

BEFORE & AFTER SCHOOL · GRADES 1–4

Holiday Club Week

5 days, 5 themes, mixed ages

Five-day overview

Day	Theme	Main activity
Monday	Sports day	Mini-Olympics across the playground/hall
Tuesday	Art studio	Big collaborative class painting + clay models
Wednesday	Science day	5 simple experiments in rotating stations
Thursday	Bake-off	No-cook recipes + baking competition
Friday	Showcase day	Talent show + display of the week's work

Monday — Sports day (4 hours)

MORNING: Mini-Olympics with teams. 5 events — sprint relay, beanbag throw, hoop roll, balance walk, sack race. Score across teams. LUNCH: Picnic outside if weather allows.

AFTERNOON: Free choice — football, hopscotch, French skipping, tag games. Adults supervise but don't direct.

Tuesday — Art studio (4 hours)

MORNING: Giant collaborative painting on a 3m roll of paper. Theme: 'Our Imagination'.

Everyone contributes. LUNCH: Picnic. AFTERNOON: Air-dry clay models. Each child makes one creature or object. Lay out to dry overnight. Painted on Friday for the showcase.



Wednesday — Science day (4 hours)

Five rotating stations, 30 mins at each: • ELEPHANT TOOTHPASTE — yeast + hydrogen peroxide foam reaction (adult only on this one) • OOBLECK — cornflour and water — solid or liquid? • MAGIC MILK — milk, food colour, washing-up liquid swirling • PAPER ROCKETS — straw + paper rockets, who can fire furthest? • INVISIBLE INK — lemon juice writing, revealed by warm light LUNCH and FREE PLAY in afternoon.

Thursday — Bake-off (4 hours)

CHECK ALLERGIES FIRST — call parents/check forms. MORNING: No-cook recipes — fruit kebabs with chocolate dip, energy balls, no-bake cookies. LUNCH: Children eat what they made (alongside their packed lunch). AFTERNOON: Decoration challenge — biscuit decorating competition. Award certificates: 'Most colourful', 'Most creative', 'Wackiest design'.

Friday — Showcase day (4 hours)

MORNING: Set up the hall as a gallery. Display the giant painting, the clay models (now painted), photos from sports day, science creations. MID-MORNING: Talent show. Children sign up to perform — songs, jokes, magic tricks, dance. Anyone who doesn't want to perform helps as audience or stage crew. LUNCH and free play. AFTERNOON: Parents arrive 30 mins early. Children give them a tour of the gallery. End with certificates for everyone — 'Holiday Club Hero', personalised.

Practical notes for staff

- Always check allergies and dietary needs before food activities
- Have a quiet space for children who need a break
- Mixed ages work brilliantly when older children buddy with younger
- Plan for energy peaks: high-energy mornings, calmer afternoons
- Photograph everything (with permission) for parents at pickup

