

## Ysgol Cwm Brombil- Food & Fun 2024

Week 1 YCB commencing 22 <sup>nd</sup> July 2024					
	Monday	Tuesday	Wednesday	Thursday	Friday
8.30-9.00	Pick ups	Pick ups	Pick ups	Pick ups	Pick Ups
9.00-9.30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30-10.30 Activity 1	Hockey Wales (all day)	Nutritional activities	Nutritional Activities- O	Parachute games	Rounders
10.30 – 10.45	Break	Break	Break	Break	Break
10.45-12.15 Activity 2	Team building activities	Team building	Capture the flag	Yoga/HIIT	Kwik Cricket
12.15-1.00	Lunch	Lunch	Lunch	Lunch	Lunch
1.00-2.00	Digital games / learning	Bench ball	Digital games / learning	Badminton	Digital games / learning
2.00	Drop offs	Drop offs	Drop offs	Drop offs	Drop

Week 2 YCB commencing 29 <sup>th</sup> July 2024					
	Monday	Tuesday	Wednesday	Thursday	Friday
8.30-9.00	Pick ups	Pick ups	Pick ups	Pick ups	Pick ups
9.00-9.30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9.30-10.30 Activity 1	Nutritional activities	Just dance session	Yoga	WRU- Sessions (all day)	Nutritional Activities
10.30 – 10.45	Break	Break	Break	Break	Break
10.45-12.15 Activity 2	Tennis	Health related fitness	Nutritional activities	HIIT circuit	Dodgeball
12.15-1.00	Lunch	Lunch	Lunch	Lunch	Lunch
1.00-2.00	Digital games / learning	Multi sports	Digital games / learning	Games session	Digital games / learning
2.00	Drop offs	Drop offs	Drop offs	Drop offs	Drop offs

Week 3 YCB 5 <sup>th</sup> & 6 <sup>th</sup> 2024		
	Monday	Tuesday
8.30-9.00	Pick ups	Pick ups
9.00-9.30	Breakfast	Breakfast
9.30-10.30 Activity 1	Nutritional activities - O	Multi sports
10.30 – 10.45	Break	Break
10.45-12.15 Activity 2	Rounders	Health related fitness
12.15-1.00	Lunch  Family Meal- Parents invited to attend	Lunch
1.00-2.00	Bench ball	Digital games / learning
2.00	Drop offs	Drop offs