

**Week 5 - Sports & Recreation**

Monday August 17		Tuesday August 18		Wednesday August 19		Thursday August 20		Friday August 21	
								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		:30		:30	Tchoukball	:30	Kayaking with Joel	:30	Spikeball and Other Beach Games
:45	Early Break	:45	:45			:45		:45	
10	Lesson: Good and Bad Qualities of a Leader	10		10	Break	10		10	
:15		:15		:15		:15		:15	
:30	Leadership Challenges	:30	Break	:30	Disc Golfing	:30	Break	:30	Volunteering: Beach Clean-Up
:45			:45	Activity: Plan an outdoor sports activity		:45			
11		11		11		11	Break	11	
:15		:15		:15		:15		:15	
:30		:30	Ball Hockey	:30		:30	Free Play / Social Time	:30	
:45		:45		:45		:45		:45	
12		12		12		12		12	
:15	Lunch	:15	Lunch	:15	Lunch	:15	Lunch	:15	Lunch
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
1		1		1		1	Create a Water Obstacle course for Adventure Camp	1	Free Time / Swimming
:15	Swimming	:15	Swimming	:15	Swimming	:15			
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
2	Break	2	Break	2	Break	2		2	
:15	Lesson: Living a physically active lifestyle	:15	Ultimate Frisbee	:15		:15	Swimming	:15	
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	
3	Leaders' Choice	3	Free Play / Social Time	3	Outdoor Games and Activities Planned by the Leaders	3		3	Sand Soccer
:15		:15				:15		:15	
:30	Free Play / Social Time	:30		:30		:30	Lawn Bowling	:30	
:45		:45		:45		:45		:45	
4		4		4		4		4	
:15	Pick Up	:15	Pick Up	:15	Pick Up	:15	Pick Up	:15	Pick Up
:30		:30		:30		:30		:30	
:45		:45		:45		:45		:45	

Rainy Day	
9	Indoor Group Games
:15	
:30	
:45	
10	Indoor Dodgeball
: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	Leader's Choice of Inside Sports
:15	
:30	
:45	
3	
:15	
:30	
:45	
4	Pick/Up
:15	
:30	
:45	