

	9:00am-9.15am	9:15am-9.45am	9.45am-10.15am	10.15am-10.30am	10.30am-11.15am	11.15am-11.45am	11.45am - 2.30pm	12.30pm-1.15pm	1.15pm-2.45pm	2:45pm-3:00 pm
Monday	Registration & Briefing	Warm up -Fun Games	Under 10's Athletics Over10's Athletics	Break	Under 10's Netball Over10's Handball	Under 10's Handball Over10's Netball	Lunch	Under 10's & Over10's Tennis & Badminton	Under 10's & Over10's Relay Races & Athletics style fun games	Cool down. & Sign out
Tuesday	Registration & Briefing	Warm up -Fun Games	Under 10's Dodgeball Over10's Dodgeball	Break	Under 10's Football (5v5 / 4v4) Over10's Volleyball	Under 10's Volleyball Over10's Football (5v5 / 4v4)	Lunch	Under 10's Small Sided Dodgeball Games Over10's Small Sided Dodgeball Games	Under 10's & Over10's Wimbledon Tennis Tournament	Cool down. & Sign out
Wednesday	Registration & Briefing	Warm up -Fun Games	Under 10's & Over10's Touch Rugby	Break	Under 10's Basketball (5v5 / 4v4) Over10's Basketball (5v5 / 4v4)	Under 10's Racquet Sports (Tennis, Badminton, Table Tennis, Pickleball) Over 10's Racquet Sports	Lunch	Under 10's Small Sided Handball Games 4v4 Over10's Small Sided Handball Games	Under 10's & Over10's Rounders & Dodgeball Tournament (Spilt Groups & change over)	Cool down. & Sign out
Thursday	Registration & Briefing	Warm up - Fun Games	Small Sided Fun games (participants choice of ball)	Break	Under 10's Tennis Over10's Badminton	Under 10's Badminton Over10's Tennis	Lunch	Under 10's Athletics (Run) Over10's Athletics (Throwing)	Under 10's & Over10's Basketball & Netball Tournament	Cool down & Sign out
Friday	Registration & Briefing	Warm up - Fun Games	Under 10's Athletics (Throw) Over10's Athletics (Run)	Break	Under 10's Volleyball Over10's Handball	Under 10's Handball Over10's Volleyball	Lunch	Under 10's & Over10's Football 4v4 Football 5v5	Under 10's & Over10's Mini Olympics (Mixture of sports from the week)	Cool down & Sign out

