

Week 4 - Sports & Recreation

Monday August 9		Tuesday August 10		Wednesday August 11		Thursday August 12		Friday August 13		
								Beach Day		
9	Meet and Greet / Ice Breakers	9	Volunteering with Hello Fun Camp Tie Dying T-Shirts	9	Warm Up Games	9	Warm Up Games	9	Lesson: The fundamentals of Spikeball	
:15		:15		:15		:15		:15		
:30	Early Break	:30		:30	Lacrosse	:30	Kayaking with Joel	:30	Spikeball and Other Beach Games	
:45		:45	:45		:45			:45		
10	Lesson: Good and Bad Qualities of a Leader	10	10	Break	10			10		
:15		:15		:15	Lesson: Nutrition with special guest from sobeys?	:15	Break	:15	Volunteering: Beach Clean-Up	
:30	Leadership Challenges	:30	Break	:30		:30				:30
:45		:45	Activity: Plan an outdoor sports activity	:45	Tchoukball	:45				:45
11			11		11		11			
:15		:15	Ball Hockey	:15		:15	Free Play / Social Time	:15		
:30		:30		:30	Lunch	:30		:30		
:45		:45		:45		:45		:45		
12	Lunch	12	Lunch	12	Lunch	12	Lunch	12	Lunch	
:15		:15		:15		:15		:15		
:30		:30		:30		:30		:30		
:45		:45		:45		:45		:45		
1	Soccerbase / Mat Ball	1	Swimming	1	Water Volleyball	1	Free Play / Social Time	1	Free Time / Swimming	
:15		:15		:15		:15		:15		
:30		:30		:30		:30		:30		
:45		:45		:45		:45		:45		
2	Break	2	Break	2	Break	2	Volunteering: Helping with Hello Fun Scamp's Pokémon Adventure	2		
:15	Lesson: Living a physically active lifestyle	:15	Ultimate Frisbee	:15	Outdoor Games and Activities Planned by the Leaders	:15	Lawn Bowling	:15	Sand Soccer	
:30		:30		:30		:30				:30
:45		:45		:45		:45				:45
3	Leaders' Choice	3	Free Play / Social Time	3		3		3		
:15		:15		:15		:15		:15		
:30	Free Play / Social Time	:30		:30		:30		:30		
:45		:45		:45		:45		:45		
4	Pick Up	4	Pick Up	4	Pick Up	4	Pick Up	4	Pick Up	
:15		:15		:15		:15		:15		
:30		:30		:30		:30		:30		
:45		:45		:45		:45		:45		

Rainy Day	
9	Indoor Group Games
:15	
:30	
:45	
10	Board Games
:15	
:30	
:45	
11	Free Play Indoors
:15	
:30	
:45	
12	Lunch
:15	
:30	
:45	
1	Leading Day Camp into some indoor games
:15	
:30	
:45	
2	Movie
:15	
:30	
:45	
3	
:15	
:30	
:45	
4	Pick/Up
:15	
:30	
:45	