**Year 1 – 2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day/ Session | 1 | 2 | 3 | 4 | 5 | 6 |
| Monday | Introduction / Wellbeing Games | Multi-Skill Invasion | MOTM / Nutritional Activities | Lunch | Nerf Battles |
| Tuesday | Introduction / Wellbeing Games | Tournament Tuesday Activities  | Tournament Tuesday Activities |
| Wednesday | Introduction / Wellbeing Games | Fun Athletics | MOTM / Nutritional Activities | Football | Fun and Games |
| Thursday | Introduction / Wellbeing Games | Bench ball | MOTM / Nutritional Activities | Circus Skills  | Fun and Games |
| Friday | Introduction / Wellbeing Games | Dodgeball | MOTM / Nutritional Activities | Wet and Wild Activities  |

**Year 3 – 4**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day/ Session | 1 | 2 | 3 | 4 | 5 | 6 |
| Monday | Introduction / Wellbeing Games | Nerf Battles | Lunch | MOTM / Nutritional Activities | Fun and Games |
| Tuesday | Introduction / Wellbeing Games | Tournament Tuesday Activities  | Tournament Tuesday Activities |
| Wednesday | Introduction / Wellbeing Games | Frisbee | MOTM / Nutritional Activities | Archery | Fun and Games |
| Thursday | Introduction / Wellbeing Games | Tennis/ Rounders | MOTM / Nutritional Activities | Basketball  | Fun and Games |
| Friday | Introduction / Wellbeing Games | Lacrosse | MOTM / Nutritional Activities | Wet and Wild Activities  |

**Year 5 -6**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day/ Session | 1 | 2 | 3 | 4 | 5 | 6 |
| Monday | Introduction / Wellbeing Games | Archery | MOTM / Nutritional Activities | Lunch | Badminton | Fun and Games |
| Tuesday | Introduction / Wellbeing Games | Tournament Tuesday Activities  | Tournament Tuesday Activities |
| Wednesday | Introduction / Wellbeing Games | Dodgball | MOTM / Nutritional Activities | Nerf Battles |
| Thursday | Introduction / Wellbeing Games | Funky Fitness | MOTM / Nutritional Activities | Cricket | Fun and Games |
| Friday | Introduction / Wellbeing Games | Football | MOTM / Nutritional Activities | Wet and Wild Activities  |

**Year 7 – 8**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day/ Session | 1 | 2 | 3 | 4 | 5 | 6 |
| Monday | Introduction / Wellbeing Games | Basketball | VX | Lunch | Frisbee/ Frisbee Golf | Archery |
| Tuesday | Introduction / Wellbeing Games | Tournament Tuesday Activities | Tournament Tuesday Activities |
| Wednesday | Introduction / Wellbeing Games | Badminton | Dodgeball | Volleyball | Fun and Games |
| Thursday | Introduction / Wellbeing Games | TAG Rugby | Funky Fitness | Nerf Battles |
| Friday | Introduction / Wellbeing Games | Handball  | Olympic Activites | Wet and Wild Activities  |

All activities are weather dependant and could change during the day