

***Targeted Sports Program***

***Rugby League - Term 3 2021***

* Outlined in the table below is the program students involved in the Rugby League 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****14/7/21** | **Remote Learning\***  |  |
| **Week 2****21/7/21** | Ninja Warrior – Balance & Strength. Bus from THS at 9:20am | Joggers, Water bottle, Towel, Full PE uniform |
| **Week 3****28/7/21** | Sports Specific – Duffy’s Road**With Chris Heighington** | Boots, Mouth guard, Drink bottle, Towel, Full PE uniform |
| **Week 4****4/8/21** | Clip N Climb – Upper & Lower Body Strength. Bus from THS at 9:20am | Joggers, Water bottle, Towel, Full PE uniform |
| **Week 5****11/8/21** | Sports Specific – Duffy’s Road**With Chris Heighington** | Boots, Mouth guard, Drink bottle, Towel, Full PE uniform |
| **Week 6****18/5/21** | Bounce Fitness – Core & CardioTHS Hall | Joggers, Water bottle, Towel, Full PE uniform |
| **Week 7****25/8/21** | Sports Specific – Duffy’s Road**With Chris Heighington** | Boots, Mouth guard, Drink bottle, Towel, Full PE uniform |
| **Week 8****1/9/21** | Plyometric Training – Vertical Leap & Lower Body Strength. Duffy’s Oval with Lenore Beaton | Joggers, Water bottle, Towel, Full PE uniform |
| **Week 9****8/9/21** | Sports Specific – Duffy’s Road**With Chris Heighington** | Boots, Mouth guard, Drink bottle, Towel, Full PE uniform |
| **Week 1015/9/21** | Sports Specific ***Modified Games***– Duffy’s Road**With Chris Heighington**  | Boots, Mouth guard, Drink bottle, Towel, Full PE uniform |

\*Please note: Each week’s session will be pending current COVID-19 restrictions. We will keep you updated if any changes do occur to the above schedule.