

Time	Activity Type
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
9:50 - 10:00	
10:00 - 10:10	
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
11:00 - 11:10	
11:10 - 11:20	
11:20 - 11:30	Craft & Free Time
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	3-4 x 15-20 min Gymnastics Stations
1:10 - 1:20	
1:20 - 1:30	
1:30 - 1:40	
1:40 - 1:50	
1:50 - 2:00	
2:00 - 2:20	
2:20 - 2:20	
2:20 - 2:30	
2:30 - 2:40	
2:40 - 2:50	Cool/Wind Down Activity
2:50 - 3:00	