

The Warm Up

Malcolm is the Shamrock Rovers kit man. He **lives an hour away** from Tallaght Stadium. He needs to be **two hours early** for every match to set up the changing room



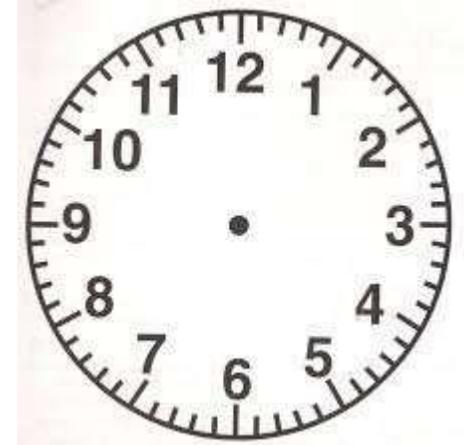
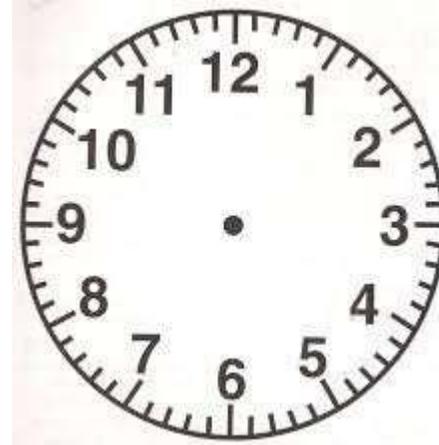
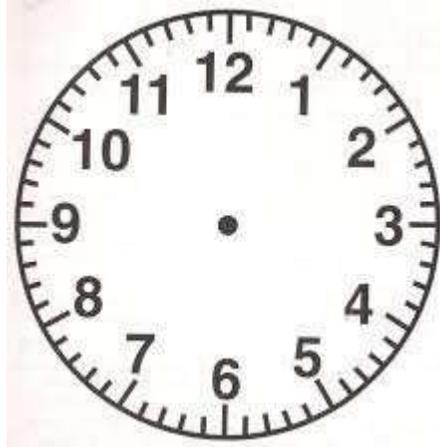
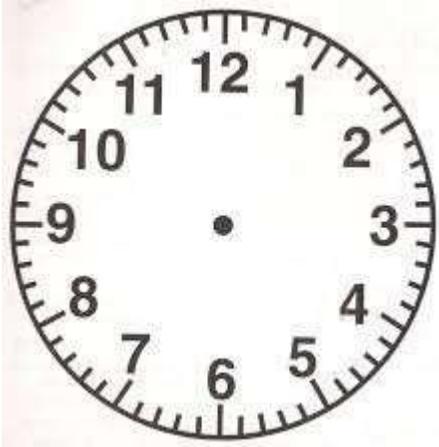
What time does he need to leave for:

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

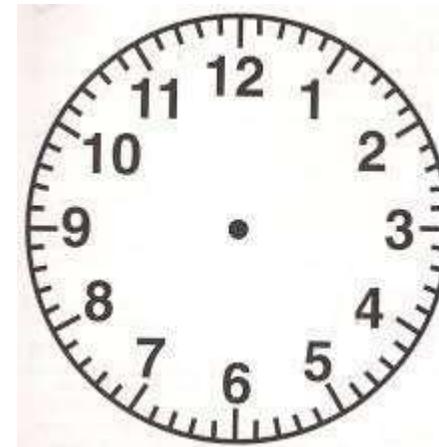
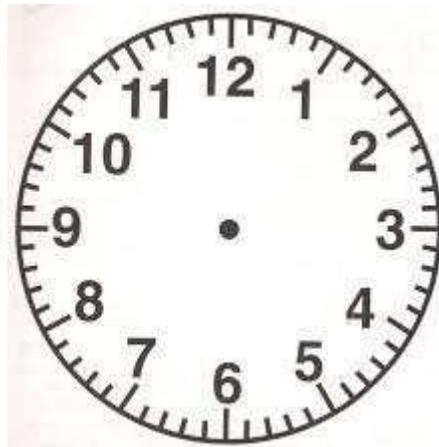
Some Brain Stretches

- There are nine 5-minute periods in a half. How many minutes in a half? _____ How many minutes in a full game? _____
- Alan Mannus 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?

Kick Off- Draw the times on the clock



You arrive at 7.00pm (7.03pm 4 Class) Buy a programme @ 7.20pm (7.18pm 4 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)

Below is a daily timetable for Ronan Finn

8.00am	Wake Up
8.10am	Get Up and Get Dressed
8.30am	Have Breakfast
8.40am	Walk to Training
9.00am	Arrive at Roadstone 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 Roadstone? _____
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)

