

| | 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 | Brea | Under 10's Netball Over10's Touch Rugby | Under 10's Touch Rugby 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 Fun Football | Under 10's Fun Football Over10's Football (5v5 / 4v4) | Lunch | Under 10's & 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 Team Games Team Games (Coaches Choice) | Break | Under 10's Basketball Over10's Volleyball | Under 10's Volleyball Over 10's Basketball | Lunch | Under 10's Athletics (Run) Over 10's Athletics (Throw) | Under 10's & Over10's Basketball & Netball Tournament | 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 & Over 10's Small Sided Handball Games | Under 10's & Over10's Rounders & Dodgeball Tournament (Spilt Groups & change over) | Cool down. & Sign out |
| Friday | Registration & Briefing | Warm up - Fun Games | Under 10's Athletics (Throw) Over10's Athletics (Run) | Break | Under 10's Tag Rugby Over10's Handball | Under 10's Handball Over10's Tag Rugby | Lunch | Under 10's & Over10's Racquet Sports (Tennis, Badminton, Table Tennis, Pickleball) | Under 10's & Over10's Mini Olympics (Mixture of sports from the week) | Cool down & Sign out |

