



SAMPLE ACTIVITY SCHEDULE

Each day there will be multiple activity stations setup for the children to choose from plus an additional group activity powered by our whole of child programming categories.



Creative Zone

Creative sessions that encourage children to express themselves and explore their senses & creativity



Learn Zone

Child led discovery sessions that encourage children to learn through play, energise their interests and develop friendships



Wellness Zone

Wellbeing sessions that educate and engage children in the benefit of leading a well-balanced healthy lifestyle.



Fit Factor

Fun movement-based sessions that inspire, educate, engage and motivate children to move more.



Thrive Time

Life skill sessions that gives children the opportunity to learn, thrive and take part in structured fun & practical sessions



Super Sports

Action packed, high energy multi-sport sessions designed to engage children through physical activity and encourage participation

	MOVEMENT MONDAY	EXPRESSIVE TUESDAY	WELLNESS WEDNESDAY	THRIVING THURSDAY	FRIENDLY PLAY FRIDAY
Breakfast Club 7:30am - 9:00am	Fit For Sport's Extended School Clubs run every day during term time from 7.30am each morning. A perfect way to start the school day, giving your child a healthy and nutritious breakfast as well as the opportunity to prepare their bodies and minds by participating in a wide range of activities.				
7:30am - 8:00am	Welcome Games & Healthy Breakfast	Welcome Games & Healthy Breakfast	Welcome Games & Healthy Breakfast	Welcome Games & Healthy Breakfast	Welcome Games & Healthy Breakfast
8:00am - 8:45am	Super Sports, Fit Factor or Wellness Zone Activity	Super Sports, Fit Factor or Wellness Zone Activity	Super Sports, Fit Factor or Wellness Zone Activity	Super Sports, Fit Factor or Wellness Zone Activity	Super Sports, Fit Factor or Wellness Zone Activity
8:45am - 3:00pm	School Day	School Day	School Day	School Day	School Day
After School Club 3:30pm - 6:00pm	After a day of structured learning children need to be able to release their energy from being sedentary in their classrooms. Our after-school care not only provides children with a wide range of activities but offers parents who require childcare up to 6pm peace of mind that they will be kept active and engaged by qualified and experienced staff. To keep energy levels up all children receive a healthy and nutritious snack.				
3:30pm - 4:00pm	Welcome & Healthy Snack	Welcome & Healthy Snack	Welcome & Healthy Snack	Welcome & Healthy Snack	Welcome & Healthy Snack
4:00pm - 4:45pm	Super Sports or Fit Factor Activity	Creative Zone Activity	Wellness Zone Activity	Thrive Time Activity	Learn Zone Activity
4:45pm - 5:15pm	Learn Zone Activity	Super Sports or Fit Factor Activity	Super Sports or Fit Factor Activity	Super Sports or Fit Factor Activity	Super Sports or Fit Factor Activity
5:15pm - 6:00pm	Farewell Games	Farewell Games	Farewell Games	Farewell Games	Farewell Games

*all activities subject to change.