



**FOCUS:** Cardio and body weight Resistance. Cardio ★★★★★ Strength ★★★★★

**EQUIP:** Cones (2 colors).

**WARM-UP:** 10min. Set up two colors of cones randomly around oval using all you have. 1st use them for quick warm up.

Campers have one cone each.

1<sup>st</sup> set: jump over the cones forward and back,

2<sup>nd</sup>: 30 sec side to side,

3<sup>rd</sup>: 30 sec run quickly around the cone and back again.

**Cone Game:** Two teams - 2 colors cones. 1 color for each team. Get all your oppositions color cones to your own side. Start by spreading all the cones out and then give everyone 3 minutes to collect one cone at a time and place it in their side. Each team will continue grabbing cones out of opposition's side for the whole 3 minutes. Count cones left on field and see who wins.

**EXERCISE ONE:** Interval training 20min (Perform in a circle as a group)

30sec each exercise

45secs each exercise

1min each

Alternating Foot Taps

Alternating Foot Taps

Alt Foot Taps

Push ups

Push ups

Push ups

**Split Jump Lunges**

**Split Jump Lunges**

**Split Jump Lung**

Left side Kicks

Left side Kicks

Left side Kicks

Reverse Crunches

Reverse Crunches

Rev Crunches

Right side Kicks

Right side Kicks

Right Kicks

1min rest

1min rest

1min rest

**EXERCISE TWO:** Fun game

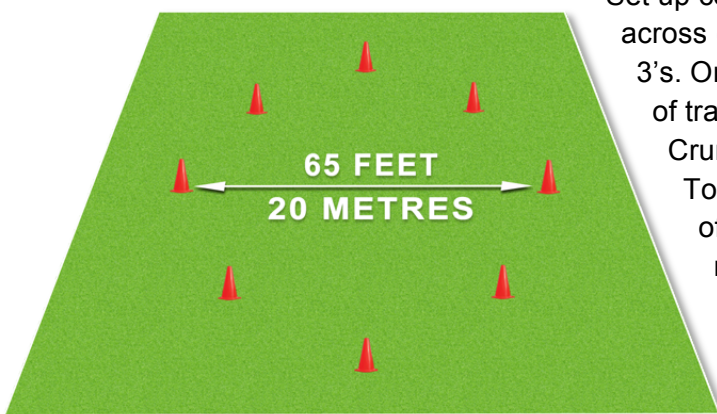
**Game 1.** Have campers partner up and go into a squat (full squat or low squat) facing each other. Then they play the game where one person puts their hands out under the other person's hands then tries to slap the tops of their hands before they can pull their hands away. Play for at least 2 minutes and make sure they stay in a low squat and see how it burns those legs!



**Game 2.** Campers in a circle, and from a deep **sumo squat**, have them play "Chinese Whispers", where one person leans/shifts their weight (from the deep **sumo squat**) over to the person next to them and whispers this phrase in their ear "Goofy grinning Gophers gobbled gigantic grapes while juggling" the phrase gets repeated in that same fashion around the circle until the last person says it out loud (everyone must hold the squat for the full time).

Depending on the size of the group, you can play one or two rounds. This round leave it up to them to come up with a phase. Make the second round down on the ground in a plank position spaced about 1-2 metres apart. They then must side plank walk to next person tell them the phase and walk back (everyone must hold the plank for the full time).

**EXERCISE THREE:** Endurance training 20min



Set up cones around in an oval at least 20 meters across (see diagram), campers are placed in pairs or 3's. One person from each pair must perform exercise of trainer's choice in centre skipping, Planking, Crunches etc. While the other persons run laps. Together campers must run 25 laps that is a total of 5kms! Can swap as often as they need – but maximum laps each time is 5. If team has Campers with pre-existing conditions (so they have to walk), have that team finish early with everyone else or another team member can run some of their laps for them.

**RECOVER AND STRETCH**