

Virtual Natspec Games 2022 Timetable

The table below shows the plan for the Natspec Games.

All activities can be done using household items.

	Monday	Tuesday	Wednesday	Thursday	Friday
Live 10.30AM- 11AM	<u>Opening ceremony including live warm up session</u>	<u>Live Tennis Skills with the LTA</u>	<u>Live Netball/ Ball Skills with England Netball</u>	<u>Live Zumba session with Hannah</u>	<u>Live closing ceremony.</u>
Pre Recorded	<u>HIIT Workout with CSC Doncaster</u>	<u>Exercise through dance with Sense Active</u>	<u>PE Activity Ideas with LUSU</u>	<u>MATP with Special Olympics</u>	<u>Boxercise with British Blind Sport</u>
Daily Challenge	<u>Bullseye Challenge with the FA</u>	<u>Student led challenge with Sense College</u>	<u>Challenge with England Netball</u>	<u>Striking MATP Challenge with Special Olympics</u>	Challenge winners announced at closing ceremony