

S4K HOME CLUB TIMETABLE

WEEKLY MONDAY-FRIDAY PLANS

Time

2:45PM

3:00PM

3:30PM

4:00PM

4:30PM

4:45PM

5:15PM

6:00PM

**MOTIVATION
MONDAY**

**TEAMWORK
TUESDAY**

**WELLNESS
WEDNESDAY**

**THOUGHTFUL
THURSDAY**

**FITNESS
FRIDAY**

SET-UP

NUTRITIONAL SNACKS
+ INDOOR CREATIVE PLAY

(LEGO, Arts&Crafts, Board-Games, Puzzles, Books)

PHYSICAL PLAY

Tag Games

Team Relay Games

Capture The Flag

Team Building Games

Obstacle Courses

SPORTING PLAY

Dr Dodgeball

Football Rounders

Balloon Volleyball

Uni-hoc Tournament

Kwik Cricket

MINDFULNESS
BREAK

MULTI-ACTIVITY PLAY

Hungry - Hippos

Dinamo Dodgeball

Benchball

4-Colour Eliminator

Crab Football

EDUCATIONAL SUPPORT
+ OUTDOOR CREATIVE PLAY

(Soft Balls, Adventure-Playground, Tag Games)

HOME TIME

S4K