

Integrated Skills
At the leisure centre

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HOPFIELD LEISURE CENTRE

DAY	10-11AM	5-6PM	6-7PM	7-8PM
Monday		table tennis	trampolining	archery
Tuesday	archery	yoga	table tennis	fencing
Wednesday		fencing	archery	taekwondo
Thursday	table tennis	taekwondo	trampolining	fencing
Friday		archery	yoga	table tennis
Saturday	rollerblading	table tennis	trampolining	taekwondo

PLEASE NOTE

Taekwondo, trampolining and yoga: wear comfortable clothes
 Fencing: masks and suits are provided
 Archery: bows and arrows are provided
 Table tennis: bats and balls are available for hire (£3 per hour)
 Rollerblading: skates available for hire (£4 per hour)



Step 1: Read

- 1 Read the leisure centre timetable and the note. Which activities can you do without any special equipment?



SKILLS BUILDER

Understanding timetables

The following are sometimes used in timetables.

am = morning

pm = afternoon

per = for each

2. Read the information again. Answer the questions.

A. Lucy and Nina want to play table tennis once a week, but they aren't free until 7 pm. What day can they play?

Answer = _____

B. Chris wants to find an activity he can do on his own, but he is only free on Tuesday. Which activity can he do?

Answer = _____

3. How many times a week can you do archery?

Answer = _____

4. For which activity do people wear special clothes?

Answer = _____

5. For which activities can you pay to hire equipment?

Answer = _____