**Timetable for *Rock The Sport* workshop day**

Please fill in with timings which work for your school day

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| Time *(sessions to be 1 hour))* | Who? Class name & Teacher’s name. *(We can have more than one class in a session at a time if necessary)* | Song focus |
| Session 1. 9:00 - 10:00 |  | (We will choose the song focus most appropriate to the age of each group)  **Balance**  **Dance**  **Cardio/stretch**  **Wake and shake** |
| 10 min break | ***Break / Buffer*** |
| Session 2.    \_\_\_:\_\_\_ - \_\_\_:\_\_\_ |  |
| 10 min break | ***Break / Buffer*** |
| Session 3.    \_\_\_:\_\_\_ - \_\_\_:\_\_\_ |  |
| 10 min break | ***Break / Buffer*** |
| Session 4.    \_\_\_:\_\_\_ - \_\_\_:\_\_\_ |  |
| \_\_:\_\_ – 4:30 | Rocktopus Recording and Editing (No children present) | Rocktopus Recording and editing |

Email completed timetable to: Rocktopuskids@gmail.com