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|  | **Session 1** | **Session 2** | **Session 3** |
| **Monday** | Junior Room**Dodgeball**Middle Room**Dance**Senior Room   Mini Golf | Junior Room **Netball**Middle Room**Walk to Beach**Senior RoomRounders | Junior Room **Dance /Yoga (indoors or outdoors)**Middle Room**Rounders**Senior RoomDodgeball |
| **Tuesday** | Junior Room**Soccer**Middle Room**Basketball**Senior RoomUnihoc  | Junior Room **Make Fruit Skewers**Middle Room**Nature Walk**Senior RoomCircuits | Junior Room **Cooperative games -Island hopping, pass the hoop, Over & Under, Ball sandwich, Cones & Domes)**Middle Room**Dodgeball**Senior RoomCo-operative Games |
| **Wednesday** | Junior Room**Parachute**Middle Room**Races for fun**Senior RoomG.A.A Skills | Junior Room **Nature Walk**Middle Room**Walk to the Beach**Senior RoomTrust Challenge | Junior Room **GAA skills**Middle Room**Co-operative games**Senior RoomIt’s a bomb |
| **Thursday** | Junior Room**Obstacle course****&****Sports day races ( novelty) -egg and spoon, sack & sprints for fun!**Middle Room**GAA skills**Senior RoomWalk to the Beach | Junior Room **Rockets & Hula hoops**Middle Room**Parachute**Senior Room**Sports day races ( novelty) -egg and spoon, sack & sprints for fun!**Rounders | Junior Room  **Class Céilí -Tar chugam, shoe the donkey, Staicín Eorna****(indoor or outdoor)**Middle Room**Sports day races ( novelty) -egg and spoon, sack & sprints for fun!**Senior RoomBasketball |
| **Friday** | Junior Room**Lions den/stuck in mud/Duck duck goose/Bib tag/ Fox lunch/4 corners**Middle Room**Musical statues**Senior RoomWalk to the beach again to check construction | Junior Room **Unihoc skills**Middle Room**Obstacle course**Senior RoomTennis | Junior Room **Circuits**Middle Room**Soccer**Senior RoomBasketball |