

### Example 1

Group/ Time	10.00-11.00	11.00-12.00	12.00-12.30	12.30-1.30	1.30-2.30
A (22)	TOUR	Hand Eye	LUNCH	Speed School	Judo
B (23)	Hand Eye	TOUR	LUNCH	Judo	Speed School

### Example 2

Group/ Time	09.30-10.10	10.15-10.55	11.00-11.40	11.45-12.30
A (15)	Ball skills (hand)	Speed Skills	Tour	Olympic Challenges
	STV 1	Ind J+T		Ind Track
B (16)	Speed Skills	Tour	Ball skills (hand)	Olympic Challenges
	Ind J+T		STV 1	Ind Track
C (16)	Team Building	Multi-skill assessments	Hand Eye	Olympic Challenges
	Ind J+T	STV 1	Ind J+T	Ind Track
D (16)	Hand Eye	Multi-Skill assessments	Team Building	Olympic Challenges
	Ind J+T	STV 1	Ind J+T	Ind Track

### Example 3

<b>Group/ Time</b>	<b>10.30-11.10</b>	<b>11.20-12.00</b>	<b>12.00-12.40</b>	<b>12.50-13.30</b>
<b>Reception (19)</b>	Throws	Target	LUNCH	Sprinting/ Agility/ Long Jump
	STV 1-4	STV 1-4		Indoor Sprint Track
<b>Reception (18)</b>	Target	Throws	LUNCH	Sprinting/ Agility/ Long Jump
	STV 1-4	STV 1-4		Indoor Sprint Track
<b>Year 1 (22)</b>	Target Activity	Javelin/ Discus	LUNCH	Sprinting/ Agility/ Long Jump
	Tennis Ct 7	Indoor Throws		Indoor Track
<b>Year 1 (22)</b>	Javelin/ Discus	Target Activity	LUNCH	Sprinting/ Agility
	Indoor Throws	Tennis Ct 7		Indoor Throws Hall
<b>Year 2 (21)</b>	Javelin/ Discus	Agility	LUNCH	Athlete Q+A
	Indoor Throws	Tennis Ct 8		STV Lecture Rm 1
<b>Year 2 (22)</b>	Agility	Javelin/ Discus	LUNCH	Athlete Q+A
	Tennis Ct 8	Indoor Throws		STV Lecture Rm 1

### Example 4

Group/ Time	10.00-11.00	11.00-12.00	12.00-12.30	12.30-1.30	1.30-2.30
	TOUR	Lab	LUNCH	Sports Psychology	Core/ S+C practical
	Facility orientation View of fitness suite	Human Performance Labs		Meeting Room	Indoor J+T

### Example 5

Group/ Time	9.30-11.00	11.00-12.30	12.30-1.00	1.00-2.30
<b>A (40)</b>	Physical Assessment Tests; 10m sprint 30m sprint Illinois agility Sit n reach Standing long jump Hand grip Lung capacity Plank Hand eye coordination Stork balance	Multi-skill Assessment Tests; Side gallop Basketball dribble Send and Receive Send and Receive on one leg Kick Overhand throw Zig Zag run Speed bounce	Lunch	Speed for Sport/ Hand-Eye (Batak) Content; Speed and agility Body control Agility ball use Batak wall