

Targeted Sports Program

Football - Term 1 2025

- Outlined in the table below is the program students involved in the Targeted Sports Program (TSP) will be following during Wednesdays P1 & P2 , Term 1. The program has been developed to build up individual's skills through cross training techniques as well as sport specific sessions. Each member of the program needs to use this outline as a guide and be prepared for the relevant session with the appropriate equipment listed.

DATE	ACTIVITY	EQUIPMENT
Week 2 5/2/25	NO SCHOOL FOR ANY STUDENT	
Week 3 12/2/25	Terrigal Haven - ALL TSP sports will walk to the Haven for their Introductory/Team Building Activities	Drink bottle,Hat , Full PE Uniform, Runners etc.
Week 4 19/2/25	THS School Swimming Carnival	
Week 5 26/2/25	Aqua Aerobics, 5 Star Swim Erina – Aerobic Capacity, muscular endurance, upper & lower body strength, VO2 Max, power - Bus from THS	Drink bottle, Towel, Full PE Uniform, Runners, Hat etc.
Week 6 5/3/25	Sports Specific Coaching – Duffys Oval With Sports specific Coaches	Football boots, Socks, Shin pads, Drink bottle, Towel, Full PE uniform
Week 7 12/3/25	Personal Training with Kane : Body Movement, Flexibility, Strength, Co-ordination - Duffys Oval	Drink bottle, Towel, Full PE Uniform, Runners, Hat etc.
Week 8 19/3/25	Sports Specific Coaching – Duffys Oval With Sports specific Coaches	Football boots, Socks, Shin pads, Drink bottle, Towel, Full PE uniform
Week 9 26/3/25	Jui Jitsu with Tiago, Erina – Balance, co-ordination, upper & lower body strength, flexibility, power - Bus from THS	Drink bottle, Towel, Full PE Uniform, Swimmers, Goggles etc.
Week 10 2/4/25	Sports Specific Coaching – Duffys Oval With Sports specific Coaches	Football boots, Socks, Shin pads, Drink bottle, Towel, Full PE uniform
Week 11 9/4/25	Sports Specific Coaching – Duffys Oval With Sports specific Coaches	Basketball shoes, Drink bottle, Towel, Full PE uniform