

# WEEK 6 - Football Week



| SUMMER SCHEME<br>2022   | Monday                          | Tuesday                       | Wednesday                      | Thursday                      | Friday                         |
|-------------------------|---------------------------------|-------------------------------|--------------------------------|-------------------------------|--------------------------------|
| Registration 8:45- 9:15 | Studio 3                        |                               |                                |                               |                                |
| Session 1 9:15- 10:30   | Swimming                        | Trampolining<br>Main Hall     | Swimming                       | Badminton<br>Minor Hall       | Swimming                       |
| Session 2 10:30- 11:30  | Football<br>OTF                 | Obstacle Course<br>Minor Hall | Football Skills<br>Main Hall   | Uni-hoc<br>Main Hall          | Gymnastics<br>DOJO             |
| Break 11:30-11:45       |                                 |                               |                                |                               |                                |
| Session 3 11:45- 1:00   | Dodgeball<br>DOJO               | Football<br>OTF               | Road to NHL<br>Minor Hall      | Dodgeball<br>DOJO             | Football Skills<br>Minor Hall  |
| Lunch 1:00- 2:00        |                                 |                               |                                |                               |                                |
| Session 4 2:00-3:00     | Balloon Badminton<br>Minor Hall | Dodgeball<br>DOJO             | Dodgeball<br>DOJO              | Football<br>OTF               | Capture the Flag<br>Minor Hall |
| Session 5 3:00- 3:45    | Gymnastics<br>DOJO              | Dance<br>Minor Hall           | Capture the Flag<br>Minor Hall | Parachute Games<br>Minor Hall | Dodgeball<br>DOJO              |
| Break 3:45- 4:00        |                                 |                               |                                |                               |                                |
| Session 6 4:00- 4:45    | Benchball<br>Main Hall          | Yoga<br>DOJO                  | Basketball<br>Minor Hall       | Arts & Crafts<br>Studio 3     | Relaxation Yoga<br>Minor Hall  |
| Pick up 4:45- 5:00      | Studio 3                        |                               |                                |                               |                                |