

**Team Hemley  
Training**

**TEAM  
Hemley  
TRAINING**

# **2019/2020 SCHOOL VISITS & INCURSIONS**

**Run Foundations (Year 3/4)**

**Sport Foundations (Year 3/4)**

**Athlete for a Day (Year 5/6)**

**2020 Sport Leadership Program (Year 6)**

**Sport Scientist for a Day (Year 7/8)**

**Sport Professional for a Day (Year 9/10)**

**Year 11 & 12 VCE PE Studies Workshops**

**Professional Fitness Testing & Screenings**

**For more information or to book in, please email  
[teamhemley@gmail.com](mailto:teamhemley@gmail.com)**

## Run Foundations (Year 3/4)

Setting the foundations of running technique with dynamic movement exercises to warm-up, run technique progressions and fun games that incorporate different forms of running training. As well as straight line running, we include change of direction, agility and speed off the mark running activities for team sport players.

Details: 1 hour workshops available on Wednesdays, Thursdays or Fridays  
\$8/participant (minimum 25 participants)

## Sport Foundations (Year 3/4)

Three hours of age appropriate sessions which include athlete development and physical literacy skills. We incorporate jumping, hopping, running, coordination activities, ball skills, change of direction and decision making into a range of engaging games. Our activities teach efficient mechanics to assist with injury prevention, increased performance and the development of life-long physical skills.

When: Package includes 3 times 1 hour sessions, available to book in on Wednesdays, Thursdays and Fridays. \$15/student (minimum of 25 participants)

## Athlete for a Day (Year 5/6)

A practical day of fun learning for Year 5/6 students on all the little 'one percenters' of being an elite athlete. Students will complete workshops such as intro to strength training, speed, power and agility training, running technique and mindfulness/relaxation strategies. Activities incorporate technology such as speed gates, GPS tracking devices and learning outcomes linked to Science and PE curriculum.

Details: Session runs from 10am-2pm at school site or pre-arranged venue.  
\$25/student (minimum of 25 students)

## 2020 Sport Leadership Program (Year 6)

Keep your eyes out for our 2020 Sport Leadership Program, which will launch for Year 6 student leaders & sports captains. This will consist of three workshops for nominated students over the 2020 school year.

We are now taking EOI's from schools to register their student leaders for this initiative. Please email us [teamhemley@gmail.com](mailto:teamhemley@gmail.com)

## **Sport Scientist for a Day (Year 7/8)**

Giving Year 7/8 students a chance to utilise our professional fitness testing procedures and set-up, then analyse their results from technology and learn how testing relates to sport specific training.

Learning outcomes linked to Maths, Science and PE curriculum.

Details: Session runs from 10am-2pm at school site or pre-arranged venue.  
\$25/student and minimum of 25 students

## **Sport Professional for a Day (Year 9/10)**

Sport Professional for a Day is an amazing opportunity for Year 9 & 10 students to gain an insight into the different professions available in the sport science and allied health industry. Through practical workshops students will explore various professional roles.

Details: Session runs from 10am-2pm at school site or pre-arranged venue.  
\$25/student and minimum of 25 students

## **Year 11 & 12 Physical Education Studies**

Team Hemley can provide curriculum support and specialist workshops to enhance student learning for Year 11 & 12 VCE Physical Education for Unit 1: The Human Body in Motion, Unit 2: Physical Activity, Sport & Society, Unit 3: Movement Skills & Energy for Physical Activity and Unit 4: Training to Improve Performance.

Details: 60-90 minute sessions can be booked on Wednesdays, Thursdays and Fridays at  
\$25/participant (minimum 15 students)

## **Professional Fitness Testings & Screenings**

Team Hemley professional fitness testings and screening set-up includes equipment and staffing for all tests (including speed gates, counter movement jump etc), a seamless circuit of testing procedures, a live leader board during testing and certificate of results for all students.

Details: 90 minute sessions can be booked on Wednesdays, Thursdays and Fridays at  
\$25/participant (minimum 30 students)