

EXAMPLE TIMETABLE

MONDAY				
SPORT	GAMES	ACTIVITY	FOOTBALL	
8:30-9am	RELAYS	TEAM SPORTS	RAINBOW RUN	SMALL-SIDED GAMES
9-9:30am	ATHLETICS	DANCE	BOULES	FOOTBALL CRICKET
9:30-10:15am	HANDBALL	FLOOR IS LAVA & DUCK DUCK GOOSE	LOON BANDS	KING OF THE HILL
10:15-10:30am	BREAK			
10:30-11:15am	HOCKEY	MULTISKILLS SESSION	INFLATABLES	CHAMPIONS LEAGUE TOURNAMENT
11:15-12	ULTIMATE FRISBEE	HUNGRY HIPPOS	LUNCH	
12-12:30pm	LUNCH			
12:30-1:15pm	CRICKET	DODGE THE COACH	TEAMBUILDING GAMES	FOUR CORNER FOOTBALL
1:15-2pm	ROUNDERS	RELAYS & HURDLES	SWIMMING	FOOTBALL CRICKET
2-2:15pm	BREAK			
2:15-3pm	TAG RUGBY	WATER RELAYS	SWIMMING	BIG PITCH MATCH
3:15-4pm	CAPTURE THE FLAG	HIDE & SEEK	SCAVENGER HUNTS	
4-4:15pm	BREAK			
4:15-5pm	INVASION GAMES			MATCHES
5-5:30pm	GROUP ACTIVITY			

TUESDAY				
SPORT	GAMES	ACTIVITY	FOOTBALL	
8:30-9am	ARCHERY	BEAN BAG THROW	LIFESIZE BOARD GAMES	SMALL-SIDED GAMES
9-9:30am	GYMNASTICS	VOLCANDES	FIND THE TROPHY	TARGET PRACTICE
9:30-10:15am	CRICKET	COLOUR CORNERS & SHARK ATTACK	CHALKING	BALL MASTERY TECHNIQUE
10:15-10:30am	BREAK			
10:30-11:15am	FOOTBALL	MULTISKILLS SESSION	GIANT BOWLING	COPA AMERICA TOURNAMENT
11:15-12	DODGEBALL	JUST DANCE	OUTDOOR BOARD GAMES	
12-12:30pm	LUNCH			
12:30-1:15pm	ATHLETICS	MULTISKILLS SESSION	YOGA	FOOTBALL TENNIS
1:15-2pm	FOUR CORNER SPORT	OBSTACLE COURSES	SWIMMING	FOOTBALL CRICKET
2-2:15pm	BREAK			
2:15-3pm	OUTDOOR SPORTS		SWIMMING	DEFENDING DRILLS
3:15-4pm	CHOICE OF HALL GAMES		BEAN BAG THROW	FOOTBALL BINGO
4-4:15pm	BREAK			
4:15-5pm	INVASION GAMES			MATCHES
5-5:30pm	GROUP ACTIVITY			

WEDNESDAY				
SPORT	GAMES	ACTIVITY	FOOTBALL	
8:30-9am	CRICKET	FLOOR IS LAVA	RAINBOW RUN	SMALL-SIDED GAMES
9-9:30am	TRI-GOLF	MULTISKILLS SESSION	BOULES	KNOCK IT OFF & NOTHING BUT NET
9:30-10:15am	FOOTBALL CRICKET	FOXES & BUNNIES	TEAM GAMES	BALL MASTERY TECHNIQUE
10:15-10:30am	BREAK			
10:30-11:15am	DODGEBALL	KNOCK IT OFF CHALLENGES	MULTISPORTS HAS GOT TALENT	WORLD CUP TOURNAMENT
11:15-12	TENNIS	MULTISKILLS SESSION	PLAYGROUND GAMES	
12-12:30pm	LUNCH			
12:30-1:15pm	GYMNASTICS	RELAYS & HURDLES	EGG & SPOON RACES	GOALIE WARS
1:15-2pm	PICKLEBALL	WATER RACES	SWIMMING	NOTHING BUT NET
2-2:15pm	BREAK			
2:15-3pm	OUTDOOR SPORTS		SWIMMING	SIN BIN
3:15-4pm	CHOICE OF HALL GAMES		SCAVENGER HUNTS	YI/YEYS
4-4:15pm	BREAK			
4:15-5pm	INVASION GAMES			MATCHES
5-5:30pm	GROUP ACTIVITY			

THURSDAY				
SPORT	GAMES	ACTIVITY	FOOTBALL	
8:30-9am	RELAYS	TEAM SPORTS	SHIP, SEA, SHORE	SMALL-SIDED GAMES
9-9:30am	ATHLETICS	DANCE	ORIENTEERING	FOOTBALL CRICKET
9:30-10:15am	HANDBALL	INTERACTIVE QUIZ	DUCK, DUCK, GOOSE	KING OF THE HILL
10:15-10:30am	BREAK			
10:30-11:15am	HOCKEY	MULTISKILLS SESSION	FOODIE CRAFTS	CHAMPIONS LEAGUE TOURNAMENT
11:15-12	ULTIMATE FRISBEE	HUNGRY HIPPOS	JUST DANCE	
12-12:30pm	LUNCH			
12:30-1:15pm	CRICKET	DODGE THE COACH	WATER PLAY	FOUR CORNER FOOTBALL
1:15-2pm	ROUNDERS	MULTISKILLS SESSION	SWIMMING	FOOTBALL CRICKET
2-2:15pm	BREAK			
2:15-3pm	TAG RUGBY	DESSERT ISLAND	SWIMMING	BIG PITCH MATCH
3:15-4pm	CAPTURE THE FLAG	HIDE & SEEK		
4-4:15pm	BREAK			
4:15-5pm	INVASION GAMES			MATCHES
5-5:30pm	GROUP ACTIVITY			

FRIDAY				
SPORT	GAMES	ACTIVITY	FOOTBALL	
8:30-9am		RIVERBANK	CATERPILLAR	SMALL-SIDED GAMES
9-9:30am	SPORTS DAY	MULTISKILLS SESSION	TUG OF WAR & LADDERS	FOOTBALL CRICKET
9:30-10:15am	TRI-GOLF	VOLCANDES	HULA HOOPS & DICE NUMBER GAMES	FOOTBALL BINGO
10:15-10:30am	BREAK			
10:30-11:15am	ATHLETICS - JAVELIN & HURDLES	CIRCLE GAMES - BEAT THE BALL	SUMMER OLYMPICS	WORLD CUP TOURNAMENT
11:15-12	DODGEBALL	FIND THE TROPHY & MUSICAL SPOTS	GIANT BOWLING, TWISTER & JENGA	
12-12:30pm	LUNCH			
12:30-1:15pm	RUNNING RACES	TOWER BUILDING COMPETITIONS	FRIENDSHIP BRACELETS	FULL PITCH MATCHES
1:15-2pm	NETBALL & ROUNDERS	SHARK ATTACK & AGILITY GAMES	SWIMMING	COACHES VS KIDS
2-2:15pm	BREAK			
2:15-3pm	WORLD CUP TOURNAMENT	PARTY HATS	SWIMMING	FA CUP TOURNAMENT
3:15-4pm	PICKLEBALL	PLAYGROUND ACTIVITIES	SUMMER PARTY	KILLER
4-4:15pm	BREAK			
4:15-5pm	INVASION GAMES			MATCHES
5-5:30pm	GROUP ACTIVITY			

ANY DAY				
SPORT	GAMES	ACTIVITY	FOOTBALL	
8:30-9am		TRAFFIC LIGHTS	CATERPILLAR	SMALL-SIDED GAMES
9-9:30am	SPORTS DAY	MULTISKILLS SESSION	TUG OF WAR & LADDERS	FOOTBALL CRICKET
9:30-10:15am		MEMORY GAMES & MUSICAL SPOTS	HULA HOOPS & DICE NUMBER GAMES	FOOTBALL BINGO
10:15-10:30am	BREAK			
10:30-11:15am	ATHLETICS - JAVELIN & HURDLES	CIRCLE GAMES - BEAT THE BALL	OUTDOOR CINEMA	WORLD CUP TOURNAMENT
11:15-12	DODGEBALL	MULTISKILLS SESSION		
12-12:30pm	LUNCH			
12:30-1:15pm	RUNNING RACES	AGILITY GAMES	SUMMER OLYMPICS	FULL PITCH MATCHES
1:15-2pm	NETBALL & ROUNDERS	RIVERBANK	SWIMMING	COACHES VS KIDS
2-2:15pm	BREAK			
2:15-3pm	WORLD CUP TOURNAMENT	PARTY HATS	SWIMMING	FA CUP TOURNAMENT
3:15-4pm	JAIL BALL	PLAYGROUND ACTIVITIES	GIANT BOWLING & JENGA	KILLER
4-4:15pm	BREAK			
4:15-5pm	INVASION GAMES			MATCHES
5-5:30pm	GROUP ACTIVITY			

