



Years 7 – 12 Online Sports Sessions

Zoom Password if required: 215000

TERM 2 WEEK 4

These sessions are available to all students in Years 7-12. Click on the activity below at the scheduled time to attend.

	Mon 18 May	Tue 19 May	Wed 20 May	Thu 21 May	Fri 22 May
Times vary... (Join 5 mins before start time)	<u>Hockey Skills</u> 7:15 - 8:00am	<u>Pilates</u> 7:00 - 8:00am	<u>Fitness</u> 7:15 - 8:00am + <u>Basketball Skills</u> 7:15 - 8:00am	<u>Yoga</u> 7:00 - 8:00am + <u>Fitness</u> 7:15 - 8:00am	
3:30 – 4:15pm (Join at 3:25pm)	<u>Strength, Speed & Conditioning</u>			<u>Strength, Speed & Conditioning</u>	

What you need to be prepared:

- ✓ Appropriate clothing, water bottle, towel, specific equipment e.g. a ball / yoga mat if possible, energy!

Before you start these activities please make sure that you have considered the following:

- ✓ Do I have enough space to do the activity?
- ✓ How can I keep myself safe during the session?
- ✓ Am I feeling well enough to participate?

