

The Warm Up

Dermot is the UCD AFC kit man. He **lives an hour away** from Belfield. He needs to be **two hours early** for every match to set up the changing room



What time does he 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? _____
- Lorcan Healy is the goalkeeper and he 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 he start?
- Simon sells the programmes and he spends twenty minutes tidying up after the game has kicked off. If kick off is 8pm, what time does Simon finish tidying?
- The team spend 10 minutes at each station warming up. If there are 4 stations, how long do they spend warming up?

Maths (3rd / 4th Class)

Kick Off- Draw the times on the clock



You arrive at 7.00pm (7.03pm 4th Class)



Buy a programme @ 7.20pm (7.18pm 4th Class)



The teams are on the field- 7.30pm (7.33pm)



Kick Off 7.45pm (7.48pm)



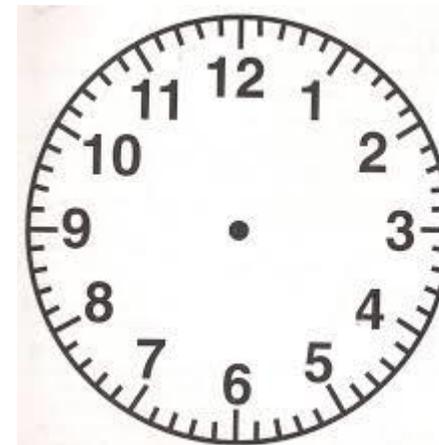
Half time-8.30pm (8.34pm)



Second Half Kicks Off- 8.50pm (8.53pm)



GOAL!!!!!! 9.00pm (9.04pm)



Full Time 9.45pm (9.48pm)

Maths (3rd / 4th Class)

Below is a daily timetable for Josh Collins

| | |
|---------|--------------------------------------|
| 8.00am | Wake Up |
| 8.10am | Get Up and Get Dressed |
| 8.30am | Have Breakfast |
| 8.40am | Walk to Training |
| 9.00am | Arrive at Belfield for Pitch Session |
| 11.00am | Shower and Gym |
| 12.30am | 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 he get up at? _____
2. How long does it take to walk to Belfield? _____
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 _____

Maths (3rd / 4th Class)

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)

