



# Years 7 – 12 Face to Face Sports Sessions

**TERM 2 WEEK 3**

Sessions are available to all students who are allocated to attend school on that day. Please check times and venues.

	<b>Mon 11 May</b>	<b>Tue 12 May</b>	<b>Wed 13 May</b>	<b>Thu 14 May</b>	<b>Fri 15 May</b>
<b>7:00 – 8:00am</b>  <b>(arrive before 6:55am)</b>	Hockey Skills Years 7-12 TOP COURT + Netball Skills Years 7-12 SPORTS HALL	Pilates Years 7-12 OLD GYM + Basketball Years 10-12 SPORTS HALL and TOP COURT	Fitness Years 7-12 SPORTS HALL	Fitness Years 7-12 OLD GYM / LAWN + Yoga Years 7-12 AUDITORIUM + Basketball Years 7-9 SPORTS HALL and TOP COURT	Pilates Years 7-12 OLD GYM + Netball Skills Years 7-12 SPORTS HALL
<b>3:15 – 4:30pm</b>	Strength, Speed & Conditioning Years 7-12 OLD GYM	Football Years 10-12 TOP COURT		Football Years 7-9 TOP COURT + Strength, Speed & Conditioning Years 7-12 OLD GYM	

## What you need for each session at school:

- ✓ PE Uniform
- ✓ Sports appropriate shoes / joggers / runners
- ✓ Water bottle

