





























# ACTIVITY TIMETABLE

<p>Physical Development</p>  <p><b>Movement:</b></p> <p>Endurance</p> <p>Competition</p>	<p>Enrichment and Wellness</p>  <p><b>Happiness &amp; Peace</b></p> <p>Yoga, Pilates and mindfulness</p> <p>Music</p> <p>Eat well, move well, sleep well</p>	<p>Active and Healthy Minds</p>  <p><b>Brain stimulation:</b></p> <p>Arts, design, creativity</p> <p>Performing Arts</p>
---	---	---

Time	Monday	Tuesday	Wednesday	Thursday	Friday
15:15 - 15:30	Registration	Registration	Registration	Registration	Registration
15:30 - 15:45		<b>Snack time</b>	<b>Snack time</b>	<b>Snack time</b>	<b>Snack time</b>
15:45 - 16:15		 <b>Football Skills and gameplay</b>	 <b>Gymnastics – Shapes and Balances</b>	 <b>Invasion Games</b>	 <b>Making slime</b>
15:45 - 16:45		 <b>OAA and team building activities</b>	 <b>Tag Rugby Skills and Gameplay</b>	 <b>Making animal masks</b>	 <b>Athletics – tack Activities</b>
15:45 - 16:45		 <b>All About Me Sheets</b>	 <b>Bracelet making</b>	 <b>Making flip books</b>	 <b>Gymnastics – Floor is Lava</b>
15.45 - 16:45		 <b>Striking and Fielding Games</b>	 <b>Make emotions flip chart</b>	 <b>Net and Wall Games</b>	 <b>Make own sensory bags</b>
16:45	Sign out	Sign out	Sign out	Sign out	Sign out
16.45 – 17.00	Pack away activities	Pack away activities	Pack away activities	Pack away activities	Pack away activities
17.00 – 17.30	 time to reflect on day and have a biscuit	 time to reflect on day and have a biscuit	 time to reflect on day and have a biscuit	 time to reflect on day and have a biscuit	 time to reflect on day and have a biscuit
17.30	Sign out	Sign out	Sign out	Sign out	Sign out