

CHRISTMAS MULTI-SPORT CAMP STRUCTURE

	9-9.15	9.15-9.45	9.45-10.45	10.45-11	11-12.30 SESSION 2	12.30-1.15	1.15-2.45 SESSION 3	2.45-3
Monday 21st December	**SIGN IN**	**Warm Up Games**	**Elf Training** Speed and skill challenges testing agility, accuracy, coordination and reactions.	**BREAK**	**Racquet Sports** Tennis, badminton and racquet based skills, challenges and games.	**LUNCH**	**Festive Games Tournament** Teams compete in a variety of sports and team games, earning points throughout.	**SIGN OUT**
Tuesday 22nd December	**SIGN IN**	**Warm Up Games**	**Snowball Games** Throwing, catching, target and dodgeball style games.	**BREAK**	**Team Sports** A mix of team based sports focusing on games, teamwork and match play.	**LUNCH**	**Winter Olympics** Teams compete across a variety of winter inspired sporting events and challenges.	**SIGN OUT**
Wednesday 23rd December	**SIGN IN**	**Warm Up Games**	**Reindeer Games** Races, relays, obstacle courses and team challenges.	**BREAK**	**Players Choice** Children choose and vote for the sports and games they want to play.	**LUNCH**	**Christmas Cup** Multi Sport tournament featuring short matches across a variety of team sports.	**SIGN OUT**