Camp Nugget Tentative Schedule

Week 1 Focus = Cooperative Games

Week 2 Focus = Locomotor

Week 3 Focus = Fitness

Week 4 Focus = Ball Skills

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| **Younger Groups** | **Older Groups** |
| 9-9:10am  Welcome | 9-9:10am  Welcome |
| 9:15-9:30am  Warm-up | 9:15-9:30am  Warm-up |
| 9:30-9:45am  Team Time | 9:30-9:45am  Team Time |
| 9:45-9:50am  Transition (5 min) | 9:45-10:05am  Snack time |
| 9:50-10:30am Stations (10 min x4) |  |
| 10:30-10:50am  Snack Time | 10:05-10:15 Transition to swim |
| 10:50-11am  Get ready/Walk to Aquatics | 10:15-11am Swim |
| 11-11:45  Aquatics | 11-11:10am  Transition to field |
| 11:50-11:55  Walk back to KIN 62 | 11:10-11:55am  Stations (10 min x4) |
| 11:55am to 12:00pm Tap Out | 11:55am to 12:00pm Tap Out |