

# JULY 20TH-24TH

## WEEK THREE: CAMP OLYMPICS (JR'S)

### What to Bring:

- \*Peanut & tree nut free lunch
- \*water bottle
- \*spare clothing
- \*bathing suit
- \*sunscreen

### Monday

The Great Parachut Toss

DIY Schoolyard Bowling

Team Flag Creations



### Tuesday

**TOURNAMENT TUESDAY!**

Giant Board Game Fitness

DIY Sports Drink Lab

### Wednesday

**FDSC SOCCER CLINIC!**

Pool Noodle Hurdle Dash

Symmetrical Jersey Design

### Thursday

Long Jump Measurement

Lab

Fitness Twist:

The Strongman/  
woman Challenge



### Friday

**CAMP RELAY  
RACE!**



**\*\*Tournament Tuesday: Dress in your favourite team jersey and compete in friendly tournaments!**