

Tuesday Challenge

Session 1

All athletics sessions and competitions start with a good warm up routine.

Your challenge this week is to teach the warm up drills to your adult!

Remember:

- Good posture is key
- Don't rush!
- Don't take any nonsense – YOU are the coach 😊

Some of the drills we use:

Side steps (both sides)

Lunges

Grapevine (both sides)

Sumo (a photo opportunity!!)

Heel flicks

Strides (there and back)

High knees

And finally The Callum (video

Fast knees

evidence a must 😊😊)

High skips

Heel / toe flexes

If your adult is feeling particularly keen you may wish to teach them our core exercises!!!

The purpose of this challenge: as you teach someone else you will spot all the things I nag you about (speed / posture / focus), this will help you perfect your own drills.

You have one week to complete as many times as you can (or your adult allows!!)

Have fun and stay safe, Jo x