

## **Athletics 365 Timetable: April-June 2018**

Static Balance for Strong Stable Core	Tuesday 17 April
Static Balance - Seated balance	Thursday 19 April
Static Balance & Postural Control - Single and Double leg standing	Tuesday 24 April
Dynamic Balance with Upper Limb Coordination	Thursday 26 April
Coordination and dynamic balance (jumps)	Tuesday 1 May
Agility - Change of speed, direction, level or body shape	Thursday 3 May
Agility - Reaction and response	Tuesday 8 May
Agility - Pivoting & Rotation	Thursday 10 May
Running Technique (Maximum Velocity Full Flight Running)	Tuesday 15 May
Sprint start and Acceleration	Thursday 17 May
Hurdles	Tuesday 22 May
Endurance Running	Thursday 24 May
Race Walking	Tuesday 29 May
Long Jump	Thursday 31 May
Triple Jump	Tuesday 5 June
High Jump	Thursday 7 June
Shot Putt and Chest Push	Tuesday 12 June
Javelin Throw	Thursday 14 June
Discus - Including soft discus, bean bag & quoit	Tuesday 19 June
Hammer	Thursday 21 June