



JOY SPORTS ACADEMY

Camp Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 - 9:30	Registration + Social time + Story telling				
9:30 - 10:30	Football	Tennis	Archery	Olympic games	Athletics
10:30 - 11:30	Basketball	Art & Craft	Nutrition	Benchball	Yoga & fitness
11:30 - 12:00	LUNCH BREAK + Q&A				
12:00 - 12:40	FREE PLAY & SOCIAL TIME				
12:40 - 13:00	Discharge the 1pm group and regroup the children for the afternoon activities				
13:00 - 14:00	Cricket	Tag rugby	Teambuilding	Golf	Football drills
14:00 - 15:00	Rounders	Puzzles & Problem solving	Origami	Treasure Hunt	Art & Craft
15:00 - 15:30	SNACKS BREAK + FREE PLAY IN THE PLAYGROUND				
15:30 - 16:30	Street Dance	Karate & Self defence	Chess/PublicSp	Multi-Sports	Talent show
16:30 - 17:00	Start getting the belongings and seat in the groups for the HOMETIME				

All the children need to bring their own water bottles.

FREE hot healthy food will be provided to all the children.

Children must come dressed in PE outfits, including their coats.

All activities and trips are subject to availability and the interests of the children and may be changed accordingly.

Children will be rewarded with medals or certificates for their abilities and achievements.

The camp will proceed in all weather conditions as we have indoor facilities available.

This camp is open to all children from other schools.