



BIS Abu Dhabi Competitive Sports Programme Term 2, 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 athletes particularly encouraged!	5-13	JJ	Sheds
ADISSA U12 and U14 Girls Football fixtures	15:00-	Fixture day for Girls U12 and U14 ADISSA football teams	5 and 6 7 and 8	AH PC	As detailed

Monday

Activity	Time	Description	Year Group	Teacher	Venue
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
U11 Netball	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.	5 and 6	GL LB	Courts
ADISSA U9, U11 Boys Football fixtures	15:00-16:00	Fixture day for U9 and U11 ADISSA boys football teams. Students will be selected at pre-season try-outs.	3 and 4 5 and 6	AZ MB MC TB	Field
ADISSA U9 Netball fixtures	15:00-	Fixture day for U9 ADISSA netball teams	3 and 4	AC KH	As detailed
ADISSA U16 Rugby fixtures	15:00-	Fixture day for U16 ADISSA Boys Rugby teams	10 and 11	JJ	As detailed
Secondary Girls Football U16, U19	15:00-16:00	Team training and skills work for our BIS teams.	10 and 11 12 and 13	AF +	Field
ADISSA Primary Swimming Galas	15:00-	Gala day for ADISSA Primary Swim team	3-6	SH NC	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.	Secondary	JJ	Field



		BIS teams will be entered this term in local high quality competition.			
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 Girls 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.	6 and 7 8 and 9	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 Boys 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	AZ MB MC TB	Field
ADISSA U11 Netball fixtures	15:00-	Fixture day for U11 Netball teams	5 and 6	GL LB	As detailed
U9 Netball	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	AC KH	Courts
ADISSA U16 Girls Football fixtures	15:00-	Fixture day for U16 Girls Football teams	10 and 11	AF	As detailed



Wednesday

Activity	Time	Description	Year Group	Teacher	Venue
Basketball skills Workshops	06:30-07:30	Skills development sessions for basketball players. Individual technique, team plays and strategy will be covered. BSME candidates encouraged to attend!	all	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 U13 candidates encouraged to attend!	7 and 8	PC	Field
House Activities	13:00-13:45	Seasonal House Tournaments/events	Secondary	All PE staff	By arrangement
Secondary Boys Rugby U12, U14, U16	15:00-16:00	Team training and skills work for our BIS teams. Students will be selected at pre-season try-outs.	6 and 7 8 and 9 10 and 11	JB MR JJ	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. NB. Ideally this should be for 3 and 4 but in the case of a clash students may select to train on Wednesday or Thursday by arrangement with Mrs Hook.	5 and 6	SH	Pool
ADISSA U14 and U19 touch rugby training and fixtures	15:00-	Fixture and training (alternate) day for U14 and U19 touch rugby teams	Secondary	AC MM	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
Secondary Volleyball	15:00-16:00	Skills development sessions for Volleyball players. Individual technique, team plays and strategy will be covered. BSME U13 athletes encouraged to attend!	Secondary	JJ	Cage
U12 Cricket training and fixtures	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.	5 and 6	AB GH TB	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. NB. Ideally this should be for 5 and 6 but in the case of a clash students may select to train on Wednesday or Thursday by arrangement with Mrs Hook.	5 and 6	SH	Pool