

# February Half Term

# Saturdays

## Tuesday 14<sup>th</sup> February

**10.00am-11.00am** – Introduction, Tour of the Centre, sign up to everyday sport

**11.00am-11.55am** – Digital Imagery (in IT Suite)

**11.55am-12.45pm** – Fencing

**12.50pm-1.00pm** – Summary of the day

## Wednesday 15<sup>th</sup> February

**10.00am-10.45am** – Food Frenzy

**10.50am-11.50am** – Trampolineing

**12.00pm-12.50pm** – T Shirt Printing

**12.50pm-1.00pm** – Summary of the day (Everyday Sport in IT Suite)

## Thursday 16<sup>th</sup> February

**10.00am-11.30am** – Visit the Historic Dockyard, walk around to see local landmarks (Action Stations maybe?)

**11.30am-12.45pm** – Photography

**12.45pm-1.00pm** – Summary of the week, where do we go from here?

There will then be five consecutive weeks of activity on Saturday mornings between Saturday 25<sup>th</sup> February and Saturday 25<sup>th</sup> March. See opposite.

## Saturday 25<sup>th</sup> February

**10.00am-10.30am** – Sign in and review current level of activity (Everyday sport website, pedometers, nutrition etc)

**10.30am-12.00pm** – Cooking (parents invited 11:30am to sample lunch)

## Saturday 4<sup>th</sup> March

**10.00am-10.30am** – Sign in and review current level of activity (Everyday sport website, pedometers etc)

**10.30am-11.15am** – Gym Induction

**11.15am-12.00pm** – Pedometer Pictures

## Saturday 11<sup>th</sup> March

**10.00am-10.30am** – Sign in and review current level of activity (Everyday sport website, pedometers etc)

**10.30am-12.00pm** – Fencing

## Saturday 18<sup>th</sup> March

**10.00am-10.30am** – Sign in and review current level of activity (Everyday sport website, pedometers etc)

**10.30am-11.30am** – Photography

**11.30am-12.00pm** – Boxercise

## Saturday 25<sup>th</sup> March

**10.00am-10.30am** – Sign in and review current level of activity (Everyday sport website, pedometers etc)

**10.30am-11.30am** – Trampolineing

**11.30am-12.30pm** – Giant Collage

**12.30pm – 1.00pm** – Review of project, set support day sessions etc (parents invited to give feedback)