

JOY SPORTS ACADEMY

Camp Timetable

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---------------------------|----------------|---------------|-----------------|
| 9:00 - 9:30 | Registration + Social time + Story telling | | | | |
| 9:30 - 10:30 | Football | Tennis | Archery | Olympic games | Athletics |
| 10:30 - 11:30 | Basketball | Art & Craft | Nutrition | Benchball | Yoga & fitness |
| 11:30 - 12:00 | LUNCH BREAK + Q&A | | | | |
| 12:00 - 12:40 | FREE PLAY & SOCIAL TIME | | | | |
| 12:40 - 13:00 | Discharge the 1pm group and regroup the children for the afternoon activites | | | | |
| 13:00 - 14:00 | Cricket | Tag rugby | Teambuilding | Golf | Football drills |
| 14:00 - 15:00 | Rounders | Puzzles & Problem solving | Origami | Treasure Hunt | Art & Craft |
| 15:00 - 15:30 | SNACKS BREAK + FREE PLAY IN THE PLAYGROUND | | | | |
| 15:30 - 16:30 | Street Dance | Karate & Self defence | Chess/PublicSp | Multi-Sports | Talent show |
| 16:30 - 17:00 | Start getting the belongings and seat in the groups for the HOMETIME | | | | |

All the children need to bring their own water bottles.

FREE hot healthy food will be provided to all the children.

Children must come dressed in PE outfits, including their coats.

All activities and trips are subject to availability and the interests of the children and may be changed accordingly.

Children will be rewarded with madels or certificates for their abilities and achievements.

The camp will proceed in all weather conditions as we have indoor facilities available.

This camp is open to all children from other schools.