




AN EXAMPLE WEEK FOR 7-10 YEAR OLDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8.00-9.15	Early Club				
8.30-9.30	Registration and Meet Your Group				
9.30-9.45	Team Building	Team Building	Team Building	Team Building	Team Building
9.45-10.30	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	Collection and Chill Time*				
16.45-18.00	Late Club				

* We appreciate that it can be a very busy day for children at Barracudas. During lunch, snack breaks and collection, children will get the chance to chill out and bond further with their group.