

Holiday Clubs

When: Monday – Friday (ex. bank holidays)

Times: 9am – 3pm

Age: 4-14 year olds

What will they need to wear? – Clubbers must wear comfortable kit in which they can play sports and do activities. Can parents/carers please pack clothing for all weather (i.e. sun cream, sun hat and raincoat).

What will they need to bring? – Healthy packed lunch, one healthy snack, we will provide a water bottle for every child for them to keep.

Monitoring Every child will have their height and weight taken on the first day 1 and weight on the final day.

Typical week:

	9:00-9:30	9:30-10:30	10:30-11:00	11:00-12:00	12:00-12:45	12:45 – 1:45	13:45-2:45	14:45-15:00
Mon	Sign in and monitoring (crafts)	Team Building	Healthy snack	Lifestyle: Introduction Cress growing	Lunch	The EWP	Zumba with Meg And games	Daily Quiz. Rewards. Pick up and sign out
Tues	Sign in (crafts)	Boxercise	Healthy snack	Regular eating & Snacks	Lunch	Portion Sizes	NEAT Circuit	Daily Quiz. Rewards. Pick up and sign out.
Wed	Sign in (crafts)	Basket Ball	Healthy snack	5-A-DAY	Lunch	Influences & triggers	Rugby with Grace	Daily Quiz. Rewards. up and sign out
Thurs	Sign in (crafts)	Football	Healthy snack	Food labelling	Lunch	What's in my drink?	Dodgeball	Daily Quiz. Rewards. Pick up and sign out
Fri	Sign in & Monitoring (crafts)	Rounders/cric ket	Healthy snack	Healthy Breakfast	Lunch	What Have I learnt?	Graduation Ceremony: Give out certificates & rewards	

Graduation Ceremony

Parents are invited to attend a graduation ceremony, on the final day at 2pm, where the children receive their certificates, goodies and prizes. There will also be an opportunity see what the children have been learning as well.

