



# Years 3 – 6 Online Sports Sessions

Zoom Password if required: 215000

## TERM 2 WEEK 4

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

**All sessions run from 3:30pm – 4:15pm**

Mon 18 May	Tue 19 May	Wed 20 May	Thu 21 May
<a href="#"><u>Pilates</u></a> Years 3-6	<a href="#"><u>NetFit 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?

