

RGS MULTI SKILLS SAMPLE TIMETABLE

	Monday	Tuesday	Wednesday	Thursday
08:30 - 10:00	Arrival - Wake Up Shake up	Arrival - Wake Up Shake up	Arrival - Wake Up Shake up	Arrival - Wake Up Shake up
10:00 - 10:45	Dodgeball	Team Building Games	Badminton	Tennis
10:45 - 11:15	Break	Break	Break	Break
11:15 - 12:00	Cricket	Football	Hockey	Netball
12:00 - 13:00	Lunch	Lunch	Lunch	Lunch
13:00 - 13:45	Tag Rugby	Swimming / Table Tennis	Swimming / Table Tennis	Dodgeball
13:45 - 14:30	Invasion Games	Swimming / Table Tennis	Swimming / Table Tennis	Football
14:30 - 15:00	Break	Break	Break	Break
15:00 - 16:00	Problem Solving Games	Basket Ball	Rounders	Cricket
16:00 - 17:00	Free time / Pick Ups	Free time / Pick Ups	Free time / Pick Ups	Free time / Pick Ups

