



U6/7/8 HOME SESSION 2

MARCH 2020

WARM UP

30 Seconds of each:

- Jogging on the spot
- Walking lunges
- Grape vines
- Butt kicks
- High knees

Repeat 3 times

BALL SKILLS

Complete: 10, 20, 30, 40 of each skill = 100! This week, have fast feet before you catch the ball.

Remember to keep your feet still!

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

Use a wall or play with a friend (2m apart)!

OTHER IDEAS!

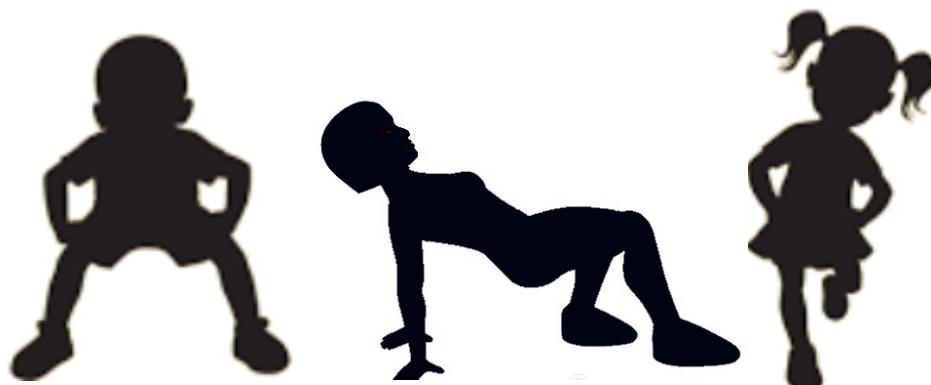
- Complete a BodyCoach kids workout
- Create your own netball poster with rules that you know!

FITNESS SESSION

Complete each activity for 30 seconds. Rest one minute. Repeat three times.

Total time = 15 minutes

1. Burpees
2. Spotty dogs
3. Bear crawl
4. Sprinting on the spot
5. Superman
6. Jumping Jacks
7. Toe touches
8. Walking lunges



- Activities are hyperlinked for photos / videos / instructions

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



#fun #friendship #fitness