

Inspire Camp Spring Break Schedule 2022

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

Pick-up: 3:00pm

Martial Arts Theme of the week: **Jump Kicks**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Drop Off: 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 Couse 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 | | | | |
| Bring Daily - Bag Lunch (we provide snacks 2 times a day and pizza on Friday) - Water bottle - Mask | Bring Monday - Bag lunch - Water bottle - Mask | Bring Tuesday - Bag lunch - Water bottle - Mask | Bring Wednesday - Bag lunch - Water bottle - Mask | Bring Thursday - Bag lunch - Water bottle - Mask | Bring Friday - We provide lunch = Pizza! - Water bottle - Mask |