



Achieve4All
SPORTS COACHING

Example Day for a Sports or Craft Holiday Camp

Older Group		Younger Group	
Time	Activity	Time	Activity
8-9 am	Early drop off and fun activities	8-9 am	Early drop off and fun activities
9-9.30 am	Registration	9-9.30 am	Registration
9.30-10.45 am	Hockey	9.30-10.45 am	Archery
10.45 – 11 am	<i>Break time and Snack time</i>	10.45-11am	<i>Break time and Snack time</i>
11am - 12pm	Craft time Or Mini Games and Dodgeball	11am - 12pm	Handball
12-1pm	<i>Lunch time and free time</i>	12-1pm	<i>Lunch time and free time</i>
1-2:15pm	Archery	1-2:30pm	Craft time Or Mini Games/ Dodgeball
2.15-2.30pm	<i>Break time</i>	2.15-2.30pm	<i>Break time</i>
2.30-3.15pm	Cricket	2.30-3.00pm	Rounders
3.15-3.30pm	Pick up	3.00-3.30pm	Pick up / cool down time
3.30-5.30pm	Late pick up and fun activities	3.30-5.30pm	Late pick up and fun activities