Hampshire Football

Lord Wandsworth

	MON	TUE	WED	THU	FRI	SAT	SUN
08:00–08:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Lie in
08:45-09:00	Assembly	Assembly	Assembly	Assembly	Assembly	Assembly	09.00-10.00 House Time
09:00–12.30	9:00-10:00 Football pitch Get to know the group, team building games 10:00-11:30 Football pitch Small sided games, recap from previous week (new students attend induction assembly and tour 11:30-12:30 Football pitch Fitness testing	9:00-10:00 Football pitch Training session 10:00-11:00 Football pitch Training session 11:00-12:30 Gym Strength & conditioning	09:00-17:30 FULL DAY EXCURSION Explore London Tour of London & Stadium Tour 	9:00-10:00 Football pitch Training session 10:00-11:00 Football pitch Training session focussing on tactics for the evening game 11:00-12:30 Cassroom Specific position tactics & mental health and wellbeing workshop / nutrition workshop	9:00-10:30 Gym or Swimming Pool Recovery session 10:30-12:00 Classroom Performance analysis from Thursday evening match. Careers in football workshop / football & social media workshop 12:00-12:30 End of week award ceremony	09:00-17:30 FULL DAY EXCURSION Oxford Tour of the City with a visit to Christchurch College, followed by shopping 	10:00-10:30 Brunch 10:30-17:00 LOCAL EXCURSION Bowling and shopping in Basingstoke
12:45-13:30	Lunch	Lunch		Lunch	Lunch		
13:30-15:00	Plus Courses	Plus Courses		Plus Courses	Plus Courses		
15:00-15:45	House Time	House Time		House Time	House Time		
15:45-17.30	Sports & Cultural Clubs	Sports & Cultural Clubs OR Sports Academy		Sports & Cultural Clubs OR Sports Academy	Sports & Cultural Clubs		
17:30-18:15	House Time	House Time		House Time	House Time		17.15-17.45 DINNER
18:15-19:15	Dinner & Free Time	Dinner & Free Time	Dinner & Free Time	Dinner & Free Time	Dinner & Free Time		17.45-19.15 HOUSE TIME
19:15-20.30/21.00	Selfie Scavenger Hunt	Mini Olympics	Graffiti Workshop	19:00-20:30 Evening Matchday with local team	Leaver's Disco – Black & White Theme	Pizza Party	Welcome Party
20.30/21.00-22.00	House Time	House Time	House Time	House Time	House Time	House Time	House Time
21.30-22.15	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed
22.15-22.30	Retire to Bedroom	Retire to Bedroom	Retire to Bedroom	Retire to Bedroom	Retire to Bedroom	Retire to Bedroom	Retire to Bedroom
22:30	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out