

WEEK 1						
Activity Type	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 - 9:10	Warm-up, games and rules					
9:10 - 9:20						
9:20 - 9:30						
9:30 - 9:40						
9:40 - 9:50	Gymnastics Circuits	Tramp Bars	Ninja Beam	Tramp Bars	Ninja Beam	Tramp Bars
9:50 - 10:00		Floor	Floor	Floor	Floor	Floor
10:00 - 10:10		Upstairs	Upstairs	Upstairs	Upstairs	Upstairs
10:10 - 10:20						
10:20 - 10:30						
10:30 - 10:40	Morning Tea + Movie					
10:40 - 10:50						
10:50 - 11:00	1st Planned Activity	Floor is Lava	Finding Nemo	Relay Races	The Grinch	Ninja Warrior Competition
11:00 - 11:10						
11:10 - 11:20						
11:20 - 11:30	Craft & Free Time	Door Signs	Crepe Paper	Cards	Paper Plates	Clay
11:30 - 11:40						
11:40 - 11:50						
11:50 - 12:00						
12:00 - 12:10						
12:10 - 12:20						
12:20 - 12:30	Lunch + Movie					
12:30 - 12:40						
12:40 - 12:50						
12:50 - 1:00						
1:00 - 1:10	3 x 15-20 min Gymnastics Stations	Headstand & Handstands	Squat/Straddle Vaults	Rolls	Jumps/ Handstand Vaults	Cartwheels
1:10 - 1:20		Beam Basics	Tramp	Jumps & Landings	Tramp	Acro
1:20 - 1:30		Pit Fun - Tramp/Vault/ Bars to Pit	Acro Balances	Bars Shapes and Circles	Headstands & Handstands	Bar Swings
1:30 - 1:40						
1:40 - 1:50						
1:50 - 2:00						
2:00 - 2:20	2nd Planned Activity	Tallest Tower	Hide and Seek	Junior Olympics	Capture the Flag	Gym Detectives
2:20 - 2:20						
2:20 - 2:30						
2:30 - 2:40						
2:40 - 2:50	Cool/Wind Down Activity					
2:50 - 3:00						