

EXAMPLE OF A CORPORATE SPORTS AWAY DAY

TIME	ACTIVITY
10:00-10:30	Welcome Talk & Overview of day structure
10:30-11:15	Ultimate Frisbee - Training Pitch
11:15-12:15	Rounders - Training Pitch
12:15-13:15	Lunch (or BBQ upgrade)
13:15-14:00	Team building / light activity / Tug of war - Training Pitch
14:00-15:00	Climbing (upgrade) / Basketball / Football / Netball
15:00-15:15	Snacks / Refreshments
15:15-16:00	Kwik Cricket / Tennis
16:00-16:30	Debrief / Awards / Trophies / Certificates
16:30-End	Bolt-on: Use of the bar / Tab for evening drinks