

BEFORE & AFTER SCHOOL · GRADES 1–5

After-School Club Activities

5 ready-to-run sessions

How this pack works

Five activities, each designed to fill 30–45 minutes of after-school club. Mixed-age friendly, minimal prep, low-cost. Good for staff who are tired, parents who are volunteers, and kids who've already done a full school day. Print and keep in your club folder.

Activity 1 — Junk Modelling Challenge

What you need

A pile of junk (cardboard tubes, boxes, lids, plastic tubs). Glue, tape, scissors, markers. Some string and elastic bands.

How to run (45 min)

Set a theme: 'The strangest vehicle', 'A house for a giant', 'A robot pet'. Children build for 30 minutes. Last 10 minutes: each child shows their creation and names it. Last 5 minutes: tidy up.

Activity 2 — Cooking without a kitchen

What you need

Ingredients for one no-cook recipe. Energy balls work brilliantly: dates (pitted), oats, peanut butter, honey, cocoa powder. Bowls, spoons, baking trays, cling film.

How to run (40 min)

Show the recipe. Children work in pairs. Mash dates, mix everything, roll into balls, chill if possible. While chilling, children write a recipe card to take home. CHECK ALLERGIES FIRST.

Activity 3 — The Mini-Olympics



What you need Hall, playground, or large indoor space. Cones, beanbags, hoops, paper, pencils for scoring.	How to run (45 min) Five quick events: standing long jump, beanbag throw, hoop roll, sprint relay, balance walk. Each child does each event, scoring 1–5. Total scores count. Award medals (paper) at the end. Everyone wins something.
--	---

Activity 4 — Detective Day

What you need Magnifying glasses (or pretend ones from card). Notebooks, pencils. A 'crime scene' you've set up before they arrive.	How to run (45 min) A 'mystery' has happened — class hamster moved cages, secret note left behind, missing teddy. Children investigate clues, take statements, write up findings. End with a 'detective conference' where each team presents their theory.
---	--

Activity 5 — Mindfulness & Movement

What you need Open space. Calming music. Yoga mats or carpet. (Optional) lavender spray for atmosphere.	How to run (35 min) 10 min: gentle stretches and big breaths. 10 min: simple yoga (downward dog, warrior, tree). 10 min: guided visualisation (children lie down, imagine a peaceful place). 5 min: sit up slowly, share one good thing about today.
---	--

Behaviour notes

Children at after-school club are **TIRE**D. Their school day is finished and their willpower is low. The activities above are deliberately calmer than school lessons. Keep instructions short, expectations gentle, and praise generous. The aim is not learning — it's a happy, calm hour.

