

ACTIVITY DESCRIPTION	DURATION
<p style="text-align: center;"><b>WARM UP</b></p> <p>20-second intervals x 2 rounds each</p> <ul style="list-style-type: none"> <li>• High knees</li> <li>• Butt flicks</li> <li>• Arm circles - small to big and reverse</li> <li>• Mountain climbers</li> <li>• Leg swings left/right leg</li> <li>• Star jumps</li> <li>• Quadriceps stretch (superman) left leg/right leg</li> </ul>	<p style="text-align: center;"><b>5 mins</b></p>
<p style="text-align: center;"><b>ACTIVITY 1 BALLWORK</b></p> <p>Use a netball, or if not available, any ball.</p> <ul style="list-style-type: none"> <li>• Walk with a long step for 10m, bouncing the ball between your legs each time. Try and make this continuous. Repeat a second time</li> <li>• 20 x throw ball hard and high against a wall so it rebounds well above your head. Catch two-handed, jump if required</li> <li>• 20 x throw ball against wall with right hand, catch with right hand. Mix up height with each pass</li> <li>• 20 x throw ball against wall with left hand, catch with left hand. Mix up height with each pass</li> <li>• Start close to a wall. Complete hard shoulder pass and catch. Take a small step back and repeat. Continue until ball no longer reaches you on the full, then repeat while stepping back towards the wall.</li> </ul> <p><i>To progress further, repeat this exercise catching one-handed with the opposite hand to the one you've thrown with.</i></p>	<p style="text-align: center;"><b>10 mins</b></p>
<p style="text-align: center;"><b>ACTIVITY 2 SKILL - CHANGE OF DIRECTION FOOTWORK, BALANCE</b></p> <p>Set up 4 cones/markers in a square, approximately 3m apart (shorten or widen if required). Start in the middle of the square.</p> <ul style="list-style-type: none"> <li>• 2 x run to corner 1, push off, come back to middle, corner 2, push off, back to middle. Complete for corners 3 and 4 (turning hips and shoulders each time while keeping eyes forward)</li> <li>• 2 x jump out to corner 1, back to middle, corner 2, back to middle, corner 3, back to middle, corner 4 back to middle</li> <li>• Reverse direction of above</li> <li>• 2 x complete a double hop on right leg out to corner 1, balancing when landing, return to middle, then corner 2, back to middle, corner 3, back to middle, corner 4 back to middle</li> </ul> <ul style="list-style-type: none"> <li>• Repeat for left leg</li> <li>• Run and jump - run to corner 1, jump at marker, push off, come back to middle, repeat for remaining corners (turning hips and shoulders, keep eyes forward)</li> </ul> <p><b>EXTRA CHALLENGE</b></p> <ul style="list-style-type: none"> <li>• Have a family member call out a number for which corner to run/-jump/hop to, then return to the middle.</li> <li>• They could also throw a ball for you at each corner, or when you return to the middle</li> </ul>	<p style="text-align: center;"><b>10 mins</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p> <p>Walking/very slow jogging with active stretches every 15-20 secs</p>	<p style="text-align: center;"><b>5 min</b></p>