



WEEK ONE

Chepstow Leisure Centre

20-24/07/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome and Warm up	Welcome and Warm up	Welcome & National Parade	Welcome and Warm up	Welcome and Warm up
Volleyball	Sharks & Fish	Relays & Races	Aqua Aerobics	Water Polo
Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break
Tennis Skills & Mini Tennis Match	Cricket Bowling & Batting Practice	Athletics (sprints, long jump, shot put)	Spacial Awareness Games	Football Drills & Skills
Racket Relays & Tennis Games	Fielding Games & Mini Cricket Match	Mini Athletics Team Events	Rugby Tag Drills & Mini Matches	Club Team Round-Robin Matches
Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
Design Your Own Tennis Outfit	Decorate Your Own Cricket Bat	Make Your Country's Flag	Design a Tour Jersey	Create Your Club Badge
Tennis Obstacle Course & Group Game	Kwik Cricket Tournament	Team Relay Showdown	Team Passing & Rugby Tour Games	Club World Cup Final Match
Tennis Tournament	Structured Play	Circle Games	Rugby Tour - Match	Football Games
Cool Down, Prizes & Pickup	Sports Quiz & Cool Down	Medal Ceremony	Team Awards & Farewell	Trophy Presentation



WEEK TWO

Chepstow Leisure Centre
27-31/07/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome & team Draft	Welcome and Warm up	Welcome and Warm up	Welcome and Warm up	Welcome and Warm up
Spacial Awareness Games	Water Polo	Volleyball	Aqua Aerobics	Lifesaving
Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break
Basketball Skills Stations & Mini Drills	Passing, Pivoting & Shooting Stations	Dig, Set, Spike Skill Challenges	Dodgeball Technique & Reaction Drills	Benchball, Parachute & PE Classics
Team Scrimmages & "Finals" Matches	Nations Cup Netball Matches	Volleyball Court Rallies & Mini Games	Dodgeball Variations + Team Elimination Matches	Fun & Unusual Sports
Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
Create a Jersey for Your NBA Team	Make a Nation's Flag & Team Chant	Design a Volleyball Team Mascot	Create a Dodgeball Team Logo & Banner	Sports Quiz
Basketball Skills Challenge (3-pt, layups, trick shots)	Mini Tournament Finals + "Golden Pass" Contest	Beach Volleyball Style Final Match	Dodgeball Champion's Match & Relay Dash Tournament	TMG Tournament & TMG Cup Finale
Cool Down, Awards & Pickup	Cool Down, MVP Awards & National Anthem	Cool Down & Spike Awards Ceremony	Cool Down, Medals & Team Points Winner	Medal Ceremony, Certificates
Structured Play	Bench Ball	Circle Games	Dodgeball	Structured Play



WEEK THREE

Chepstow Leisure Centre
3-7/08/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome and Warm up	Welcome and Warm up	Welcome and Warm up	Welcome and Warm up	Welcome and Carnival Parade
Spacial Awareness Games	Obstacle Relay	Water Polo	Speed Races & Team Relays	Raft Racing
Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break
Hockey Stick Skills, Passing & Dribbling	Sports Circuit (netball, rugby, track)	Batting & Fielding Skill Stations (cricket, rounders, baseball)	Fast Feet Challenges & Reaction Games	Carnival Game Stations (Target throw, Ring toss, etc.)
Team Matches & World Cup Knockouts	Country Team Events (mini competitions & games)	Rotating Mini Matches: Kwik Cricket, Quicksticks, Baseball	Dodgeball or Bench Ball	Crazy Team Races (Egg & spoon, sack race, 3-legged)
Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
Design Your Team Crest & Hockey Jersey	Create Country Flags & Medals	Bat & Ball Scoreboards + Team Name Poster	Design Your Own Ultimate Event Logo	Carnival Mask Making & Poster Station
Hockey World Cup Final Match + Penalty Shootout	Relay Finale & Medal Ceremony	Danish Longball	Ultimate Obstacle Race & Staff vs Kids Challenge	Parade of Champions & TMG Showcase
Cool Down, Player Awards & World Rankings	Cool Down, Country Points Winner Announced	Cool Down, Fair Play & Power Hitter Awards	Cool Down, Spirit of Sport Awards	TMG Closing Ceremony, Certificates & Carnival Treats
Circle Games	Bench Ball	Structured Play	Circle Games	Structured Play



WEEK FOUR

Chepstow Leisure Centre

10-14/08/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome and Warm up	Welcome and Warm up	Welcome and Warm up	Welcome and Warm up	Welcome and Warm up
Water Polo	Aqua Aerobics	Relay Races	Lifesaving	Raft Race
Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break
Pickleball Drills: Serve, Volley, Rally	Badminton Skill Stations & Serve Accuracy	Tennis Skills: Groundstrokes, Volleys, Serves	Orienteering Basics & Mini Navigation Games	Surprise Skill Stations (tag, throwing, reaction drills)
Doubles Match Play & Mini-Tournament	Group Matches & Tournament Knockouts	Team Doubles & Mini Wimbledon Draw	Orienteering Team Challenges & Map Puzzle Races	Team Challenges Rotation (dodgeball, basketball, benchball)
Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
Design a Paddle & Team Poster	Design Your Badminton Jersey & Medal	Create Tennis Trading Cards	Build a Team Flag & Choose a Team Trail Name	Create Your Own Team Sport Challenge
Pickleball Trick Shot Contest	Championship Finals & Skills Relay	Tennis Obstacle Course + Fun Serve Contest	Orienteering Finale: Clue Quest & Time Trial	Multisport Final Showdown
Cool Down & "Pickleball Pro" Awards	Cool Down & Medal Ceremony	Cool Down & Wimbledon Winners Awards	Cool Down & Compass Champs Ceremony	Cool Down, Farewell & TMG Champion Ceremony
Bench Ball	Circle Games	DodgeBall	Structured Play	Dodgeball



WEEK FIVE

Chepstow Leisure Centre
17-21/08/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome and Warm Up	Welcome and Warm Up	Welcome & Team Briefing	Welcome and Warm Up	Opening Ceremony & Warm Up
Water Basketball & Relay Races	Pool Volleyball & Noodle Tennis	Lifesaving Skills & Raft Challenges	Target Throws in Pool & Float Challenges	Swim Races & Relays
Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break
Baseball Batting Practice	Badminton Skills	Orienteering (simple navigation)	Bean Bag & Target Throw Games	Athletics Finals (sprints, hurdles)
Mini Baseball Game	Net Game Rotations	Team Survival Challenges	Bowling & Accuracy Competitions	Team Sports Rotation
Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
Design Team Caps	Create Your Racket Design	Build a Team Flag	Design Target Boards	Create Medals
American Sports Tournament	King/Queen of the Court	Adventure Team Races	Accuracy Tournament	Team Finals
Game Play	Structured Play	Cool Group Games	Fun Challenges	Team Games
Bench Ball	Circle Games	DodgeBall	Structured Play	Dodgeball



WEEK SIX

Chepstow Leisure Centre
24-28/08/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome and Warm up	Welcome and Warm up	Welcome and Warm up	Welcome and Warm up	Welcome and Warm up
Lifesaving	Water Polo	Aqua Aerobics	Spacial Awareness Games	Raft Race
Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break	Hydration & Snack Break
Football Drills & Skills	Passing, Pivoting & Shooting Stations	Spacial Awareness Games	Hockey Stick Skills, Passing & Dribbling	Danish Longball
Round-Robin Matches	Netball Matches	Rugby Tag Drills & Mini Matches	Team Matches & round robin	Sports Carousel
Lunch Time	Lunch Time	Lunch Time	Lunch Time	Lunch Time
Create Your Club Badge	Design a Netball Kit	Design a Rugby Kit	Design Your Team Crest & Hockey Jersey	YOGA
Kids vs Coaches	Mini Tournament Finals + "Golden Pass" Contest	Team Passing, Matches	Hockey Final Match + Penalty Shootout	Quick Cricket
Football Games	Cool Down, MVP Awards	Wales vs Babarians (Staff vs Kids)	Cool Down, Player Awards & World Rankings	Disco
Trophy Presentation	Bench Ball	Team Awards & Farewell	Circle Games	Dodgeball