

Summer Sports 2021 Timetable

 The Active Sports School	9.00 – 10.00	Break (10.30 – 10.45)	10.45 – 12.00	Lunch (12.00 – 12.30)	12.30 – 1.30	Break (1.30 – 1.45)	2.00 – 3.00
Monday	Ball Games		Striking Games		Fitness Games		<i>Team Sports</i>
Tuesday	Racquet Sports		Ball Games		Fitness Games		<i>Team Sports</i>
Wednesday	Striking Games		Racquet Sports		Fitness Games		<i>Team Sports</i>
Thursday	Quest Games		Quest Games		Fitness Games		<i>Team Sports</i>
Friday	Fun Day		Fun Day		<i>Competitions</i>		<i>Team Sports</i>

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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. Swimming will also be on this day for children 8 years and above and will be subject to a £2 fee.

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.

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.

Quest games:

This is a competition-based activity where children get into groups and try and figure out things around the sports hall. It is very similar to orienteering but it based around sports.