

Soccer 2000 Healthy Lifestyle Club

		17/11/2023	23/11/2023	01/12/2023	08/12/2023	15/12/2023
Year 6		20m Sprint	Speed bounce	Bean bag throw	Ladders	Shuttle run
Torian	6JT	4.9	68	2+4		/
Tyler	6JT	5.9	68	5+5		/
Harmon	6MJ	5.1 /		/		/
Manshail	6MJ	4.9 /		/		/
Arad	6MJ	4.9 /		/		/
Mayson	6JT	4.6	68	2+4		/
Year 5						
Isaiah	5HM	5.3	66	3+4		25.5
Daniel	5HM	5.1	68	2+3		23.3
Kavinijan	5HM	5.7	55	2+3		24.9
Daksh	5RHH	5.3	50	1+3		27.6
Kyro B	5RHH	5.3	55	3+3		25.1
Maya	5RHH	5.3	68	2+4		24.6
Kylah	5HM	5.5	66	2+2		22.7
Kelsey	5RHH	5.2	61	/		21.5
Year 4						
Oakley	4RF	4.9	56	3+3		25.5
Kealeigh	4DR	X	62	/		/
Li'onell	4DR	4.8	54	2+3		25.9
Kayden	4DR	5.7	61	3+3		25
Gurfateh	4DR	4.9	60	4+3		21.3
Patricia	4DR	5.2	62	/		22.4
Year 3						
Paul	3KM	5.9	49	3+3		27.7
Tyler	3JC	4.9 /		2+4		21.3
Francesca	3KM	5.6	55	2+3		28.4
Skyla	3JC	5.5	52	4+3		21.1
Year 2						
Harshpreet	2AH	5.2	43			24.6
Miles	2AH	4.6 /				23.1
Nathaniel	2JL	4.5	44			22.1
Mamasike	2JL	4.7	46			23.5

Each week we have been taking a group of children to participate in a physical challenge and recording scores to reattempt these challenges later in the year to see progression. Each week the challenge has been a different focus on physical activity such as speed, agility, balance and coordination.

Week 1- this weeks challenge was a timed 20m sprint to measure the speed and acceleration of the participants.

Week 2- Speed Bounce was this weeks challenge as the children were timed to see how many times they could jump over a skipping rope in 30 seconds to measure speed and agility.

Week 3- The challenge for week 3 was a bean bag throwing challenge to measure the power and coordination of the children and to see how far they could throw the beanbag using an underarm then over arm technique.

Week 4- Our challenge this week a timed activity for the children to compete by running a shuttle run. This was completed by running to a cone placed 5m away, then back, then to a second cone placed 10m away and back and finally to a third cone placed 15m away and back.

22/12/2023

Empty the Hoop