

# Kids' Camp Activity Days (8-14 Years Old)

Dates

Kids Camp Activities Monday 29<sup>th</sup> July – Friday 2<sup>nd</sup> August 2019

ACTIVITIES	MONDAY 29 <sup>th</sup> July	08:00 - 09:00	09:00 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 17:45	Location	
		Sign in	Team games - Bench ball / Over the net	Swimming	Lunch	Bouldering wall	Martial Arts studio	Ultimate frisbee	Racket sports	Sign out	JUBILEE SPORTS HALL	
			Team building games e.g. get into age order using a bench, over the net games	Free swim		Climbing games, floor is lava, climb by colour	Dodgeball, tag games, team games	Throwing and catching, games, kids vs kids, kids vs adults	Multi racket sports, table tennis, badminton, short tennis			
	TUESDAY 30 <sup>th</sup> July	08:00 - 09:00	09:15 - 10:15	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 15:30	15:30 - 17:00	17:00 - 17:45	SWIMMING POOL	
		Sign in	5 a side / penalty shoot outs	Swimming	Lunch	Scavenger hunt	Zig Zag rounders	Break	Crash mat relay / Den building	Sign out		
			Matches, get the ball past the adult,	Free swim		List of items to find around the university campus	Football style rounder's game		Races with crash mat, build a den / fort out of available equipment			
	WEDNESDAY 31 <sup>st</sup> July	08:00 - 09:00	09:00 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 16:00	16:00 - 17:00	17:00 - 17:45	STUDENTS UNION	
		Sign in	Zig zag rounder's	Swimming	Lunch	Bouldering wall	Martial arts studio	Break	Basketball / Netball	Sign out		
			Team building with football style rounders game	Free swim		Climbing, races, hang tough	Tag games, stuck in the mud, adults vs children in dodgeball		Passing, shooting, dribbling, zonal marking, games			
	THURSDAY 1 <sup>st</sup> August	08:00 - 09:00	09:00 - 10:00	10:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 17:45	WIDE LANE	
		Sign in	Travel to Wide lane	5 a side / Hockey	Lunch	Tennis	Rounders	Back to Jubilee	Free play	Sign out		

			Travel using uni link busses	Passing, shooting, dribbling, matches		Serving, long shots, short shots, volleys, rallies	Throwing and catching, matches	Travel back on uni link	Multi-sport free time		
	FRIDAY 2 <sup>nd</sup> August	08:00 - 09:00	09:15 - 10:30	10:30 – 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 17:00		17:00 - 17:45	
		Sign in	Den Building  Build and den / fort using available equipment	Swimming  Free swim	Lunch	Catapult making  Make a catapult using craft items to fire a paper ball as far as possible	Assault course making / Race  Make and assault course out of equipment and race the fastest around the track	Film		Sign out	GARDENS

Dates											Kids Camp Activities Monday 5 <sup>th</sup> August – Friday 9 <sup>th</sup> August 2019										
ACTIVITIES	MONDAY 5 <sup>th</sup> August	08:00 - 09:00	09:00 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 17:45	Location										
		Sign in	Netball / Basketball	Swimming	Lunch	Bouldering wall	Martial Arts studio	Break	Rounders	Sign out	JUBILEE SPORTS HALL										
			Passing and shooting, Matches	Floats, balls and free play		Climbing, Hang tough, floor is lava	1,2,3,4, Stuck in the mud, Dodgeball		Catching and throwing, Games												
	TUESDAY 6 <sup>th</sup> August	08:00 - 09:00	09:00 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 16:30	16:30 - 17:00	17:00 - 17:45	SWIMMING POOL										
		Sign in	Bouldering wall	Swimming	Lunch	Egg Parachute making and drop	Martial Arts studio	Bench ball / Marco polo	Free Play	Sign out											
			Find the fox, Floor is lave, Colours	Games and free play		Making a parachute and try not to break the egg	Dodgeball, Detective, Ball games	Games and find and catch	Multi-sport activities												

	WEDNESDAY 7 <sup>th</sup> August	08:00 - 09:00	09:00 - 10:00	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 – 17:00	17:00 - 17:45	STUDENTS UNION
		Sign in	Racket sports	Swimming	Lunch / Film		Paint bomb art	Tug of war / hoop rock paper scissors	Crash mat relay / Get to the island first team	Sign out	
			Badminton games, short tennis and Table tennis	Floats, games and balls	Film during lunch		Water balloons filled with paint and other painting objects	Kids vs kids and kids vs adults	Crash mat races and get from one end of the hall to the other using equipment		
	THURSDAY 8 <sup>th</sup> August	08:00 - 09:00	09:00 – 10:00	10:30 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:30	16:30 - 17:00	17:00 - 17:45	WIDE LANE
		Sign in	Swimming	Travel to wide lane / 5 a side	Lunch	Tag rugby / Tennis	Hockey	Netball / Travel back to Jubilee	Free play	Sign out	
			Floats and pre swim			Passing, shooting and games	Passing, throw ins, rally matches	Passing, Shooting, dribbling, in and out of cones, matches	Passing, games		
	FRIDAY 9 <sup>th</sup> August	08:00 - 09:00	09:00 – 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:30	16:30 - 17:00	17:00 - 17:45	GARDENS
		Sign in	Relay bean bag tic tac toe, Connect 4	Swimming	Lunch	Relay human ring toss with adults	Indoor hockey	Martial Arts studio	Free play	Sign out	
			4 groups tic tac toe, relay race around cones to play 3 in a row			Split into groups and play ring toss around objects and adults too	Passing, shooting, dribbling, games	Dodgeball, stuck in the mud, racing games, tag games	Multisport games with balls and rackets		

**Dates** Kids Camp Activities Monday 12<sup>th</sup> August – Friday 16<sup>th</sup> August 2019

ACTIVITIES	MONDAY 12 <sup>th</sup> August	08:00 - 09:00	09:15 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 17:45	Location
		Sign in	Crab Football / Bench ball	Swimming	Lunch	Bouldering wall	Martial arts studio	Soft ball / Rounders	Volley ball / over the net	Sign out	JUBILEE SPORTS HALL
			Matches, kids vs kids and kids vs adults	Free swim playing with floats and toys		Climbing games, fastest to the top, hang tough	1,2,3,4, tag games, dodgeball, kids vs adults	Throwing and catching, games	Passing, serving, spiking, matches		

	TUESDAY 13 <sup>th</sup> August	08:00 - 09:00	09:15 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 17:45	SWIMMING POOL
		Sign in	Indoor hockey / Table tennis / Badminton	Swimming	Lunch	Sport and wellbeing treasure hunt		Marco Polo / Get to the island	Archery / jump the rope	Sign out	
			Multi-sport techniques with rallies, passing and shooting in Hockey	Free swim		Finding clues around the building leading to the treasure. Work out the clue to find the next message		Use equipment to get from 1 end of the hall to the other, find the other children whilst blindfolded	Nearest the middle, highest scorer, how far can you jump between the 2 ropes		
	WEDNESDAY 14 <sup>th</sup> August	08:00 - 09:00	09:15 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 16:30	16:30 - 17:00	17:00 - 17:45	STUDENTS UNION
		Sign in	Cricket	Swimming	Lunch	Bouldering wall	Martial arts studio	Ultimate Frisbee	Free play	Sign out	
			Throwing and catching, bat work, wicket keeping, bowling, cricket match	Free swim		Climbing games, floor is lava, get from one side to the other without touching the floor.	Tag, stuck in the mud, bean game, e.g. jumping bean, French bean, runner bean, rolling bean etc	Passing and matches	Multi-sport activities		
	THURSDAY 15 <sup>th</sup> August	08:00 - 09:00	09:15 - 10:30	10:30 - 11:45	12:00 - 13:30	13:30 - 14:30	14:30 - 15:30	15:30 - 16:30	16:30 - 17:00	17:00 - 17:45	WIDE LANE
		Sign in	Short tennis / Badminton	Swimming	Lunch / Travel to Wide lane	Tennis	5 a side	Soft ball / Rounders	travel back from wide lane	Sign out	
			Racket sports learning hand eye coordination, matches and rallies	Free swim		Rallies, serving, matches	Passing, shooting, dribbling, matches	Throwing and catching, matches	Bus journey back to Jubilee		
	FRIDAY 16 <sup>th</sup> August	08:00 - 09:00	09:15 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 17:00		17:00 - 17:45	GARDENS
		Sign in	Coconut shy / Garden games	Swimming	Lunch	Bouldering wall	Martial arts studio	Assault course making / races		Sign out	
			Garden games, including a coconut shy, tag, races	Free swim		Floor is lava, climbing, hang tough	Dodgeball, 1234, tag, races	Creation of a race and assault course using crash mats, benches, matts and benches			

#### Dates

Kids Camp Activities Monday 19<sup>th</sup> August Friday 23<sup>rd</sup> August 2019

ACTIVITIES	MONDAY 19 <sup>th</sup> August	08:00 - 09:00	09:00 - 10:00	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 17:45	Location
		Sign in	Swimming	Team games - Bench ball / Over the net	Lunch	Bouldering wall	Martial Arts studio	Ultimate frisbee	Racket sports	Sign out	JUBILEE SPORTS HALL
			Free swim	Team building games e.g. get into age order using a bench, over the net games		Climbing, floor is lave, hang tough	Dodgeball, games, stuck in mud	Throwing and catching, Games	Multi racket sports e.g. badminton, table tennis, short tennis		

	TUESDAY 20 <sup>th</sup> August	08:00 - 09:00	09:15 - 10:15	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 15:30	15:30 - 17:00	17:00 - 17:45	SWIMMING POOL
		Sign in	Swimming	5 a side / penalty shoot outs	Lunch	Scavenger hunt	Zig Zag rounders	Break	Crash mat relay / Den building	Sign out	
			Free swim	Matches and penalty shoot outs against adult or volunteer goal keeper		Looking around the grounds for objects that you might find around the university e.g. statues, art work etc	Rounders with kicking the ball instead of hitting it. Using a football instead of a tennis ball		Races against each other and adults, Building a den out of available equipment with specific features e.g. a working door		
	WEDNESDAY 21 August	08:00 - 09:00	09:00 - 10:30	10:30 - 11:45	12:00 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 16:00	16:00 - 17:00	17:00 - 17:45	STUDENTS UNION
		Sign in	Swimming	Zig zag rounders	Lunch	Bouldering wall	Martial arts studio	Break	Basketball / Netball	Sign out	
			Free swim	Football style rounders between 2 / 4 teams		Climbing games, floor is lava, race climbing, get from one side to the other without touching the floor	Dodgeball, tag races, stuck in the mud		Passing, shooting, dribbling, matches		
	THURSDAY 22 <sup>nd</sup> August	08:00 - 09:00	09:00 - 10:00	10:00 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:00	15:00 - 16:00	16:00 - 17:00	17:00 - 17:45	WIDE LANE
		Sign in	Travel to Wide lane	5 a side / Hockey	Lunch	Tennis	Rounder's	Back to Jubilee	Free play	Sign out	
			Bus trip to Wide lane sports grounds	Football against 2-4 teams or adults vs children as a team, passing, shooting, dribbling, matches		Serving, volleying, long shots, short shots, games	Catching and throwing, Games	Travel back on Unilink bus	Multi-sport free time		
	FRIDAY 23 <sup>rd</sup> August	08:00 - 09:00	09:15 - 10:30	10:45 - 12:00	12:00 - 13:00	13:00 - 14:00	14:00 - 15:30	15:30 - 17:00		17:00 - 17:45	GARDENS
		Sign in	Swimming	Den Building	Lunch	Catapult making	Assault course making / Race	Film		Sign out	
	Free swim		Build a den for up to 20 children to sit in plus adults using equipment	Making a catapult out of an assortment of craft materials to launch a paper ball as far as possible		Using available sports equipment make an assault course and race					