

ACTIVE SCHOOLS SUMMER CAMP



I'm Starlight, the Active Schools Mascot. Here is our **Summer Camp** to help you **stay more active more often at home.**

Try the activity below on each day of the holidays. Have fun & Good Luck
#StayHealthyStayActive

You can also scan the QR code below to access the videos and activity cards on our website

<https://www.joininedinburgh.org/sports/active-schools/summercamp/>

SCAN ME



Active Schools Summer Camp is virtual this year and you will find a different activity to do each day of the summer holidays.

Thank you to all the people who contributed to this year's summer camp.

- Ryan Harrower, Tennis DO and the tennis clubs in Edinburgh who have provided videos
- Jack Beasley, Football DO for all the football challenges
- Judy Bell, Scottish Orienteering
- Live it Dance
- Scottish Disability Sport
- City of Edinburgh Basketball Club
- Scottish Volleyball

Active Schools Summer Camp - Inclusion

Active Schools want everyone to be able to enjoy and take part in the Active Schools Summer Camp. We recognise that some of the exercises and activities will not be suitable for everyone so please feel free to adapt the sports and games to reflect the ability of your child. For each of the activities on offer you'll find details of STEPS* adaptation cards both on the website and within your pack. We are also using activity cards created by Scottish Disability Sport throughout the camp which provide fun activities for the whole family and are suitable for children both with and without a disability.

*The STEPS approach provides suggestions for changing the Space, Task, Equipment, People and Specifics to promote the inclusion of participants with specific impairments, for example, a wheelchair user, someone with a learning disability, etc.

	 		https://www.joininedinburgh.org/sports/active-schools/summercamp/						
			Week 1 (29 June – 3 July)	Week 2 (6-10 July)	Week 3 (13–17 July)	Week 4 (20-24 July)	Week 5 (27- 31 July)	Week 6 (3-7 Aug)	
Monday			Active Schools Game (Fitness)	Target Golf	Bowls	Orienteering Part 2	Basketball	Beep Beep & Bean Bag Skittles	
Tuesday			Tennis	Frisbee	Active Schools Game (Sports)	Walking Bingo	Dance	Walking Bingo	
Wednesday			Obstacle Relay	Tennis	Basketball	Netball	Animal Balance & How fast can you pass	Football	
Thursday			Netball	Volleyball	Tennis	Throw, Kick and Fetch & Call Ball	Bowls	Frisbee	
Friday			Orienteering Part 1	Walking Bingo	Dribble and Shoot & Snake Slalom	Athletics	Tennis	Active Schools Game Choice	

Contents of the summer pack available online:

<https://www.joininedinburgh.org/sports/active-schools/summercamp/>

1. **Activities for each day of the holidays**
2. **Active Schools Sport and Fitness Board Games**
3. **Mental Health Activities**
4. **Our A-Z Physical Activity Challenges**
5. **Our Number challenges**

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