



# Years 3 – 6 Online Sports Sessions

Zoom Password if required: 215000

## TERM 2 WEEK 3

Sessions are available to all students in the grades listed. Click on the activity below at the scheduled time to attend.

	Mon 11 May	Tue 12 May	Wed 13 May	Thu 14 May
<b>3:30 – 4:00pm</b> (Join at 3:25pm)	<a href="#"><u>Pilates</u></a> Years 3-6	<a href="#"><u>Ball Skills</u></a> Years 3-6	<a href="#"><u>Yoga</u></a> Years 4-6	<a href="#"><u>Fitness</u></a> Years 3-6

- Pilates -** A basic Pilates class aimed at Primary School children, delivered by our Pilates instructor, Nick. All you will need is a comfortable space to lie down (either on a mat or towel).
- Ball Skills -** This session will provide you with some activities to improve your ball skills. You will need a ball of any type (tennis, basketball, netball etc), but if you don't have a ball please bring a rolled-up pair of socks instead!
- Yoga -** A basic Yoga stretching class aimed at Primary School children (Years 4-6), delivered by our Yoga instructor, Vanessa. All you will need is a comfortable space to lie down (either on a mat or towel).
- Fitness -** This session will be a fun and high energy class aimed to keep you fit! All levels welcome. Please be in a space with enough room for movements like star jumps, and be ready with a mat or towel to lie down on.

### What you need to be prepared:

- ✓ Appropriate clothing, water bottle, towel, specific equipment e.g. a ball / yoga mat if possible, energy!

### Before you start these activities please make sure that you have considered the following:

- ✓ Do I have enough space to do the activity?
- ✓ How can I keep myself safe during the session?
- ✓ Am I feeling well enough to participate?

