

Date	Activity	No. Places
Thursday 2nd August	The Cube and Team Games	
Thursday 2nd August	Challenging Crafts	
Tuesday 7th August	Tag Rugby and Football	
Tuesday 7th August	Rounders and Kwik Cricket	
Wednesday 8th August	Team Building	
Wednesday 8th August	Netball and Basketball	
Friday 10th August	Ultimate Frisbee	
Friday 10th August	Trampoline	
Thursday 16th August	Challenging Crafts	
Thursday 16th August	Dodgeball and Bench Ball	
Friday 17th August	The Cube and Team Games	
Friday 17th August	Tag Rugby and Football	
Monday 20th August	Ultimate Frisbee	
Monday 20th August	Assault Course and Wacky Races	
Tuesday 21st August	Dodgeball and Bench Ball	
Tuesday 21st August	Trampoline	

# Oak Grove College & South Downs Leisure Activity Program



These activities are for young people in the local community with additional needs that want an inclusive experience with support from experienced staff.

Should you require 1:1 please provide your own PA or book through South Downs Leisure 1-2-1 [enquiries@southdownsleisure.co.uk](mailto:enquiries@southdownsleisure.co.uk)



**Summer Holiday Activities**  
**2nd August-21st August**  
[cmoyle@oakgrovecollege.org.uk](mailto:cmoyle@oakgrovecollege.org.uk)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel No: \_\_\_\_\_ (contact number for the day)

School \_\_\_\_\_ Age \_\_\_\_\_

Medical conditions: \_\_\_\_\_

Toileting /1:1 requirements: \_\_\_\_\_

I enclose a cheque / cash for £\_\_\_\_\_ payable to Oak Grove College

**Photo / Video Permission:** I do / do not give consent for my child's image to be used for advertising and promotional purposes.

**Emergency Treatment:** I, the undersigned, give permission for medical treatment or assistance to be given to the above named person if an accident or incident occurs. I also give permission for the above named person to be taken to a hospital or doctor should the need arise.

Signature of parent/carer: \_\_\_\_\_

Date: \_\_\_\_\_ please return by 13th July

Claire Moyle  
Oak Grove College  
The Boulevard  
Worthing  
West Sussex BN13 1JX

For more information contact Claire on 07762 013949 /  
cmoyle@oakgrovecollege.org.uk

### **Thursday 2nd August**

#### **The Cube and Team Games at Worthing Leisure Centre**

A morning of fun competing against your friends in a range of team and target activities.

Cost £6.00

Time 9.30-12.30pm

#### **Challenging Crafts at Worthing Leisure Centre**

Work as a team to create a project using a range of different materials.

Cost £6

Time 1.30-4.30pm

### **Tuesday 7th August**

#### **Tag Rugby and Football at Worthing Leisure Centre**

A great morning of sport and a good way to stay fit during the holidays.

Cost £6

Time 9.30-12.30pm

#### **Rounders and Kwik Cricket at Worthing Leisure Centre**

A great afternoon of sport and a good way to stay fit during the holidays.

Cost £6

Time 1.30-4.30pm

### **Wednesday 8th August**

#### **Team Building at Worthing Leisure Centre**

A great opportunity to learn skills and complete challenges using your new skills.

Cost £6

Time 9.30-12.30pm

#### **Netball and Basketball**

A great afternoon of sport and a good way to stay fit during the holidays.

Cost £6

Time 1.30-4.30pm

### **Friday 10th August**

#### **Ultimate Frisbee at Worthing Leisure Centre**

A great morning of sport and a good way to stay fit during the holidays.

Cost £6                      Time 9.30-12.30pm

#### **Trampoline at Worthing Leisure Centre**

Have fun learning new skills or improving your jumping. Suitable for PMLD as hoist is available.

Cost £6.00                      Time 1.30-4.30pm

### **Thursday 16th August**

#### **Challenging Crafts at Worthing Leisure Centre**

Work as a team to create a project using a range of different materials.

Cost £6                      Time 9.30-12.30

#### **Dodgeball and Bench Ball at Worthing Leisure Centre**

A great afternoon of sport and a good way to stay fit during the holidays.

Cost £6                      Time 1.30-4.30pm

### **Friday 17th August**

#### **The Cube and Team Games at Worthing Leisure Centre**

A morning of fun competing against your friends in a range of team and target activities.

Cost £6.00                      Time 9.30-12.30pm

### **Friday 17th August**

#### **Tag Rugby and Football at Worthing Leisure Centre**

A great afternoon of sport and a good way to stay fit during the holidays.

Cost £6                      Time 1.30-4.30pm

### **Monday 20th August**

#### **Ultimate Frisbee at Worthing Leisure Centre**

A great morning of sport and a good way to stay fit during the holidays.

Cost £6                      Time 9.30-12.30pm

#### **Assault Course and Wacky Races at Worthing Leisure Centre**

A great afternoon of sport and a good way to stay fit during the holidays.

Cost £6                      Time 1.30-4.30pm

### **Tuesday 21st August**

#### **Dodgeball and Bench Ball at Worthing Leisure Centre**

A great morning of sport and a good way to stay fit during the holidays.

Cost £6                      Time 9.30-12.30pm

#### **Trampoline at Worthing Leisure Centre**

Have fun learning new skills or improving your jumping. Suitable for PMLD as hoist is available.

Cost £6.00                      Time 1.30-4.30pm