# **Community Sport Holiday Activity Programme**

During school half terms, the Community Sport Department runs an exciting Holiday Activity Programme. The Programme is run on behalf of Ivybridge Community College and adheres to the recommended guidelines of Devon County Council, the Children's Act and Ofsted.

#### Monday, 23 July 2018

**Bikeability Learn to Ride:** 10.00am-12.00pm or 1.00pm-3.00pm, 7-14 years, £10. This two hour course is designed for those who are struggling to master the skill of cycling, or who have never learnt to cycle. Participants are taught the skills necessary to cycle with confidence. The course is run by Plymouth School Sports Partnership. To book visit http://www.cyclepssp.co.uk



#### Tuesday, 24 July 2018

**Bikeability Level 1:** 10.00am-12.00pm or 1.00pm-3.00pm 7-8 years (School Year 3 and 4), free of charge. This two hour course is designed to allow new riders to learn to control and master their bikes in a space away from traffic. The course is run by Plymouth School Sports Partnership. To book visit http://www.cyclepssp.co.uk



Tuesday, 24 July, Tuesday, 31 July, Tuesday, 7 August, Tuesday, 14 August 2018

FUNdamental Movement + Fitness Camp: 10.00am-2.00pm, 8-12 years, £40 for all 4 sessions. Includes fun movement games, youth strength and fitness sessions. Led by the College Strength and Conditioning Coach, Andy Taylor.



To book email: ataylor@ivybridge.devon.sch.uk

# Wednesday, 25 and Thursday, 26 July 2018

**Bikeability Level 2:** 10.00am-3.00pm, 9-11 years (School Years 5 and 6), free of charge. This two-day course will help you gain the skills and confidence to be able to ride your bike on the road. You must have good control/balance before enrolling on the course. Course is run by Plymouth School Sports Partnership.



To book visit http://www.cyclepssp.co.uk

# Friday, 27 July 2018

**Bikeability Level 3:** 9.00am-3.00pm, 11 years and over (School Year 7 and above), free of charge. This one-day course is designed to equip trainees with skills for more challenging roads and traffic situations – busier streets, queuing traffic, complex junctions and roundabouts. It also includes planning routes for safe cycling. The course is run by Plymouth School Sports Partnership. To book visit http://www.cyclepssp.co.uk



#### Monday, 30 July 2018

**Dodgeball:** 10.00am – 12.00pm or 1.00pm-3.00pm, 8-14 years, £4. For this session you will have to think quickly and be fast on your feet. Come and play against your friends. To book email comsport@ivybridge.devon.sch.uk or call 01752 698315.



#### Tuesday, 31 July 2018

**Just Play Badminton:** 1.00pm-3.00pm, 8-14 years, £4. The session will allow you to practice your techniques while playing against your friends. Come and have a go at playing both single and double matches.



To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315.

# Wednesday, 1 August 2018

**Art Workshop - Lego Animation:** 10.00am-4.00pm, 8-14 years, £15. Spend a day making a Lego animation using stop motion. Basic blocks will be provided but please bring your Lego figures and any types of transport. Led by professional artist Felicity Shillingford. To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315.



# Thursday, 2 and Friday, 3 August 2018

Two-Day Plymouth Argyle Strikers and Goalkeepers Course: 10.00am-3.00pm, 5-14 years, £30 both days or £16 per day. If you are a budding striker or goalkeeper then this is the course for you. Indoor facilities are available in the event of bad weather so please bring moulded boots (not blades or studs and trainers). Please note lyybridge Community College is the venue, to book call Plymouth Argyle Football Club, on 01752 562561 (Ext 4).



#### Monday, 6 August 2018

Art Workshop - Animal and Insect Collage: 10.00am-4.00pm, 8-14 years, £15. Using card and some pre-cut shapes make a collage panel and decorate with paper and glue. The theme is leaves, flowers and garden animals. Can include squirrels, hedgehogs, bees, butterflies and birds. Led by professional artist Felicity Shillingford. To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315.



# Tuesday, 7 August 2018

**Trampolining:** 10.00am-12.00pm or 1.00pm-3.00pm, 8-14 years, £6. Coached by an advanced Trampolining Instructor, take your ability to the next level. To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315.



#### Wednesday, 8 August 2018

**Beginners' Rowing Session at Dart Totnes Rowing Club:** 10.00am-3.00pm, 11-14 years (School Year 7 and above), £15. Come and learn the basic techniques of rowing. Please be aware that transport is not provided and you will have to make your own way to and from the Club. Please bring clothing for all weathers as well as a packed lunch. To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315.



# Thursday, 9 August 2018

**High 5's Netball Fundamental Skills:** 10.00am-3.00pm, 8-11 years, £15. Featuring skill development, fun sided games, and the opportunity to improve techniques. To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315.



#### Friday, 10 August 2018

**Athletics Academy:** 10.00am-3.00pm, 8-14 years, £15. Improve your athletics across a wide range of track and field events. The Academy is run by our local Athletics Club, the Erme Valley Harriers.



To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315

# Monday, 13 August 2018

Art Workshop - Beads, Braids and Bangles: 10.00am-4.00pm, 8-14 years, £15. Design and make your own jewellery from a treasure trove of bits and bobs. Fashion your own beads out of clay or paper, weave a braid using exciting mix of threads or make a bracelet using a bead loom and your own design. Led by professional artist Felicity Shillingford. To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315.



#### Tuesday, 14 August 2018

**Rocketball:** 1.00pm-3.00pm, 8-14 years, £4. Come and have a go at a new sport. This game is a cross between lacrosse and dodgeball, this game is fast paced and great fun against friends. To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315.



#### Wednesday, 15 August 2018

**Netball Development Workshop:** 10.00am-3.00pm, 11-14 years, £15. Featuring skill development, fun sided games, and the opportunity to improve techniques. To book email: comsport@ivybridge.devon.sch.uk or call 01752 698315.



# Thursday, 16 and Friday, 17 August 2018

Two-Day Plymouth Argyle Football Roadshow: 10.00am-3.00pm, 5-14 years, £30 both days or £16 per day. Featuring fun-filled football sessions, small-sided games, and skill development. Indoor facilities are available in the event of bad weather so please bring moulded boots (not blades or studs and trainers). Please note lyybridge Community College is the venue, to book call Plymouth Argyle Football Club, on 01752 562561 (Ext 4).



# Simple steps to book places

- 1. Contact the course provider and reserve a space.
- 2. Complete Consent/Booking Form.
- 3. Return Form along with a cheque made payable to 'lvybridge Community College'.
- 4. For sessions held at lyybridge Community College please register at Sport Centre Reception.
- 5. For full day activities, drinks and packed lunch are required, drinks and snacks for half day.