

MINIS - THURSDAYS (DAY 2)					
WEEK <i>Date</i>	REGISTRATION 5.55pm - 6.05pm <i>(10 mins)</i>	WARM UP 6.05pm - 6.15pm <i>(10 mins)</i>	SESSION 1 6.15pm - 6.30pm <i>(15 mins)</i>	SESSION 2 6.30pm - 6.45pm <i>(15 mins)</i>	RELAY/ COOLDOWN 6.45pm - 7.00pm <i>(15 mins)</i>
1 01/09/2016	Trisha	Sandy and Gary	GAMES AND ATHLETIC DRILLS	GAMES AND ATHLETIC DRILLS	Sandy, Gary and Trisha
2 08/09/2016	Trisha	Sandy and Gary	GAMES AND ATHLETIC DRILLS	GAMES AND ATHLETIC DRILLS	Sandy, Gary and Trisha
3 15/09/2016	Trisha	Rats and Rabbits, Jump the Stream Gary	RUNNING FOR SPEED STARTS	JUMPING FOR DISTANCE STANDING LONG JUMP	Helen, Gary and Trisha
4 22/09/2016	Trisha	Stepping Stones, Scout Ball Gary	MULTIPLE JUMPS STANDING TRIPLE JUMP	PULL THROW TENNIS BALL THROW	Helen, Gary and Trisha
5 29/09/2016	Trisha	Push Golf, Raid the Goal Gary	PUSH THROW DOUBLE ARMED PUSH	RUNNING FOR DISTANCE RUNNING FOR TIME	Helen, Gary and Trisha
6 06/10/2016	Trisha	Quick Start, Jumping Styles Gary	RUNNING FOR SPEED STARTS	JUMPING FOR DISTANCE STANDING LONG JUMP	Helen, Gary and Trisha
7 13/10/2016	Trisha	Hopscotch Ladder, Cross the Line Gary	MULTIPLE JUMPS STANDING TRIPLE JUMP	PULL THROW TENNIS BALL THROW	Helen, Gary and Trisha
8 20/10/2016	Trisha	Gary	ASSESSMENT WEEK		Helen, Gary and Trisha
9 27/10/2016	Trisha	Ball Relay, Hurdle Running Gary	PUSH THROW DOUBLE ARMED PUSH	RUNNING OVER OBSTACLES HURDLING	Helen, Gary and Trisha
03/11/2016	HALF TERM HOLIDAY				