The **Running Club** provides opportunities for students in Year 3-6 to develop their endurance and stamina whilst also building their fitness and skill levels in other areas of athletics ie 100m, 200m, 800m

**Program Overview**

**Semester 1**

Students in Year 3-6 train for a 20 minute period. The students set goals to aim for and then each week their progress is recorded. This gives the students motivation to physically push themselves in walking, jogging and running. Some students try to beat their ‘last distance’ while working at their own pace. At the end of each term all participants in the club see how far they have travelled around Australia.

**Semester 2**

Students in Year 3-6 continue fitness training. Activities offered may vary. These could include; sprinting, relays and skipping.