

# Inspire Camp Schedule 2021

Drop-off: 7:45-9:00am

Pick-up: 3:00pm

Martial Arts Theme of the week: Muay Thai strikes and kicks week 1,3,5,7/ Philippine Martial Arts week 2,4,6,8

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Drop Off:</b> 7:45-8:15am	Dojo A: Check In, Flex Time, Creative building activities, Coloring, etc.				
8:15-9:00am	Divide into Two separate groups for the day and head into either Dojo B or C. Dojo B+C: Orientation/Rules/Theme of the day/Martial Arts warmups				
9:00-10:00am Groups rotate after 30 min.	Dojo B: Relay races Dojo C: Paper Airplane Workshop	Dojo B: Martial Arts: Theme of the week Dojo C: Creative building Activities	Movie Projected on the wall in Dojo C. 10am Snack	Dojo B: Movie Star Drill/Focus Game Dojo C: Creative Building Activities	Dojo B: Martial Arts theme of the week. Dojo C: Board Games
10:00-11:00am Groups rotate after 30 min.	Dojo B: Parachute Games Dojo C: Snack/Create Poster with the theme of the day.	Dojo B: Limbo/Jumping challenge Dojo C: Snack/What am I		Dojo B: Martial Arts Theme of the week. Dojo C: Snack/What am I	Dojo B: Karate Bowling/Blindfold Bowling Dojo C: Snack/Sifu Says
11:00-12:00pm Groups rotate after 30 min.	Dojo B: Martial Arts: Theme of the week. Dojo C: Board Games	Dojo B: Flying Side Kicks, Relay Races Dojo C: Board Games		Dojo B: Crabwalk Soccer/Karate Base Dojo C: Creative Building Activities	Dojo B: Martial Arts: Pop up front kick/Flying side kick/Relays Dojo C: Creative Building Activities
12:00-1:00pm Groups rotate after 30 min.	Dojo B: Karate Bowling/Koala Dojo C: Lunch/Riddles	Dojo B: Obstacle course Races Dojo C: Lunch/Coloring	Dojo B: Nerf Battle Dojo C: Lunch/Riddles	Dojo B: Martial Arts: flying side kicks Dojo C: Lunch/Color Poster of the week	Dojo A: karate ball/ baseball Dojo C: Lunch/Riddles
1:00-2:00pm Groups rotate after 30 min.	Dojo B: Nerf Target Practice Dojo C: Creative Building Activities	Dojo B: Karate ball/Pinball Dojo C: Board Games	Dojo B: Martial Arts Theme of the week Dojo C: Rock Painting	Dojo B: Karate Ball/Pinball Dojo C: Board Games	Dojo B: Parachute Games Dojo C: Mario Kart Competition.
2:00-2:40pm Groups rotate after 20 min.	Dojo B: Martial arts: Front Kick/Pop up Front Kick Dojo C: Snack/	Dojo B: Martial Arts: Board Breaking Practice = Hands Dojo C: Snack, Decorate Boards	Dojo B: Karate bowling/Koala Dojo C: Snack/Color Poster of the week/	Dojo B: Martial Arts – Board Breaking Practice = Feet Dojo C: Snack/ Decorate Boards	Dojo B: Obstacle Course Races Dojo C: Snack/Follow the Leader
2:40-3:00pm	Dojo B and C: Finale Drills/Review Martial Arts Techniques/Tuesday and Thursday Board Breaking!				
3:00pm	Pick Up in Dojo B and C				
<b>Bring Daily</b> - Bag Lunch (we provide snacks 2 times a day and pizza on Friday) - Water bottle - Mask	<b>Bring Monday</b> - Bag lunch - Water bottle - Mask	<b>Bring Tuesday</b> - Bag lunch - Water bottle - Mask	<b>Bring Wednesday</b> - Bag lunch - Water bottle - Mask	<b>Bring Thursday</b> - Bag lunch - Water bottle - Mask	<b>Bring Friday</b> - We provide lunch = Pizza! - Water bottle - Mask