

HOW WELL DO YOU THINK YOUR ABILITY, BALANCE, COORDINATION AND SPEED CAN IMPROVE OVER AN 8 WEEK PERIOD?

The Goal: Improved physical literacy and fundamental movement skills The Plan: Develop physical literacy skills using age-appropriate exercises

Weekly Goal: 3-5 days per week, 30-100 minutes per week

Daily Goal: 10-20 minutes per day

1X / DAY			2X / DAY	
EEK 1	WEEK 2	WEEK 5	WEEK 6	
	DAY 1	DAY 1	DAY 1	
	DAY 2	DAY 2	DAY Z	
	DAY 3	DAY 3	DAY 3	
EEK 3	WEEK 4	WEEK 7	WEEK 8	
	DAY 1	DAY 1	DAY	
	DAYZ	DAX 2	DAYZ	
	DAY 3	DAY 3	DAY3	
ONUS		BONUS		



C/O Players Club 25 Brodie Drive, Unit 3 Richmond Hill, ON L4B 3K7

