

The Warm Up

The Hartigans are in charge of the DLR Waves kit. They **live an hour away** from Jackson Park. They need to be **two hours early** for every match to set up the changing room.



What time do they need to leave for:

- A 3pm kick off?
- A 5.30pm kick off?
- A 7.30pm kick off?
- An 8pm kick off?

Some Brain Stretches

- There are nine 5-minute periods in a half. How many minutes in a half? _____ How many minutes in a full game? _____
- Eve Badana is the goalkeeper and she needs to warm up ten minutes before the rest of the team. If the team start warming up at 7 o'clock, what time does she start?
- The team spend 10 minutes at each station warming up. If there are 4 stations, how long do they spend warming up?

Fill in the times for your matchday!



You arrive at 6.00pm (6.03pm 4th Class)



Buy a programme @ 6.15pm (6.18pm 4th Class)



The teams are on the field- 6.20pm (6.21pm)



Kick Off 6.30pm (6.33pm)



Half time-7.15pm (7.19pm)



Second Half Kicks Off- 7.30pm (7.34pm)



GOAL!!!!!! 8.00pm (8.04pm)



Full Time 8.25pm (8.28pm)

Below is a daily timetable for Chelsea Snell

8.00am	Wake Up
8.10am	Get Up and Get Dressed
8.30am	Have Breakfast
8.40am	Cycle to Training
9.00am	Arrive at Jackson Park for Pitch Session
11.00am	Shower and Gym
12.30pm	Lunch Time and Tactics Session
2.45pm	Day finishes
3.05pm	Arrive Home
3.15pm	Stretches
4.00pm	Finish stretching
6.00pm	Dinner and read tactics homework
8.30pm	Relax

1. What time does she get up at? _____
2. How long does it take to cycle to Jackson Park? _____
3. How long does it take to do stretches? _____
4. What happens at 11.00am? _____
5. Write out the following times in words

11.10 am _____

2.40pm _____

3.15pm _____

6. Fill in the time table below for your own day

	Wake Up
9.05am	
12.30pm	
2.45pm	
	Bed Time

Mark out your day on the clocks below (Write the digital time below each clock)

