



# WEEK ONE

**Caldicot Leisure Centre**  
20-24/07/2026

| MONDAY                     | TUESDAY                      | WEDNESDAY             | THURSDAY                   | FRIDAY                       |
|----------------------------|------------------------------|-----------------------|----------------------------|------------------------------|
| Football skills and drills | Mini games                   | Obstacle course       | Round Robin                | Cheerleading                 |
| Detective, Detective       | King of the hill             | Parachute             | Splat                      | Corners                      |
| Flags of the Nation        | Water safety & aerobics      | Water safety & relays | Water safety & water polo  | Water safety & treasure hunt |
| Tic Tac Throw              |                              |                       |                            |                              |
| Kick up                    |                              |                       |                            |                              |
| Water safety & games       | Obstacle races               | Number football       | Football drills and skills | Football match               |
| Cheerleading               | Design your own trading card | Cultural dancing      | Design a football          | Celebration Parade           |
|                            | Backwards football           | Balancing games       | Cheerleading               |                              |
|                            | Crossbar challenge           | 5-a-side              | Team chants                |                              |
| Parachute                  | Splat                        | King of the hill      | Detective, detective       | Red light, green light       |



# WEEK TWO

**Caldicot Leisure Centre**  
**27-31/07/2026**

| MONDAY                    | TUESDAY                      | WEDNESDAY             | THURSDAY                | FRIDAY               |
|---------------------------|------------------------------|-----------------------|-------------------------|----------------------|
| Volleyball                | Bench ball                   | Tennis                | Obstacles               | Scavenger hunt       |
| Parachute                 | Curling                      | Water safety          | Scout camp              | Parachute            |
| Hawaiian Dancing          | Water safety & treasure hunt | Water safety & relays | Water safety & aerobics | Water safety & games |
| Sand box                  |                              |                       |                         |                      |
| Frisbee                   |                              |                       |                         |                      |
| Water safety & water polo | Long jump                    | Pickleball            | Scavenger hunt          | Dodgeball            |
| Rounders                  | Snowball making              | First aid             | Create a map            | Celebration Parade   |
|                           | Balancing games              | Mini golf             | Hoop/mat races          |                      |
|                           | Slalom races                 | Balancing games       | Camp fire games         |                      |
| Detective, Detective      | Snowball fight               | Sharks and fish       | King of the hill        | Keys                 |



# WEEK THREE

**Caldicot Leisure Centre**  
**3-7/08/2026**

| MONDAY                | TUESDAY                   | WEDNESDAY                    | THURSDAY             | FRIDAY                  |
|-----------------------|---------------------------|------------------------------|----------------------|-------------------------|
| Capture the flag      | Number hockey             | Crazy moves                  | Football             | Dance battle            |
| Detective, Detective  | Splat                     | Don't clap this one back     | Corners              | Red light, green light  |
| Superhero design      | Water safety & water polo | Water safety & treasure hunt | Water safety & games | Water safety & aerobics |
| Spatial games         |                           |                              |                      |                         |
| Balancing games       |                           |                              |                      |                         |
| Water safety & relays | Basketball                | Cricket                      | Hockey               | Rounders                |
| Agility course        | Mask making               | Team building                | Design a villain     | Celebration Parade      |
|                       | Hand/eye games            | Targets                      | Bean bag games       |                         |
|                       | Curling                   | Minute game                  | Balancing games      |                         |
| Cosmic yoga           | Parachute                 | Heads down, thumbs up        | Parachute            | Can you move like...    |



# WEEK FOUR

**Caldicot Leisure Centre**

**10-14/08/2026**

| MONDAY                    | TUESDAY               | WEDNESDAY               | THURSDAY                     | FRIDAY               |
|---------------------------|-----------------------|-------------------------|------------------------------|----------------------|
| Relays                    | Volleyball            | Dancing                 | Hurdles                      | Obstacle course      |
| Gymnastics                | Splat                 | Detective, detective    | King of the hill             | Yoga                 |
| Design a mascot           | Water safety & relays | Water safety & aerobics | Water safety & treasure hunt | Water safety & games |
| Long jump                 |                       |                         |                              |                      |
| Bean bag games            |                       |                         |                              |                      |
| Water safety & water polo | Obstacle races        | Relay                   | Bench ball                   | Boxing skills        |
| Dodgeball                 | Design a discus       | Design a flag           | Create a team chant          | Celebration Parade   |
|                           | Shotput               | Bean bag games          | Long jump                    |                      |
|                           | Sprints               | Balancing games         | Javelin                      |                      |
| Walking races             | Corners               | Table tennis            | Gymnastics                   | Badminton            |



# WEEK FIVE

**Caldicot Leisure Centre**  
**17-21/08/2026**

| MONDAY                 | TUESDAY                  | WEDNESDAY             | THURSDAY                  | FRIDAY                       |
|------------------------|--------------------------|-----------------------|---------------------------|------------------------------|
| Predators' vs prey     | Races                    | Pickleball            | Cricket                   | Dodgeball                    |
| Can you move like a... | Detective, detective     | Parachute             | Splat                     | Duck, duck, goose            |
| Mask making            | Water safety & aerobics  | Water safety & relays | Water safety & water polo | Water safety & treasure hunt |
| Obstacles              |                          |                       |                           |                              |
| Corners                |                          |                       |                           |                              |
| Water safety & games   | Netball                  | Number hockey         | Races                     | Rugby                        |
| Capture the flag       | New animal trading cards | Draw favourite animal | Extinct animal portraits  | Celebration Parade           |
|                        | Banana tag               | Curling               | Rounders                  |                              |
|                        | Treasure hunt            | Corners               | Obstacle course           |                              |
| Splat                  | Keys                     | Orienteering          | Detective, detective      | Can you move like a...       |



# WEEK SIX

**Caldicot Leisure Centre**  
**24-28/08/2026**

| MONDAY                    | TUESDAY                      | WEDNESDAY             | THURSDAY                | FRIDAY               |
|---------------------------|------------------------------|-----------------------|-------------------------|----------------------|
| Football                  | Tennis                       | Cricket               | Rugby                   | Netball              |
| Parachute                 | Keys                         | Parachute             | Splat                   | Parachute            |
| Award making              | Water safety & treasure hunt | Water safety & relays | Water safety & aerobics | Water safety & games |
| Bean bag games            |                              |                       |                         |                      |
| Stretching                |                              |                       |                         |                      |
| Water safety & water polo | Gymnastics                   | Basketball            | Badminton               | Pickleball           |
| Rounders                  | Summer flags                 | Quiz                  | Orienteering            | Celebration Parade   |
|                           | Hoop/mat races               | Obstacle race         | Water safety            |                      |
|                           | Circuits                     | Backwards football    | Bench ball              |                      |
| Splat                     | Parachute                    | Tic tac throw         | Parachute               | Disco                |