



Day Breakdown of Adventure Camp

Each day comprises of 4 sports activities.

	Day 1	Day 2	Day 3	Day 4	Day 5
AM 1 9:00-10:30	Soccer	Tennis	MMA	Dance / Yoga	Basketball
AM 2 11:00-12:00	Basketball	Soccer	Tennis	MMA	Dance / Yoga
PM 1 1:00-2:30	Dance / Yoga	Basketball	Soccer	Basketball	Tennis
PM 2 3:00-3:40	MMA	Dance / Yoga	Basketball	Soccer	MMA

With Multiple Groups, each group will start on a different day and rotate through all of the numbers in sequential order. This ensures maximum spacing for each of the group activities.

- Group 1 - Day 1, Day 2, Day 3, Day 4, Day 5
- Group 2 - Day 2, Day 3, Day 4, Day 5, Day 1
- Group 3 - Day 3, Day 4, Day 5, Day 1, Day 2
- Group 4 - Day 4, Day 5, Day 1, Day 2, Day 3
- Group 5 - Day 5, Day 1, Day 2, Day 3, Day 4

Sport Breakdown

Choose an activity	3. Demonstrate the game in a very fun way	6. Correct the individual repetitions
1. Introduce the skill	4. 100-200 reps of skill within the fun game	7. Demonstrate it again
2. Introduce the game	5. Increase the challenge level of the game	8. Count and deliver points / awards for the campers

Add-Ins for Energy

- Arts and Crafts can be added in but are NOT a replacement for any of the sports
- Adventure Camp Booklets are available

Adventure Camp Games



<p>Soccer</p> <ul style="list-style-type: none"> • Ghostbusters • Pirates of the Caribbean • Red Light Green Light • Mario Coin Collection Game • Passing Game • Small Sided Soccer Game 	<p>Tennis</p> <ul style="list-style-type: none"> • Catch Game (Hand-Eye) • Graduation • Stinky School Bus • Skeleton • Target Game
<p>Basketball</p> <ul style="list-style-type: none"> • Dribbling Demonstration • Basketball Race • Partner Bounce Passes 	<p>Mixed Martial Arts and Obstacle Courses</p> <ul style="list-style-type: none"> • Obstacle courses • Ninja Freeze game • Punches • Kicks
<p>Safe Cycle Bike Games</p> <ul style="list-style-type: none"> • High Five • Green Light, Red Light • Look Back • Passing By • Figure Eight • Treasure Hunt • Bicycle Snakes • Musical Bikes • Scatter 	<p>Biking Games</p> <ul style="list-style-type: none"> • Catch the Ball (Moderate) • Coin Collection • Dragon and Egg • Race Tracks <p>Taking off Training Wheels One on One</p>
<p>Dance</p> <ul style="list-style-type: none"> • Freeze Dance • Simon Says • Gallops • Skips • Cartwheels • Yoga Poses 	<p>Group Games</p> <ul style="list-style-type: none"> • Duck Duck Goose • Traffic Lights • Rock Paper Scissors Evolution • Animal Walks <p>Arts and Crafts</p> <ul style="list-style-type: none"> • How to fulfill the Adventure Camp Booklet