



SPORT4KIDS



2 BUBBLE

ACTIVITY TIMETABLE

WEEKS 1-2
20th-31st July

Timings	MOVE IT MONDAY	TARGET TUESDAY	WET & WILD WEDNESDAY	SUPER THURSDAY	CHALLENGE FRIDAY
8.00-9.00am	Early Club- <i>Includes Arts & Crafts, Activity Sheets, Activkids stations and more</i>				
9.15am	Morning Welcome/Health & Safety Talk	Morning Welcome/Health & Safety Talk	Morning Welcome/Health & Safety Talk	Morning Welcome/Health & Safety Talk	Morning Welcome/Health & Safety Talk
9.30-10am	WARM UP Wake & Shake Stations	WARM UP: Colour Zone Games	WARM UP: Wacky Relay Races	WARM UP: Superhero Zone Games	WARM UP: Drama Games
10- 10.45am	BUBBLE 1: Kick Dodgeball BUBBLE 2: Athletics	BUBBLE 1: Boccia/Bowling BUBBLE 2: Soft Archery or Penalty Shoot outs	BUBBLE 1: Kids Choice Activity BUBBLE 2: Tennis Skills or Scatterball	BUBBLE 1: Football Skills/Games BUBBLE 2: Bike Trails & Games	BUBBLE 1: Ball Challenges BUBBLE 2: Minute it to win it Challenges
10.45-11am	Morning Snack Break				
11.00-11.45am	BUBBLE 1: Bike Trails & Games BUBBLE 2: Frisbee Golf	BUBBLE 1: Dodgeball Targets BUBBLE 2: NERF Wars	BUBBLE 1: Scooter-board Fun BUBBLE 2: Water Games	BUBBLE 1: Basketball Skills BUBBLE 2: Soft Archery or Boccia	BUBBLE 1: Paper Challenges BUBBLE 2: NERF Challenges
12-12.30pm	Alphabet/Letter Quiz				
12.30-1.15pm	Lunch & Joke Club				
1.15-1.45pm	Structured Free Play				
2-2.45pm	BUBBLE 1: Frisbee Golf BUBBLE 2: Kick Rounders	BUBBLE 1: NERF Targets BUBBLE 2: Kick Dodgeball	BUBBLE 1: Water Games BUBBLE 2: Scooter-board Fun	BUBBLE 1: Kwik Cricket BUBBLE 2: Football Skills/Games	BUBBLE 1: NERF Challenges BUBBLE 2: Beat the Coach Challenges
2.45-3pm	Afternoon Snack Break				
3-3.45pm	BUBBLE 1: Athletic Activities BUBBLE 2: Diamond Cricket	BUBBLE 1: Scavenger Hunt BUBBLE 2: Basketball Skills	BUBBLE 1: Tennis Skills or Scatterball BUBBLE 2: Kids Choice Activity	BUBBLE 1&2 <i>(in own areas):</i> Talent Show or Gymnastics Games	BUBBLE 1: Minute it to win in Challenges BUBBLE 2: Ball Challenges
3.45-4pm	Sports Quiz of the Day				
4-5pm	PARTY GAMES <i>Can include Dance, Musical Games, Hula Hoop games, Balloon games, themed game & S4K Scooter Board Fun</i>				
5-6pm	Late Club- <i>Includes Free Play Structured Stations including Arts & Crafts, activity sheets, Activkids Stations and more!</i>				

- **BUBBLE 1= 5-8year Olds. BUBBLE 2= 9-12year olds. Maximum of 15 children per bubble per day**
- **All water games are weather dependent. We recommend children bring a towel and a change of clothes to take part in water games.**
- **Children are able to bring in their own NERF guns but should have their names on and be handed to an S4K Coach at the beginning of the day.**
- **For children to take part in the Bike trails & games within the camp grounds, they MUST bring in their own bike and helmets. Where this is not possible we will give them a different game or activity to engage in.**
- **We regret to inform you that Bike Trails will not take place at our Windsor camp but will be replaced with other fun games**

