

active:kids

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Example activity programme over a 4 day course, for 6 and 7 year olds (group 1).

	DAY 1	DAY 2	DAY 3	DAY 4
Day focus	Speed	Balance	Accuracy	Ready position
Activity 1 10.15 - 11.15	Tag Games	Athletics Throws	Mini Cricket	Striking Games
Activity 2 11.30 - 12.30	Team Building	Striking Games	Gym	Gym/ Ball Skills
Activity 3 1.00 - 2.00	Mini Active:Hoop Basketball	Active:Kick	Short - Tennis	Active:Kick
Activity 4 2.00 - 2.55	Fun Games & Active Kids Rock - Dance	Rounders	Easter Egg Orienteering	Olympics

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Example activity programme over a 4 day course, 6 and 7 year olds (group 2).

	TUES	WED	THU	FRI
Day focus	Speed	Balance	Accuracy	Ready position
Activity 1 10.15 - 11.15	What can I do with a ball?	Mini Active:Kick	Playing games over a net	Mini Active:Kick
Activity 2 11.30 - 12.30	Can you hit it? Yes you can!	Look what I can do - travelling	Can you hit it? Yes you can!	Can you hit it? Yes you can!
Activity 3 1.00 - 2.00	Running fast and jumping high	Races	Look what I can do – rolling and spinning, twisting and turning Gym	Look what I can do – linking movements
Activity 4 2.00 - 2.55	Super-teams & Active Kids Rock - Dance	Rounders	Easter Egg Orienteering (Easter courses)	Olympics

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Example activity programme over a 4 day course, Key Stage 2+.

	DAY 1	DAY 2	DAY 3	DAY 4
Day focus	Speed Win & Lose	Balance	Accuracy	Ready position
Activity 1 10.15 - 11.15	Active:Hoop - Basketball	Games over a net	Hockey	Active:Kick - Football
Activity 2 11.30 - 12.30	Athletics	Active:Hoop - Basketball	Cricket	Games over a net
Activity 3 1.00 - 2.00	Dodgeball	Gymnastics Gym	Active:Hoop - Basketball	Hockey
Activity 4 2.00 - 2.55	Active:Kick - Football	Rounders	Easter Egg Orienteering (Easter courses)	Olympics

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Example activity programme over a 4 day course, pre-school age.

	DAY 1	DAY 2	DAY 3	DAY 4
Day focus	Speed & Looking	Balance & Listening	Accuracy	Balance
Activity 1 & 2 10.15 - 11.15	Look what I can do (travelling)/ Receiving a ball	Aiming Games Gym	Look what I can do / Running really fast games	Kicking Games/ Races
Activity 3 & 4 11.30 - 12.30	Fun games	Kicking games /Chasing games	Partner games with taking turns	Chasing/ Catching