

# SCHOOL HOLIDAY SPORTS PROGRAM



MULTISPORT
EXAMPLE DAY
Registration/Drop Off
Group Welcome

Warm Up 1
Tunnel Ball
Warm Up 2
Keepy Uppy (tennis)
Break
Activity 1
Capture the flag
Activity 2
Tail tigg

Pool/inflatable
Pool 11:00am - 12:00pm



Lunch
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Activity 3
Four Corners modified (basketball)
Activity 4
Kickball
Break
Activity 5
Crossroads
Activity 6
Guard the nest (dodgeball game)
Cool Down Activity



Walk to pick up Area
Pick up/Aftercare