



Cherrybrook Home Athletics Movement Program

This week's program has three very exciting guests! The warm-up will be presented by Olympian and former Cherrybrook Athlete, Michelle (Shelly) Jenneke. There will also be a special bonus with Olympian and former Cherrybrook athlete Georgia Winkcup leading the cooldown stretches for once athletes have completed the program. The **'how to' videos** will be demonstrated by National thrower and Friday Night coach, Anna Kely.

The videos will be posted on the Club's Facebook page and will be available on the club website (www.cherrybrookathletics.org.au) and on the CHAMP google docs recording sheets (see below for links).

The two programs available are: 1) to be done at an oval/park or; 2) indoors or garden. Please ensure athletes have a 5-10 minute break between events, they should not be breathless before beginning.

The following equipment will be required:

- Markers (e.g. cones/water bottles)
- A measuring tape
- A stopwatch or timing device
- A tea towel
- Tape **or** an elastic band
- A ping pong ball
- A pillow (*for at home program*)

	CHAMP – PROGRAM 3	
	At a park or oval	Indoors or garden
Event 1	400m	1 minute running on the spot
Event 2	Standing Jump for Distance	Pillow jump
Event 3	100m → U6-U8 5 minute race walk or 100m Sprint walk → U9-U17	Tea towel ping pong throw
Event 4	Tea towel ping pong throw	Step leg switch
Event 5	2 minute run – U11+	2 minute high knees running on spot

At a park or oval

Event 1: 400m sprint (all ages)

Recording: Record as minutes and seconds (starting from "go" to when their chest crosses the finish line). For example: 1:24.66

How to: Time to participant sprinting 400m. To start the run say: 'on your marks' 'set' 'go'

Event 2: Standing Jump for distance (all ages)

Recording: Record in metres how far the participant jumps from the front of the toes to the back of the heel that lands closest to the take-off area.

How to: This video can be found in program 1's details.

Event 3:

- **100m sprint (U6-U8)**
- **5-minute race walk or 100m sprint (U9-U17).**

Recording:

- 100m – Time how long in seconds it takes to run 100m e.g. 21.55
- 5 minute race walk – record either in km (e.g. 1.1km) or laps of track/oval (4 ¼ laps)

How to:

- 100m – instructions available in program 1
- 5 minute race walk – The two most important things to remember are: 1) One foot must be in contact with the ground at all times and 2) the walker's knees must be straight from the time the leading foot touches the ground, until it passes vertically under the body. This is achieved by walking heel and then toe. For more details please visit: <https://lansw.com.au/wp-content/uploads/sites/3/2018/11/Walks.pdf>

Event 4: **Tea towel ping pong throw (all ages)**

Recording: Measure the distance in metres from where the ping pong ball lands from the front of the throw line (this concept of this event is to replicate javelin)

How to: Place a ping pong ball in the middle of a tea towel, use an elastic band or sticky tape on the outside of the tea towel to hold the ball in place. Create a line to throw from with a ruler/string or something similar that is straight. When throwing, make a 'v' with your index and middle finger and place the ping pong area on the palm side of your hand. Have the left side of your left foot (if you are right-handed) up to the throws line, extend the arm backwards and then throw using an over-armed arch throw. Athletes 11+ may use a javelin run up rather than a standing throw.

It is highly recommended to watch the 'how to make a tea towel ping pong' and 'how to throw a tea towel ping pong' videos on Facebook or the website.

Event 5:

- **2-minute run (U6-U10)**
- **4-minute run (U11-U17)**

Recording: Record distance an athlete runs in metres

How to: To start the run say: 'on your marks' 'set' 'go'. Have a whistle/call out to stop the run. Use either a GPS tracker, or a 400m oval (i.e. Greenway) can be recorded into approximately 8th (where 1/8 = 50m).

Indoors or garden

Event 1: 1 minute run on the spot

Recording: Count how many steps the athlete takes on the spot in 1 minute, e.g. 72.

How to: On a command of 'go', the athlete starts running (middle distance pace for U6-U10, a sprint for U11-U17)

Event 2: Pillow jump for 30 seconds

Recording: Count how many times the athlete jumps over a pillow in 30 seconds, e.g. 22.

How to: Choose a soft surface area (carpet/grass). Lay down the pillow a safe distance away from any surroundings. On the command 'go' the athlete starts jumping forwards and backwards over a pillow with their feet together or slightly together. **See 'how to' video.**

Event 3: See event 4 in park/oval 'how to' above.

Event 4: Step leg switch

Recording: Count the number of times the athlete taps their foot on the top of the step in 30 seconds.

How to: Using a step or curb (8cm-20cm → not higher than half the height of athlete's shin). Start with one foot on the ground, one on the top of the step/curb, jump to switch position of feet, tapping step with alternating feet. Stand tall and use 'running arms' in time with feet to increase speed and stability. As it is easy to stub toes, it is recommended enclosed shoes are worn. **A 'how to' video** is available with this event.

Event 5: 1-minute high knees running

Recording: Record the number of times you hit your knee on your/buddies' hands within 60 seconds, e.g. 75 times.

How to: Extend arms to hip height/buddy to hold their hands at the athlete's hip height (if you have a buddy use your arms when doing high knees to increase speed). Each knee tap is counts as one point, if step is taken but contact is not made with hand this does not count as one point. **A 'how to' video** for this event has been released in an earlier program – check our website or Facebook page.

Here are the links to register your results with the Club:

[U7 BOYS](#)

[U7 GIRLS](#)

[U8 BOYS](#)

[U8 GIRLS](#)

[U9 BOYS](#)

[U9 GIRLS](#)

[U10 BOYS](#)

[U10 Girls](#)

[U11 Boys](#)

[U11 Girls](#)

[U12 Boys](#)

[U12 Girls](#)

[U13 Boys](#)

[U13 Girls](#)

[U14-17 BOYS](#)

[U14-17 GIRLS](#)