

# SPORT4KIDS

## Sport4Kids Week 3 – Olympic Ring Colour – Black



Timings	Monday Madness	Tune-sday	Wet-nesday	Backwards yadsruHT	Gala Friday
8.00am - 9.00am	Early Club	Early Club	Early Club	Early Club	Early Club
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 - 10.45am	<b>Handball</b>	<b>Dodgeball</b>	<b>Scatterball</b>	<b>Benchball</b>	<b>NERF Activities</b>
15 Minute Drink / Snack Break and Score Update					
11.00am - 11.45am	<b>Tag Rugby</b>	<b>Capture the Flag</b>	<b>Athletics</b>	<b>Rounders</b>	<b>NERF Activities</b>
15 Minute Drinks 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
<b>45 Minute Lunch Break and Joke Competition</b>					
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	<b>Hockey</b>	<b>Tennis</b>	<b>Water War!</b>	<b>Challenge Day</b>	<b>End of Week Party</b>
15 Minute Drinks Break and Score Update					
3.00pm - 3.45pm	<b>Volleyball</b>	<b>Karaoke</b>	<b>Water Slide</b>	<b>Challenge Day</b>	<b>End of Week Party</b>
15 Minute Drink / Snack Break and Score Update					
<b>Quiz of the Day and Final Score Celebrations</b>					
4.15pm - 5.00pm	<b>Disco Diamond Cricket</b>	<b>Disco Diamond Cricket</b>	<b>Disco Diamond Cricket</b>	<b>Disco Diamond Cricket</b>	<b>Disco Diamond Cricket</b>
5.00pm – 6.00pm	Late Club	Late Club	Late Club	Late Club	Late Club

Can you name these  
5 flags with black on?

