



BIS Abu Dhabi Competitive Sports Programme Term 1, 2015/16

Sunday

Activity	Time	Description	Year Group	Teacher	Venue
Track and Field Boot Camp	06:30-07:30	Designed primarily for aspiring Track and Field athletes, these conditioning sessions will get you in shape to improve your performance and to set the pace. BSME U15 candidates particularly encouraged!	5-13	JJ	Sheds
ADISSA Girls Football fixtures	15:00	Fixture day for Girls U9 and U11 ADISSA football teams	3 and 4 5 and 6	MC +	As detailed

Monday

Activity	Time	Description	Year Group	Teacher	Venue
Boys Football Skills Workshop	06:30-07:30	Skills development sessions initially for U15 BSME candidates.	9-10	JJ	Field
Fitcamp	06:30-07:30	The perfect way to kick start your day. A morning fitness session for Secondary students who are looking for a fun way to improve their fitness.	Secondary	GL	Sheds
Wake and Shake	06:30-07:30	A morning aerobics session for Primary students, parents and teachers. Wake up and shake up...audience participation essential!	Primary	PC	Hall
Primary Swimming	06:30-07:30	Morning training for our younger swimmers. Technique and conditioning.	Primary	SH	Pool
House Activities	13:00-13:45	Seasonal House Tournaments/events	Secondary	All PE staff	By arrangement



Secondary Swim Team	15:00-16:00	Swim training and conditioning for Secondary Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	Secondary	SH ED	Pool
Secondary Netball U12, U14, U16, U19	15:00-16:00	Team training and skills work for our BIS teams in preparation for their participation in the ADISSA league. Students will be selected at pre-season try-outs.	Secondary	CC, LB, KH, GL, AC	Courts
Primary Mixed Touch Rugby U9, U11	15:00-16:00	Team training and skills work for our BIS teams in preparation for their participation in the ADISSA league. Students will be selected at pre-season try-outs.	3 and 4 5 and 6	JJ JB	Field
ADISSA Mixed Touch Rugby fixtures	15:00	Fixture day for U9 and U11 ADISSA mixed touch rugby teams	3 and 4 5 and 6	JJ JB	As detailed
ADISSA U12 and U19 Boys Football fixtures	15:00	Fixture day for U12 and U19 ADISSA Boys Football teams	6 and 7 10-13	AF AB PC	As detailed

Tuesday

Activity	Time	Description	Year Group	Teacher	Venue
Rugby Sevens Workshops	06:30-07:30	Skills development sessions for all rugby sevens enthusiasts. Individual technique, team plays and strategy will be covered. BIS teams will be entered this term in local high quality competition.	10-13	JJ	Field
Primary Swimming	06:30-07:30	Morning training for our younger swimmers. Technique and conditioning.	Primary	SH	Pool
Table Tennis Club	13:00-13:45	Skill development and game understanding for Table Tennis.	Secondary	MC	Shed 1
Insanity	13:00-13:45	If you're craving an active lunch-break, work off any morning frustration and set yourself up for an energy-fuelled afternoon with this high intensity workout!	Secondary	LB	Shed 2



Secondary Boys Football U16, U19	15:00-16:00	Team training and skills work for our BIS teams in preparation for their participation in the ADISSA league. Students will be selected at pre-season try-outs.	10 and 11 12 and 13	FB, AH, PC	Field
Secondary Swim Team	15:00-16:00	Swim training and conditioning for Secondary Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	Secondary	SH	Pool
Primary Girls Football U9, U11	15:00-16:00	Team training and skills work for our BIS teams in preparation for their participation in the ADISSA league. Students will be selected at pre-season try-outs.	3 and 4 5 and 6	MC MC	Field
ADISSA Netball fixtures	15:00	Fixture day for U12 and U14 Netball teams	Secondary	CC, LB, KH, GL, AC	As detailed
ADISSA U14 Boys Football fixtures	15:00	Fixture day for U14 Boys Football teams	8 and 9	AZ	As detailed

Wednesday

Activity	Time	Description	Year Group	Teacher	Venue
Boys Basketball skills Workshops	06:30-07:30	Skills development sessions for basketball players. Individual technique, team plays and strategy will be covered. BSME U15 candidates encouraged to attend!	Secondary	JJ	Cage
Girls Football skills workshops	06:30-07:30	Skills development sessions for football players. Individual technique, team plays and strategy will be covered. BSME U15 candidates encouraged to attend!	9 and 10	PC MC	Field
House Activities	13:00-13:45	Seasonal House Tournaments/events	Secondary	All PE staff	By arrangement
Secondary Boys Football U12, U14	15:00-16:00	Team training and skills work for our BIS teams in preparation for their participation in the ADISSA league. Students will be selected at pre-season try-outs.	7 8 and 9	AF AB AZ	Field



5 and 6 Swim Team	15:00-16:00	Swim training and conditioning for Year 5 and 6 Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	5 and 6	SH	Pool
Volleyball	15:00-16:00	Skills development sessions for volleyball players. Individual technique, team plays and strategy will be covered. BSME U13 candidates encouraged to attend!	Secondary	JJ	Cage
ADISSA U16 Boys Football fixtures	15:00	Fixture day for U16 Boys Football teams	10 and 11	AH	As detailed
ADISSA Netball fixtures	15:00	Fixture day for U16 and U19 Netball teams	Secondary	CC, LB, KH, GL, AC	As detailed

Thursday

Activity	Time	Description	Year Group	Teacher	Venue
Primary Swimming	06:30-07:30	Morning training for our younger swimmers. Technique and conditioning.	Primary	SH	Pool
U15 Boys Basketball	15:00-16:00	Skills development sessions for Basketball players. Individual technique, team plays and strategy will be covered. BSME U15 candidates encouraged to attend!	8-10	JJ	Cage
U14 Cricket	15:00-16:00	Skills development sessions for cricketers. Individual technique, team plays and strategy will be covered in preparation for the ADISSA league and local competition.	7-9	AB GH TB	Field
3 and 4 Swim Team	15:00-16:00	Swim training and conditioning for Year 3 and 4 Swim team in preparation for the ADISSA league and local competition. Students will be selected at pre-season try-outs.	3 and 4	SH	Pool



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