

DAILY SCHEDULE

9AM REGISTRATION

9-9.15AM ARRIVAL ACTIVITY

9.15AM – 9.30AM

WELCOME AND INTRODUCTION TO THE DAY

9.30AM – 10AM WARM UP GAMES

10AM – 11AM

SPORTING ACTIVITY (DODGEBALL, DANCE, FOOTBALL ETC)

11AM – 11.15AM SNACK BREAK

11.15AM – 12.15PM HEALTHY LIFESTYLE WORKSHOP
(SMOOTHIE BIKE, FOOD TASTING SESSIONS ETC)

12.15PM – 12.45PM LUNCH

12.45PM – 1PM

GAMES, QUIZZES AND CHALLENGES

1PM – 1.30PM FREE PLAY

1.30PM – 2PM ARTS AND CRAFTS

2PM – 2.45PM SPORTING ACTIVITY
(TENNIS, CRICKET, BASKETBALL, GYMNASTICS ETC)

2.45PM – 3PM PRIZE GIVING AND DEBRIEF

3PM DEPARTURE



FUNWEEKS