

JULY	Monday 8 th	Tuesday 9 th	Wednesday 10 th	Thursday 11 th	Friday 12 th
Skills Focus	HANDSTANDS CARTWHEELS	PARKOUR BREAKFALLS & ROLLS SYNCHRONISED TUMBLE	ROTATION FRONT SOMIS SIDE SOMIS	ROTATION BACK SOMIS AERIELS	PARKOUR SYNCHRONISED VAULT
Activity	GFA CIRCUIT BAR AND TRAMP	COOKING	SCIENCE EXPERIMENT	MINI COMPETITION HIGH JUMP LIMBO	COOKING
FUN TIME: Outdoor play CHILD'S CHOICE	PARACHUTE PAINTING FREE EXPLORE	BALL GAMES STICKER ART FREE EXPLORE	BALL/HOOP/BEAN BAG TEAM GAMES FREE EXPLORE	CHALLENGE COURSES CHALK GAMES FREE EXPLORE	PARTNER GAMES HAND/EYE/FOOT GAMES FREE EXPLORE

JULY	Monday 15 th	Tuesday 16 th	Wednesday 17 th	Thursday 18 th	Friday 19 th
Skills Focus	HANDSTANDS AERIELS	CARTWHEELS PARTNER BALANCES & LIFTS	PARKOUR TUMBLING	SOMIS HANDSPRINGS	PARKOUR TRAMPOLINING
Activity	GFA CIRCUIT TRAMP AND BEAM	AMAZING RACES	COOKING	TALENT COMPETITION	DRESS UP AS YOUR FAVOURITE SUPERHERO
Fun time: Outdoor play CHILD'S CHOICE	HOT CHOCOLATE HAND EYE GAMES FREE EXPLORE	TEAM CHALLENGES CRAFTS FREE EXPLORE	CHALLENGE COURSES CHALK GAMES FREE EXPLORE	PARACHUTE GAMES CRAFTS FREE EXPLORE	FORT BUILDING TEAM GAMES FREE EXPLORE