

| <br>The Active Sports School | 9.00 am – 10.30 am | Break (10.30 – 10.45) | 10.45 am – 12.00 am    | Lunch (12.00 – 12.30) | 12.30 pm – 2.00 pm       | 2.00 pm – 3.00 pm  | Home time 3.00 pm |
|---|--------------------|-----------------------|------------------------|-----------------------|--------------------------|--------------------|-------------------|
| <b>Monday</b>   | Ball Games         |                       | Striking Games         |                       | <i>Individual Sports</i> | <i>Team Sports</i> |                   |
| <b>Tuesday</b>  | Racquet Sports     |                       | Swimming – Aquatic fun |                       |                          |                    |                   |
| <b>Wednesday</b>  | Ball Games         |                       | Swimming – Aquatic fun |                       |                          |                    |                   |
| <b>Thursday</b>   | Racquet Sports     |                       | Striking Games         |                       |                          |                    |                   |
| <b>Friday</b>   | Fun Day            |                       | Fun Day                |                       |                          |                    |                   |

**\*\* RD BLAZE will be taking Bollywood/Street dance lessons for children every Thursday as an extra option**

**Ball games:**

The coaches will play popular games such as Basketball, Football, Dodgeball, Tag-Rugby, Netball, Handball, Volleyball and any other sport that includes a ball within team games.

**Racket sports:**

These are sports such as Badminton, Tennis and Table-tennis. These sports may be limited due to the preferences of the children.

**Striking games:**

Sports include Cricket, Rounders, Baseball and Softball. Sports such as these will be adapted to suit the children's abilities and preferences.

**Fun day:**

This day is dedicated to the children as for some this may be the last day they will be with us on the programme, so they have a choice of sports they want to play (based on majority). Climbing wall will also be given as an option, however maybe subject to an additional fee of £5.

**Individual Sports:**

Everyday children will compete against one another in various sports. Points will be given to children and at the end of the week the children can exchange their points for prizes which are given out on the Friday of every week.

**Team Sports:**

The children will be split into a variety of mixed age and gender teams. They will have a team name and will learn to work together to gain as many points as possible doing a variety of sports related tasks set by the coaching team.

**Swimming – Aquatic Fun:**

Fun based activities in the swimming pool including some team building and individual competitions. The depth of the water will be a maximum of 1-1.2 metres. MUST be a competent swimmer and have previous swimming experience.

**Fun Fitness Competition:**

This is a circuit based session whereas the children will have a chance to improve their fitness and a chance to compete against others in their group to get given points.

**RD Blaze Dance workshop:**

These dancers are specialist dancers who aim to promote fun dancing styles amongst children. Their aim is to teach students technique, choreography styles and fun based dance moves to music.