

Not Only Fair Play
Dundee, UK
28th September 2016

Programme

12:30	Presentation of the event and Welcome <i>Ian Lowe, Dundee Academy of Sport</i>
12:45	Session 1
13:15	Session 2
13:45	Session 3
14:15	Session 4
14:45	Session 5
15:15	Event Evaluation
15:30	Close

Students will be split into five groups, each taking a session in a round-robin style. Each group shall consist of students from each of the five participating schools.

Sessions

1. Fitness/Strength & Conditioning
2. Using sport as a context for learning – cross curricular linking
3. Non traditional sport (Ultimate Frisbee / Speedminton)
4. Sport Science Lab – Essential skills through PE, Sport and/or Physical Activity
5. Health & Wellbeing – Nutrition of an Elite Athlete and RDA Recommendations