

Sports Camp

Week 4: Sports Camp - Atwood Community Centre

Please bring a swimsuit, towel, lunch, water bottle, sunscreen, and extra clothes to camp every day!

Leaders: Brett, Rachel, CJ, & Reid

Monday, July 21st, 2025: Welcome to Sports Camp, where we will play all your favourite sports! We will start the morning with a morning circle game before playing some Tic-tac-toe Frisbee". After snack, we will create banners for our teams before playing a game of "2 Way Frisbee". After lunch, we will head to the Atwood Lions Pool to cool off after burning so much energy! We will end the day with soccer-baseball and a game of "World Cup" !



Tuesday, July 22nd, 2025: Today is Jersey Day so make sure to rock your favourite team's jersey! We will start our morning with a morning circle game before playing "Crossover Dodgeball". After snack, we will do a craft to create our own jersey. We will do some basketball drills to warm up for our basketball game later. After lunch, we will head to the park before getting ready for baking with Tilly. We will end the day with basketball games!

Wednesday, July 23rd, 2025: Touchdown!!! Are you ready for a fun day of football? We will start the morning with our morning circle game before doing some football practice. After snack, we will create a football headband and do a "Football Relay Race". After lunch, we will head to the park for some playground time before doing some "Monkey in the Middle Football". We will end the day with some "Flag Football" and a game of "Catch, don't Catch".

Thursday, July 24th, 2025: Remember to bring your mini sticks because today we are going to have our mini sticks tournament! We are going to start our morning with some sports-themed games before making a trophy for craft. We will then do the kindness initiative to reflect on all the kind deeds others have done for us this week before lunch time. After lunch, we will have a visit from the forest school to do some fun activities. We will then end our day with our mini-sticks tournament.

Friday, July 25th, 2025: We are the champions!!! Everyone did so great this week! We are going to start the morning with some volleyball games before doing a volleyball craft. We will then play "Four-corner Volleyball" before lunch. After lunch, we will head to the Atwood Lions Pool to beat the summer heat! We will end our week with some "Four-square and our medal ceremony.



Website: www.northperth.ca Camp Cell Phone Number: 519-291-7691
North Perth Recreation Summer Camp