

SPORT4KIDS SUMMER ACTIVITY CAMP

22nd July- 2nd August 2019

WEEK 1-2	MOVE IT MONDAY	TARGET TUESDAY	WET & WILD WEDNESDAY	FUNKY SPORTS THURSDAY	FOOTBALL CHALLENGE FRIDAY
8.00-9.00	Early Club				
9.00-9.30	Welcome & Safety Talk	Welcome & Safety Talk	Welcome & Safety Talk	Welcome & Safety Talk	Welcome & Safety Talk
9.30-10.00	FITNESS Warm Up Games	TAG Warm Up Games	CIRCLE Warm Up Games	COLOUR Warm Up Games	MUSICAL/DRAMA Warm Up Games
10.00-10.45	Athletic Activities or Aerobics	NERF Target Games or Tennis Skills Class	Wacky Relay Races or Dance	Quidditch or NERF WARS	Football Skills Class or Balloon Challenges
	Snack Break and Score Update				
11.00-11.45	Kick Rounders or Time Bomb	Dodgeball Games or Target Making	Benchball or Disc/Frisbee Golf	Danish Longball or Hungry Hippos	Penalty Shoot Outs or Footgolf
	Break				
12.00-12.30	Score Update & Quiz				
	Lunch Break and Joke Competition				
13.15-13.45	Structured Free Time				
	Break and Score Update				
14.00-14.45	Capture The Flag or Basketball	Orienteering or Treasure Maps	Wet & Wild Water Games or Playground Games	Outdoor Learning or S4K Scatterball	Gladiator Football or Frisbee Soccer
	Drinks Break and Score Update				
15.00-15.45	Rugby Skills Class or Arts & Crafts	Striking & Fielding Games or Arts & Crafts	Wet & Wild Water Games or Arts & Crafts	Kids Choice Team Game or Arts & Crafts	Football Tournament or Arts & Crafts Challenges
	Afternoon Snack Break, Quiz of the Day and Final Scores				
16.30-17.00	Number Relays	Number Football	Number Hockey	Number Dodgeball	Karaoke & Party Games
17.00-18.00	Late Club				

BOOK NOW at sport4kids.biz
or call 0300 303 3866