




SPORTS CAMP

Monday 6 April	Tuesday 7 April	Tuesday 14 April
<p>Gymnastics Workshop 9.00-12.00pm Practice and perform routines in a fun and safe environment using gym equipment :</p> <ul style="list-style-type: none"> • Floor work/ Partner work • Apparatus work • Vaults 	<p>Team Games/ Ball Games 9.00-12.00pm Have a go at :</p> <ul style="list-style-type: none"> • Fun games / races • Handball • Basketball • Tag rugby • Hockey 	<p>Gymnastics Workshop 9.00-12.00pm Practice and perform routines in a fun and safe environment using gym equipment :</p> <ul style="list-style-type: none"> • Floor work/ Partner work • Apparatus work • Vaults
<p>Dance Workshop 12.30-3.30pm Practice and perform routines:</p> <ul style="list-style-type: none"> • Movies-Greatest showman • Pop routines- little mix • Hip- hop/Street dance 	<p>Target Games Workshop 12.30-3.30pm Have a go activities such as :</p> <ul style="list-style-type: none"> • Archery • Dodgeball • Kurling • Tri golf 	<p>Dance Workshop 12.30-3.30pm Practice and perform routines:</p> <ul style="list-style-type: none"> • Hip hop • Street dance • Pop routines
Wednesday 15 April	Thursday 16 April	Friday 17 April
<p>Parkour Workshop 9.00-12.00pm Learn how to do different types of vaults, jumps, rolls and climbs in a safe environment using gym apparatus/ mats.</p>	<p>Skateboarding Workshop 9.00-12.00pm by abc skateboarding Learn how to do basic skills and tricks</p> <ul style="list-style-type: none"> • Use ramps • Fun Challenges <p>All equipment provided</p>	<p>Ipswich Town Football Skills Workshop 9.00-12.00pm Ipswich town coaches will help develop your football Skills- passing, dribbling, shooting in fun games</p>
<p>Capoeira 12.30-3.30pm Capoeira is a martial art that combines elements of fight, acrobatics, music, dance and rituals in a very elegant and magnetic way. It is often called "Capoeira game" that is played, not a fight. The uniqueness of Capoeira will give your body physical strength, power and flexibility and your mind self-confidence, concentration, courage and creativity.</p> 	<p>Cycling Workshop -12.30-3.30pm</p> <ul style="list-style-type: none"> • Fun games • Races • Ramps <p>All equipment provided</p> 	<p>Ipswich Town Football Festival and Challenges 12.30-3.30pm Test yourself and your team mates in various football Challenges. Prizes to be won Play in a football tournament</p> 

All sessions are run by trained and qualified staff.

6-7April and 14-17 April 2020

**AGES: 5 – 12 Venue: Beyton Campus (IP30 9AA)
£10 per workshop**

Contact: 07734495860 / whopkinjones@thurstoncollege.org or
willhopkinjones@hotmail.com

www.gvtssp.org





Thurston Sixth, Beyton Campus, Drinkstone road beyton, Suffolk IP30 9AA
Tel: 07734495860 Email: whopkinjones@thurstoncollege.org

Sports Camp

6-7 and 14-17 April 2020

TIME: Am Workshop:9.00-12.00pm / Pm Workshop 12.30-3.30pm and Day 9.00-3.30pm
AGES: 5 – 12 **Venue:** Beyton Campus (IP30 9AA)

COST: £10 per workshop
(If booked for all day please bring own lunch)

Please write below which day/s and times you wish to attend

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Name(s): **D.O.B**

..... **D.O.B**

Address:.....

..... **Postcode:**.....

Tel No:.....**Mobile No:**.....

Emergency Name & No:.....

Email:.....

School

Medical Conditions.....

Parent/Guardians Signature:.....

Please note:

- **Please send applications by 2 April**
- Lunch is **not** provided
- It is the parents responsibility to ensure appropriate clothing is worn/and or available for the child for the activity provided and weather conditions.
- In the event that we have to cancel a club for any reason, a full refund will be issued to the person who booked.

Please tick the box if you do not wish your child to be included in group photographs

Please contact me by phone, email or by sending your completed form to make booking and arrange payment.

Mr W Hopkin-Jones
Thurston Sixth, Beyton campus
Drinkstone road
Beyton
IP30 9AA

