

# SPORTS NEWSLETTER

Issue 4



## Hi everyone!

How did you go with last week's toilet roll challenge?

Let me know if you are enjoying any of the Apps that have been suggested and how they have affected your exercise routine. Are you finding more motivation for physical activity??

Get plenty of fresh air while the sun is still shining 😊😊

And don't forget to share any fun videos of your trick shots, toilet roll foot juggle or even some of your own sport specific training routine helen.padgett@pvcc.vic.edu.au

#stayhome #staysafe

## Weekly Challenge

### Plank off

How long can you hold the basic plank position? You are in a push up position but on your elbows. This is a test of core strength that involves maintaining the position for the maximum possible time. (with your butt down!) Who can plank the longest? Can anyone maintain their plank for 3 minutes or longer? You will improve with practice over the week.

If you find that too easy have a go at a side plank on one hand and one foot!

### Brain Break

- Colour in
- Go for a bike ride
- Play continuous kickball in the backyard with your family. Tippity runs!

### Fitness Fun

As AFL is our Sport of the Week check out Boomer Harvey's at home fitness "Get active with Boomer" for a 15 min home workout for every day!

North Melbourne club legend and games-record-holder Brent 'Boomer' Harvey is hosting a series of workouts with his family, encouraging the community to stay active.

<https://www.nmfc.com.au/news/582232/get-active-with-boomer->

### Tip of the week

You need to achieve some huff n puff during cardio activities to have a training effect and assist improved overall fitness! Try and work a bit harder or for longer each session.

## APP of the week



### Zombies, Run!

An ultra-immersive running game and audio adventure. Every run becomes a mission!

## Sport of the week

AFL  
APPS



### Fit for Footy training

exercises, skill drills, games, meal plans - everything you need to train like an AFL player!

## Websites

### Coach AFL

<https://coach.afl/prep-play-skills>

### YouTube: AFL drills to do by yourself

[www.youtube.com/watch?v=X77uliALvE8](https://www.youtube.com/watch?v=X77uliALvE8)

### YouTube: AFL training drills with a partner

[www.youtube.com/watch?v=NwXbUKzcXwl](https://www.youtube.com/watch?v=NwXbUKzcXwl)