



U6/7/8 HOME SESSION 3

APRIL 2020

WARM UP

30 Seconds of each:

- Jogging on the spot
- Walking lunges
- Grape vines
- Skipping
- Leg kicks

Repeat 3 times

BALL SKILLS

One handed throwing and catching. try to complete the following skills using only one hand. try this with your left then right hand. if it is too hard then use both hands.

Complete 10, 20, 30 then 40 of each skill
= 100

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

Use a wall or a partner (but keep 2 metres apart.

OTHER IDEAS!

- Complete a BodyCoach kids workout
- Create your own netball kit!

FITNESS SESSION

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

Total time = 15 minutes

1. Bunny Jumps
2. Spotty dogs
3. Bear crawl
4. Invisible skipping rope
5. Superman
6. Jumping Jacks
7. Ski jumps
8. Arm Circles



- Activities are hyperlinked for photos / videos / instructions
- Share videos and photos of yourself completing these activities with us!



#fun #friendship #fitness

