

Rhodes Avenue - Sports Camp

SPORTS THAT WILL BE DELIVERED

ARCHERY	ATHLETICS (TOKYO OLYMPICS)	BASKETBALL	BOCCIA & KURLING	CREATE YOUR OWN SPORTS GAME OR CHOOSE YOUR OWN SPORT
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.	During boccia and kurling the children will compete in a team and as an individual. They will learn the new skills and techniques that will be required for the sports.	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.
CRICKET	DODGEBALL	FOOTBALL	GYMNASTICS	HANDBALL & NETBALL
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.	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.
HOCKEY	KICK ROUNDERS	LACROSSE	ORIENTEERING	TABLE TENNIS & BADMINTON
In Hockey, we will practice our dribbling, passing and shooting skills. The children will also play mini 1v1 and 2v2 games.	In Kick Rounder will look to develop a control and consistent strike with your feet. The rules of Kick Rounder are very similar to Rounders and the only difference is rather than striking the ball with a bat, you will strike the ball with your feet.	In Lacrosse, all the children will learn the skills and techniques that will be needed for the sport. We will work on scooping, throwing and catching.	In Orienteering, all children will be set a number of problem solving activities that will look to build on their teamwork and communication skills.	In Table Tennis and Badminton, the children will learn about the different types of strokes and how to do them. We will also set a number of fun challenges where the group will have to hit or land the ball/shuttlecock in a target. They will also play singles and doubles matches against each other.
TAG RUGBY	TARGET FRISBEE	TENNIS	TRI-GOLF	VOLLEYBALL
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 throwing and catching skills.	During Target Frisbee, all children will learn a number of skills and techniques such as throwing, catching and aiming accurately.	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 asked to create their very own crazy golf course.	During Volleyball, the children will learn the basic key skills of the sports such as blocking, digging and serving. They will play small sided matches.