

# Rhodes Avenue Half Term Sports Camp

## WEEK 1

### SPORTS THAT WILL BE DELIVERED

ARCHERY	ATHLETICS (TOKYO OLYMPICS)	BASKETBALL	CREATE YOUR OWN SPORTS GAME OR CHOOSE YOUR OWN SPORT	CRICKET
During Archery, the group will be looking to hit the target from different distances. They will be awarded points for different targets that they hit.	During this sport, we will be doing a mini sports day including different Athletics events that will happen in the Tokyo Olympics. Running Races, Long Jump, Triple Jump, Target Games, Obstacle Course, Egg and Spoon Race, Sack Race and many more!	All children will have their own basketball and we will be doing a number of different skills that will help improve their ball control, shooting and 1v1 attack and defence skills.	The group will decide if they would like to create their very own sports game and show to the rest of the group or they can decide as a group what sport they would like to play.	During Cricket, we will be practicing a number of different skills such as bowling (underarm and overarm), catching (high and low balls), fielding and batting.
DODGEBALL	FOOTBALL	GYMNASTICS	HANDBALL / NETBALL	HOCKEY
During Dodgeball, we will be playing plenty of mini matches but at the same time working on four important key skills which are throwing, catching, dodging and ducking.	During this sport, we will be doing loads of fun and engaging games for the group. We will focus on the following skills; Dribbling, shooting, goalkeeping, ball mastery and passing.	During Gymnastics, we will be using the gym frames, mats and vaults. The children will practice a number of gymnastics shapes and will be asked to create their own gymnastic routine.	During this sport, we will learn and practice the different types of passes that will be used in Handball/Netball. We will also be doing shooting and target activities.	In Hockey, we will practice our dribbling, passing and shooting skills. The children will also play mini 1v1 and 2v2 games.
ROUNDERS	TABLE TENNIS	TAG RUGBY	TENNIS	TRI-GOLF
During Rounders, we will work on our batting, bowling, fielding, throwing and catching skills. We will also have target challenges for the group to complete.	In Table Tennis, the children will play matches and learn about the different types of strokes. We will also set a number of fun challenges where the group will have to hit or land the ball in a target.	During Tag Rugby, we will focus on our speed, agility and awareness skills, as this will help them to get away from an opposition player. We will also work on our throwing and catching skills.	During Tennis, the group will practice their backhand, forehand, serving and footwork skills. We will also set a number of fun challenges where the group will have to hit or land the ball into a target.	During Tri-Golf, we will set the children fun individual challenges to complete. They will also be ask to create their very own crazy golf course.