



Holiday Programme Timetable

Day	Monday	Tuesday	Wednesday	Thursday	Friday
9.00am	Assemble/Warmup Chat/goals for the week, expectations	Assemble/Warmup	Assemble/Warmup	Assemble/Warmup	Assemble/Warmup
9.30am	- Name games- fruit & name -Paper, scissor, rock name game	-Bullrush -Hockey -Shooting at goal -We throw ball & they have to react & hit	-Linktag -Creative/ improv e.g. create dance using category	-Rats & Rabbits -Agility	Obstacle course
10.30am	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
10.50am	Hockey- basics, push, hit, sweep -Competition with cones	-Hockey -3 pass to top of circle then hit -Protect your ball in the circle game	Amazing race	-Card exercise (Music)	Toilet paper dress ups
11.30am	Hockey- Dribbling -square dribble & pass	-Bang game -Link tag	Amazing race continued	-Hockey Number game	End ball-netball, hockey
12.30pm	Lunch	Lunch	Lunch	Lunch	Lunch
1.00pm	Universal ball	Dodgeball	Rob the nest Progress to using sticks/dribbling	-Cricket	Hockey games
2.00pm	Heads, shoulder, knees & cone	Card games	Hockey 3D skills, jinking Relays	-Word finds -Word fill -Music	Dodgeball or touch
2.40pm	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
3.00pm	Team building	Hockey game	Colouring in activity -Pairs add on drawing	Hockey -Half court	Debrief, goals, feedback
4.00pm	Just Dance/Music/ Colouring	Rats & Rabbits	Cards	3D skills or shooting	Their choice
5.00pm	Depart/Packups	Depart/Packups	Depart/Packups	Depart/Packups	Depart/Packups