

***Targeted Sports Program***

***Touch Football - Term 3 2020***

* Outlined in the table below is the program students involved in the Touch Targeted Sports Program (TSP) will be following during Term 3. The program has been developed to build up individual’s skills through cross training techniques as well as sport specific sessions. Each member of the program needs to use this outline as a guide and be prepared for the relevant session with the appropriate gear listed.

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|  | ACTIVITY | EQUIPMENT |
| **Week 1**  **21/7/20** | Fitness session – School/Duffy’s Oval  **With Fired up Fitness – Ben Ziekenheiner/ Kane Hennessey** | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 2**  **28/7/20** | Sports Specific – Duffy’s Road  **With Jeremy Belcher** | Boots, Drink bottle, Towel, Full PE uniform |
| **Week 3**  **4/8/20** | Bounce Fit @ ERINA HQ  **Bus Leaves at 12.30pm** | Joggers, Water bottle, Towel, Full PE uniform |
| **Week 4**  **11/8/20** | Sports Specific – Duffy’s Road  **With Jeremy Belcher** | Boots, Drink bottle, Towel, Full PE uniform |
| **Week 5**  **18/8/20** | Speed and Agility session  **With Alta Athletic – Tim Knight/Layne Fletcher** | Drink bottle, Towel, Full PE Uniform, Runners |
| **Week 6**  **25/8/20** | Sports Specific – Duffy’s Road  **With Jeremy Belcher** | Boots, Drink bottle, Towel, Full PE uniform |
| **Week 7**  **1/9/20** | Proposed Gala Day with local high schools  Venue TBC  All day event | Full PE uniform |
| **Week 8**  **8/9/20** | Sports Specific – Duffy’s Road  **With Jeremy Belcher** | Boots, Drink bottle, Towel, Full PE uniform |
| **Week 9**  **15/9/20** | TBC |  |
| **Week 10**  **22/9/20** | Sports Specific – Duffy’s Road  **With Jeremy Belcher** | Boots, Drink bottle, Towel, Full PE uniform |