



SPORT4KIDS



Sport4Kids Week 1 – Olympic Ring Colour – Blue

Timings	Monday Madness	Tuesday	Wet Wednesday	Fancy Dress Thursday	NERF Friday
8.00am - 9.00am	Early Club Activities	Early Club Activities	Early Club Activities	Early Club Activities	Early Club Activities
9.00am - 9.30am	Briefing and Safety Talk	Briefing and Safety Talk	Briefing and Safety Talk	Briefing and Safety Talk	Briefing and Safety Talk
9.30am - 10.00am	Warm Up Activity	Warm Up Activity	Warm Up Activity	Warm Up Activity	Warm Up Activity
10.00am - 10.45pm	Time Bomb	Handball	Water Slide	Scatterball	NERF Activities
15 Minute Drink / Snack Break and Score Update					
11.00am - 11.45am	Dodgeball	Basketball	Water War!	Football	NERF Activities
15 Minute Drink / Snack Break and Score Update					
12.00pm - 12.30pm	Sports Recap and Quiz	Sports Recap and Quiz	Sports Recap and Quiz	Sports Recap and Quiz	Sports Recap and Quiz
45 Minute Lunch Break and Joke Competition					
1.15pm - 1.45pm	Structured Free Time	Structured Free Time	Structured Free Time	Structured Free Time	Structured Free Time
15 Minutes Drink Break and Afternoon Introduction					
2.00pm - 2.45pm	Capture the Flag	Athletics	Baseball	Tennis	End of Week Party
15 Minute Drink / Snack Break and Score Update					
3.00pm - 3.45pm	Volleyball	Hockey	Tag Rugby	Benchball	End of Week Party
15 Minute Drink / Snack Break and Score Update					
Quiz of the Day and Final Score Celebrations					
4.15pm - 5.00pm	Disco Diamond Cricket	Disco Diamond Cricket	Disco Diamond Cricket	Disco Diamond Cricket	Disco Diamond Cricket
5.00pm – 6.00pm	Late Club Activities	Late Club Activities	Late Club Activities	Late Club Activities	Late Club Activities

Can you name these 5 blue flags?

