

Sport for Life Holiday Clinic
Bishop Druitt College - January 2012



Monday 16th January

Mini-Tennis

Multi-Skill Games

Hip Hop

Fitness

Athletics

(Baton Changes/Discus)

Gymnastics

(Jumping/Landing & Floor)

Thursday 19th January

Baseball

Multi-Skill Games

Hip Hop

Touch Football

Athletics

(Starts & Finishes/Javelin)

Gymnastics

(Beam/Vault)

Tuesday 17th January

Mini-Tennis

Multi-Skill Games

Hip Hop

Baseball

Athletics

(Hurdles & Shot Put)

Gymnastics

(Floor/Bars)

Monday 23rd January

Mini-Tennis

Multi-Skill Games

Hip Hop

Fitness

Athletics

(Hurdles/Javelin)

Gymnastics

(Jumping/Landing & Floor)

Wednesday 18th January

Mini-Tennis

Multi-Skill Games

Hip Hop

Soccer

Athletics

(Sprints/High Jump)

Gymnastics

(Mini Tramp/Balance/Acrobatics)

Wednesday 25th January

Mini-Tennis

Multi-Skill Games

Hip Hop

Baseball

Athletics

(Starts/Finishes & Shot Put)

Gymnastics

(Floor/Bars)