




# AN EXAMPLE WEEK FOR 7 - 10 YEAR OLDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00 - 9.15	Early Club				
8.30 - 9.30	Standard Registration Hour				
9.30 - 10.30	Fire Drill, Who's Who? Let's Get Moving!	Catapult Challenge OR Bucketball	Photo Frames OR Danish Long Ball	Making Lava OR Colour Battle	'Cudas Got Talent Prep OR Dodgeball
	MORNING BREAK				
10.45 - 11.40	Fencing OR Basketball Skills	Pop Lacrosse OR Aerobics	Ultimate Frisbee OR Jump In, Jump Out & The Maze	Quad Bikes OR River Crossing	Chain Tag/ Blind Trail/ Human Knot/ OR Football
11.40 - 12.40	Cartoon Capers OR Rounders	Swimming OR Circuits	Aqua Slide OR Sell It To Me	Who Came to the Party? OR Netball	Archery OR The Apprentice
	LUNCH				
13.25 - 14.25	Quidditch OR Squirrel Assault	Archery OR Den Building	Minute To Win It OR Tri-Golf	Swimming OR Quidditch	Badminton OR Powerball
14.25 - 15.25	Me But ... (drama based) OR Demo Ball	Football Skills OR Clowning Around	Capture The Flag OR Softball	Big Box Challenge OR Uni-Hoc	Water Polo OR Orienteering
	AFTERNOON BREAK				
15.40 - 16.30	Quad Bikes OR Tennis Tournament	Barrumba OR Goalball	Go-Karts OR Roaming Basketball	Paper Mache Models OR Tangrams & Giant Bucket Ball	'Cudas Got Talent OR Fencing
16.30 - 17.30	Standard Collection Hour				
16.45 - 18.00	Late Club				