Running club (body SMART group)

The running club provides opportunities for students in year 3 to 7 to develop their endurance and stamina whilst also building their fitness and skill levels in other areas of athletics ie: 100 m, 200 m, 800 m.

Program overview:

Semester 1
Students in year 3 to 7 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, running. Some students try to beat their ‘last distance’ while still working at their own pace. At the end of each term all participants in the club see how far they have travelled around Australia.
During term 2 students also have the opportunity to further develop their skills in area of athletics.

Semester 2
Students in year 3 to 7 continue fitness training. Activities offered may vary. ie: sprinting, relays, skipping.
During semester 2 the opportunity to join may be extended to students in year 1 and 2.