



SPORT4KIDS

Sport4Kids Week 4 CAMPS SKILLS FOCUS: Physical Skills

13 th -17 th Aug Timings	MOVE IT MONDAY	TARGET TUESDAY	WET WEDNESDAY	THEME DAY THURSDAY >Heroes vs Villains<	FORTNITE FRIDAY
8.00am-9.00am	Early Club. Bouncy Castle.	Early Club. Bouncy Castle.	Early Club. Bouncy Castle.	Early Club. Bouncy Castle.	Early Club. Bouncy Castle.
9.00-9.30am	Briefing and Safety Talk	Briefing and Safety Talk	Briefing and Safety Talk	Briefing and Safety Talk	Briefing and Safety Talk
9.30-10.00am	Lucky Dip Warm Up Games	Lucky Dip Warm Up Games	Lucky Dip Warm Up Games	Lucky Dip Warm Up Games	Lucky Dip Warm Up Games
10.00-10.45am	 Wake & Shake  Fitness Dodgeball	 Time Bomb  Tag Games	 Scatterball  Hungry Hippos	 Heroes vs Villains Team Games	 FORTNITE NERF: 5 Live Game
15 Minute Drink / Snack Break and Score Update					
11.00-11.45am	 Strength Circuits	 Opposite Hand Shooting Games	 Speed Challenges	 Hero Islands	 FORTNITE NERF: Medic/Dr Dodgeball
15 Minute Drinks Break and Score Update					
12.00-12.30pm	Sports Recap and Quiz	Sports Recap & Quiz	Sports Recap & Quiz	Sports Recap & Quiz	Sports Recap & Quiz
45 Minute Lunch Break and Joke Competition					
1.15-1.45pm	Structured Free Time	Structured Free Time	Structured Free Time	Structured Free Time	Structured Free Time
15 Minutes Drink Break and Afternoon Introduction					
2.00-2.45pm	 Mini Olympics	 Football Skills  Kicking Zones	 Water Wipe Out  Slip & Slide	 'Captain America': Frisbee/Shield Soccer	 FORTNITE NERF: Battle Royale
15 Minute Drinks Break and Score Update					
3.00-3.45pm	 Gymnastics Games  Unihoc	 Target Relays  Archery	 Water Relays	 'Fantastic 4' Way Benchball	 Party Games  Fortnite Dance Off
15 Minute Drink / Snack Break and Score Update					
Quiz of the Day and Final Score Celebrations					
4.15-5.00pm	Kick Diamond Cricket	French Cricket	Disco Diamond Cricket	Greatest Showman Diamond Cricket	Kwik Cricket
5.00- 6.00pm	Late Club. Bouncy Castle.	Late Club. Bouncy Castle.	Late Club. Bouncy Castle.	Late Club. Bouncy Castle.	Late Club. Bouncy Castle.

Can you name these
5 Superheroes?

