

Run Riot at Flitwick Leisure Centre
Activities for age 8-12
Monday 20th July to Friday 28th August 2015

Week 1 – 20th July – 24th July

		1	2	3		4	5	6
Monday	Booking in and rules	Sport Skills	Water Safety	Races	Lunch and DVD	Trampoline	Painting Techniques	Win, lose or draw
Tuesday	Booking in and rules	Swimming		DVD Quiz	Lunch and DVD	Free Style Gymnastics	Craft	Cricket
								Team Games
Wednesday	Booking in and rules	Cricket	Swimming Inflatable		Lunch and DVD	Bouncy Castle	Free choice Art	Rounders
Thursday	Booking in and rules	Quiz	Sport	Create & Print	Lunch and DVD	Trampoline	Swimming	Team Games
Friday	Booking in and rule	Obstacle Course	Cooking	Sport	Lunch and DVD	Bouncy Castle	Performing Arts	Parachute Games

Week 2 – 27th July – 31st July

		1	2	3		4	5	6
Monday	Booking in and rules	Sports Skills	Quiz	Circuits	Lunch and DVD	Stencil Art	Trampoline	Board Games
								Relay Races
Tuesday	Booking in and rules	Swimming		Scrapheap Challenge	Lunch and DVD	Free Style Gymnastics	Krypton Factor	Cricket
Wednesday	Booking in and rules	Sport	Swimming Inflatable		Lunch and DVD	Painting Techniques	Bouncy Castle	Bingo
		Word search						Team Games
Thursday	Booking in and rules	Clay	Parachute Games	Cooking	Lunch and DVD	Trampoline	Swimming	Win, lose or draw
Friday	Booking in and rules	Cricket	Craft	Table Tennis	Lunch and DVD	Trampoline	Create and Print	Team Games

Week 3 – 3rd August – 7th August

		1	2	3		4	5	6
Monday	Booing in and rules	Sports Skills	Cooking	Sport	Lunch and DVD	Trampoline	Run Riots got Talent	Relays
Tuesday	Booking in and rules	Swimming		Craft	Lunch and DVD	Painting Techniques	Freestyle Gymnastics	Free Choice
								Cricket
Wednesday	Booking in and rules	Rounders	Swimming Inflatable		Lunch and DVD	Bouncy Castle	Craft	Games
		Board Games						
Thursday	Booking in and rules	Obstacle Course	Performing Arts	Rounders	Lunch and DVD	Trampoline	Swimming	Give us a clue
Friday	Booking in and rules	Team Identity	Team Races	Team Challenge	Lunch and DVD	Bouncy Castle	Keeping Safe	Rounders

Please note: Activities may be subjected to change without prior notice as we work with the children and take into account weather conditions on each day, to provide a stimulating and enjoyable experience for all.
If attending on Freestyle Gymnastics days please wear or bring with you appropriate clothing, leggings or shorts and trainers

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Week 4 – 10th August – 14th August

		1	2	3		4	5	6
Monday	Booking in and rules	Sport Skills	Performing Arts	Relays	Lunch and DVD	Trampoline	Art Choices	Sport
Tuesday	Booking in and rules	Swimming		Free Choice	Lunch and DVD	Freestyle Gymnastics	Craft	Parachute Games
Wednesday	Booking in and rules	Rounders	Swimming Inflatable		Lunch and DVD	Bouncy Castle	DVD Quiz	Cricket
		Word Search						
Thursday	Booking in and rules	Races	Where in the world	Dance	Lunch and DVD	Trampoline	Swimming	Free Choice
Friday	Booking in and rules	Obstacle Course	Cooking	Badminton	Lunch and DVD	Bouncy Castle	Painting Techniques	Team Sports

Week 5 – 17th August – 21st August

		1	2	3		4	5	6
Monday	Booking in and rules	Sports Skills	Craft	Carousel Sport	Lunch and DVD	Trampoline	Scrapheap Challenge	Free choice
Tuesday	Booking in and rules	Swimming		DVD Quiz	Lunch and DVD	Free Style Gymnastics	Art Choice	Sport
Wednesday	Booking in and rules	Rounders	Swimming Inflatable		Lunch and DVD	Bouncy Castle	Performing Arts	Cricket
		Team Puzzles						Team Games
Thursday	Booking in and rules	Sport	Mysterious Senses Test	Parachute Games	Lunch and DVD	Trampoline	Swimming	Win Lose or draw
Friday	Booking in and rules	Obstacle Course	Cooking	Cricket	Lunch and DVD	Trampoline	Cooking	Relays

Week 6 – 24th August – 28th August

		1	2			4	5	6
Monday	Booking in and rules	Sports Skills	Clay	Team Games	Lunch and DVD	Trampoline	Quiz	Sport
Tuesday	Booking in and rules	Swimming		Free choice	Lunch and DVD	Free Style Gymnastics	Scrapheap Challenge	Parachute Games
Wednesday	Booking in and rules	Craft	Swimming Inflatable		Lunch and DVD	Bouncy Castle	Create & Print	Relays
Thursday	Booking in and rules	Team Games	Craft	Parachute Games	Lunch and DVD	Trampoline	Swimming	Give us a clue
Friday	Booking in and rules	Cricket	Cooking	Carousel Sport	Lunch and DVD	Bouncy Castle	Games/ Outdoor Cooking	Free choice

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