

# Fresh<sup>f</sup> kids

holiday club

## Dates

24<sup>th</sup> July – 31<sup>st</sup> August 2018

## Ages

Children aged 5 – 12 years

## Information

Fresh Sports Centre, Thamesmead School  
Sports and Arts & Crafts Holiday Club

Each day is packed with stimulating, fun activities  
running all day, every day throughout the summer



**SUMMER  
HOLIDAYS  
2018**

Fresh Sports Centre, Manygate Lane, Shepperton

Contact us:

E: [info@trainfresh.co.uk](mailto:info@trainfresh.co.uk)

T: 01932 225953 (Fresh Gym)

Book online: <https://bookwhen.com/freshkidsholidayclub>



## Summer Holiday Activity Programme – Week 1 Week 2

Morning Fruit break 10:30am

Lunch: 12:30pm-1:00pm

Afternoon snack: 2:30pm

Every morning is free play with equipment, music, craft materials and staff interaction, followed by parachute games or other team, confidence and self-esteem building games. There's structured daily art activities – as well as materials available all day - imagination being the only limitation. We have sports and active games everyday - fun for all ages and abilities; we'll always try and make time for some spontaneous games to play too! Weather permitting we'll be spending time outside on our beautiful playing field. Every day is so jam-packed with activities, we know it's also important to have a little down time. At the end of the day we build dens and snugs as a team where you can play board games, cards or bring your favourite book to read. Those who still have some energy left can join in our party-style games until home time.

The listed activities on these programmes are just a tiny snippet of full days' activities. There are certificates awarded daily for Sportsmanship, Attitude, Leadership and a special Helpful Helper Certificate.

Please do wear old clothes, apply sun lotion generously, wear a sun hat and bring a re-fillable drink bottle.

Day	Activities - Week 1 (23 <sup>rd</sup> -27 <sup>th</sup> July)	
<b>Monday</b> 23 <sup>rd</sup> July	<b>INSET DAY</b> <b>SORRY WE ARE CLOSED THIS DAY</b>	
<b>Tuesday</b> 24 <sup>th</sup> July	Snowball Fight – to help break the ice 'It's All About Me' canvas collage Jazzy Fruit Lollies Googley eye hand-puppets <b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>	Capture the Flag & Danish long ball (outside) Football Kick About
<b>Wednesday</b> 25 <sup>th</sup> July	Wembley Singles Crafting Paddles for Balloon Tennis Bench Ball and Basketball Shoot-outs <b>SPECIAL EVENT: Tag Team Relays</b>	Jail Break and Farmers Yard Biscuit Decorating Snake Finger Puppet Craft
<b>Thursday</b> 26 <sup>th</sup> July	Volley Ball with XL Balloons Nature Collage and Scavenger Hunt Decorate and Plant a Sunflower Pot <b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>	Candy Apple Creations Penalty Shoot-outs Rounders
<b>Friday</b> 27 <sup>th</sup> July <b>Hot! Hot! Hot!</b>	Bon Fine Cone Food Craft Dragon Egg Raiders Capture the Flag Fire Themed Face Painting <b>SPECIAL EVENT: The Floor is Lava Assault Course</b>	Hot Potatoes Active Game Fire Ball Pom Pom Craft Plant a Chilli Pepper

Day	Activities - Week 2 (30 <sup>th</sup> July – 3 <sup>rd</sup> August)	
<b>Monday</b> 30 <sup>th</sup> July	Edible Tea Cup Treats Cress Heads Wink Murder, Duck, Duck Goose (outside) Cup & Ball Craft <b>SPECIAL EVENT: Ninja Warrior Assault Course</b>	Rounders Badminton King of the Court
<b>Tuesday</b> 31 <sup>st</sup> July	Fluffy Slime Craft Plant a Salad Garden Jail Break, Splat & Reverse Limbo <b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>	Dr Doge Ball Game Penalty Shoot-outs Fruity Sundaes
<b>Wednesday</b> 1 <sup>st</sup> August	Rock Decorating Create a Squishy Dance Routines & Cheer Leading <b>SPECIAL EVENT: It's a Knock Out Obstacle Course</b>	Fruit Cup People Football Tournaments Danish Long Ball
<b>Thursday</b> 2 <sup>nd</sup> August	Ice Cream Cup Cake Creations Staged Combat/Stunt Double Scenes Decorate a Pot & Plant a Pepper <b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>	Monkey Football Bench Ball & Bull Dog Family Tag & Frisbee Bowling
<b>Friday</b> 3 <sup>rd</sup> August <b>Pirates &amp; Mermaids</b>	Pirate Hats Craft Mermaid Braids and Bracelets Hidden Treasure Capture the Flag <b>SPECIAL EVENT: Pirate Training Obstacle Course</b>	Shark and Life Guards Game 1-Legged Pirate Penalties Scavenger Hunt



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Day	Activities - Week 3 (6 <sup>th</sup> August – 10 <sup>th</sup> August)	
<b>Monday</b> 6 <sup>th</sup> August	King of the Court Tennis Capture the Flag Splat, Wink Murder & The Blog	Candy Apple Decorating Make a Cress Head Football
	<b>SPECIAL EVENT: Shark and Life Guards Obstacle Course Game</b>	
<b>Tuesday</b> 7 <sup>th</sup> August	Badminton Elbow Tag and Jail Break Desert Island Game and Dodgeball	Fruit Kebabs Rounders Basket Ball Shoot-outs
	<b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>	
<b>Wednesday</b> 8 <sup>th</sup> August	Netball with Numbers Warm-Up Reverse Limbo, Duck, Duck, Goose and Frog Murder Gymnastic Routines and Shows Cake Decorating	Danish Long Ball Monkey Football
	<b>SPECIAL EVENT: Tag Team Relays (Outside)</b>	
<b>Thursday</b> 9 <sup>th</sup> August	Penalty Shoot-outs Volley Ball with XL Balloons Life Guards and Sharks, Cat and Mouse	Helicopter Spinners Craft Fruit Cup Men Silent Ball and Bull Dog
	<b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>	
<b>Friday</b> 10 <sup>th</sup> August Super Heroes	Super Hero Back Story Hero Mask Catch the 'Baddie' Team Game	Super Hero Photo Shoot Capture the Flag Staged Combat Scenes
	<b>SPECIAL EVENT: Hero Training / Boot Camp Course</b>	

Day	Activities - Week 4 (13 <sup>th</sup> August – 17 <sup>th</sup> August)	
<b>Monday</b> 13 <sup>th</sup> August	Jail Break Make Beaded Bracelets Numbers Sports Game	Fruit Sundaes Rounders Tennis Doubles
	<b>SPECIAL EVENT: The Floor is Lava Obstacle Course</b>	
<b>Tuesday</b> 14 <sup>th</sup> August	Rock Decorating Twirling Spinners Craft Quick, Kick Around & Frisbee Bowling Dinosaur Sand Ups Craft	Bonfire Cones Bench Ball
	<b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>	
<b>Wednesday</b> 15 <sup>th</sup> August	Monkey Football Flapping Fish Races Basket Ball with Foxes Tail Warm-up Game Danish Long Ball	Cress Heads Pokemon Pong
	<b>SPECIAL EVENT: Indiana Jones Dodge Ball Course</b>	
<b>Thursday</b> 16 <sup>th</sup> August	Rainbow Fruit Kebabs King of the Court Badminton Family Tag, Snakes & Tail & Road Block Games Dr Dodge Ball	Googley Eye Hand Puppets Parachute Men Toy Craft
	<b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>	
<b>Friday</b> 17 <sup>th</sup> August 'Magical Day'	Dragon Egg Raiders Learn Magic Tricks Cup and Ball Craft	Football Tricks Moving Picture Craft Fruit Wands
	<b>SPECIAL EVENT: Group Magic Shows</b>	



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Day	Activities - Week 5 (20 <sup>th</sup> August – 24 <sup>th</sup> August)	
<b>Monday</b> <b>20<sup>th</sup> August</b>	Numbers Basket Ball Rounders Grandma's Footsteps	Rock Painting Biscuit Decorating Elbow Tag
<b>SPECIAL EVENT: Ninja Warrior Assault Course Tag Teams</b>		
<b>Tuesday</b> <b>21<sup>st</sup> August</b>	Make Space Slime Badminton Desert Island Shark Game	Fruity Cupcakes Football Tournaments Road Block
<b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>		
<b>Wednesday</b> <b>22<sup>nd</sup> August</b>	Beaded Bracelet Making Decorate a Pot & Plant a Sun Flower Balloon Tennis	Reverse Limbo Game Danish Long Ball Candy Apple Decorating
<b>SPECIAL EVENT: 3-Legged Race Course Relays (Outside)</b>		
<b>Thursday</b> <b>23<sup>rd</sup> August</b>	Corners Game King of the Court Tennis Tournament Super Fly Aeroplane	Jazzy Fruit Lollies Make Pom Pom Characters Cup and Ball Craft
<b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>		
<b>Friday</b> <b>24<sup>th</sup> August</b> <b>'Really Wild'</b>	Make and Decorate a Bird House Animal Farmers Yard & Crabby Football Snake Puppets Craft Dragon Egg Raiders Capture the Flag	Nature Collage Nature Scavenger Hunt Make a Mini-Beast Garden Wild Biscuit Decorating
<b>SPECIAL EVENT: Animal Obstacle Course Team Relays</b>		

Day	Activities - Week 6 (27 <sup>th</sup> August – 31 <sup>st</sup> August)	
<b>Monday</b> <b>27<sup>th</sup> August</b>	<b>BANK HOLIDAY</b> <b>SORRY WE ARE CLOSED THIS DAY</b>	
<b>Tuesday</b> <b>28<sup>th</sup> August</b>	Twirling Spinners Craft Basket Ball Numbers Foxes Tail Game	Tennis Penalty Shoot-outs Super Fly Ring Aeroplane Craft
<b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>		
<b>Wednesday</b> <b>29<sup>th</sup> August</b>	Ice Cream Cupcake Creations Parachute Toy Men Craft Football	Danish Long Ball Biscuit Decorating Fruity Creations
<b>SPECIAL EVENT: It's a Knock Out Obstacle Course</b>		
<b>Thursday</b> <b>30<sup>th</sup> August</b>	Fruit Sundaes Jail Break, Splat, Silent Ball Games Family Tag, Snakes Tail, Desert Island Game Basket Ball	Make a Salad Garden Rounders
<b>SPECIAL EVENT: Bouncy Castle &amp; Rope Swing Combo</b>		
<b>Friday</b> <b>31<sup>st</sup> August</b> <b>Party Day!</b>	Bench Ball – Staff v Attendees Capture the Flag, Numbers & Corners King of the Court Badminton As many party games as we can squeeze in ....	Squishy Craft Party Poppers & Hat Crafts
<b>SPECIAL EVENT: Disco with Balloons &amp; Face Painting</b>		