Kew Little Athletics Centre - Summer Track and Field
Week 1 Program

Age Groups	8:30 (10 min)	8:40 (20 min)	9:00 (20 min)	9:20 (20 min)	9:40 (20 min)	10:00 (20 min)
U6B, U6G	Warm Up	Skills and Games	Shot Put, 1kg	70m	Discus, 350g	
U7B, U7G	Warm Up	Skills and Games	70m	Discus, 350g	Shot Put, 1kg	200m, Laned
U8B, U8G	Warm Up	Discus, 500g	70m	High Jump, Scissor	200m, Laned	Shot Put, 1.5kg
U9B, U9G, U10B, U10G	Warm Up	70m	High Jump, Scissor	Shot Put, 2kg	200m, Laned	Discus, 500g
U11B, U11G, U12B, U12G, U13B, U13G	Warm Up	70m	Discus, 500g (U11), 750g (U12, U13)	200m, Laned	High Jump	1500m, Unlaned

Kew Little Athletics Centre - Summer Track and Field
Week 2 Program

Age Groups	8:30 (10 min)	8:40 (20 min)	9:00 (20 min)	9:20 (20 min)	9:40 (20 min)	10:00 (20 min)
U6B, U6G	Warm Up	Skills and Games	Shuttle Relay, Back Straight	100m	Shot Put, 1kg	Long Jump, Mat
U7B, U7G	Warm Up	Skills and Games	100m	Shot Put, 1kg	Long Jump, Mat	4 x 100m Relay, Laned
U8B, U8G	Warm Up	Long Jump, Mat	100m	Shuttle Relay, Back Straight	High Jump, Scissor	4 x 100m Relay, Laned
U9B, U9G, U10B, U10G	Warm Up	100m	High Jump, Scissor	Long Jump, Mat	400m, Laned	4 x 100m Relay, Laned OR 4 x 200m Relay, Laned to Breakline
U11B, U11G, U12B, U12G, U13B, U13G	Warm Up	100m	Long Jump, Board	High Jump	400m, Laned	4 x 100m Relay, Laned OR 4 x 200m Relay, Laned to Breakline

Kew Little Athletics Centre - Summer Track and Field
Week 3 Program

Age Groups	8:30 (10 min)	8:40 (20 min)	9:00 (20 min)	9:20 (20 min)	9:40 (20 min)	10:00 (20 min)
U6B, U6G	Warm Up	Skills and Games	Vortex, South Oval	60m Hurdles, Front Straight, 20cm, 15m Spacing (3 Flights)	300m, Unlaned	
U7B, U7G	Warm Up	Skills and Games	Shuttle Relay, Back Straight	60m Hurdles, Front Straight, 30cm, 15m Spacing (3 Flights)	500m, Unlaned	Vortex, South Oval
U8B, U8G	Warm Up	Turbo Javelin, South Oval	60m Hurdles, Front Straight, 45cm, 12m then 7m Spacing (6 Flights)	Shot Put, 1.5kg	700m, Unlaned	
U9B, U9G, U10B, U10G	Warm Up	60m Hurdles, Front Straight, 45cm (U9), 60cm (U10), 12m then 7m Spacing (6 Flights)	Shuttle Relay, Back Straight	Turbo Javelin, South Oval	Shot Put, 2kg	800m, Laned to Breakline
U11B, U11G, U12B, U12G, U13B, U13G	Warm Up	80m Hurdles, Front Straight, 60cm (U11), 68cm (U12), 76cm (U13), 12m then 7m Spacing (9 Flights)	Shot Put, 2kg (U11, U12), 3kg (U13)	Triple Jump	Javelin, South Oval, 400g (U11, U12, U13G), 600g (U13B)	800m, Laned to Breakline