah Run
4. Crab Walk
5. Elephant Stomp
6. Frog Jumps
7. Gorilla Shuffle
8. Starfish Jumps



- Activities are hyperlinked for photos / videos / instructions

- Share videos and photos of yourself completing these activities with us!



#fun #friendship #fitness