

| Time | Plan |
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| 8.00-9.00 (Early Rise) | Welcome! Sport/activity of your choice! |
| 8.50-9.10 | Meet and Greet Arrival and Registration Safety tutorial |
| 9.10-10.15 | X1 Invasion Sport / X1 Alternative Sport |
| 10.15-10.30 | AM Break |
| 10.30-12.00 | Themed-day activity! |
| 12.00-12.30 *12.15 Dismissal and registration | Lunch Time |
| 12.30-13.30 | X1 Team Building Games / X1 Net and Wall Games |
| 13.30-13.40 | PM Break |
| 13.40-15.15 | X1 Team Building Games & Outdoor and Adventure / x1 Alternative Sports |
| 15.20-15.30 | Dismissal |
| 15.30-17.00 (Extra Time) | Sport/activity of your choice! Film Club, Arts and Crafts & Quizzes |