

# ACTIVE



## SPRING 2021 ACTIVITY LIST



### 9-Square

Best. Game. Ever! A Camp Blue favourite, this is the ultimate group game for all sizes and abilities. Fast moving and a good way to test the reflexes.

### Basketball

Hit the court and channel your inner Patty Mills or Liz Cambage, with some fun basketball drills and a bit of game play.

### Aussie Rules

Learning and improving your Aussie Rules skills whilst having fun with other campers. All levels of experience are welcome as we enjoy our great game together.

### Ultimate Frisbee

A non-contact team game where points are scored by flinging a frisbee to a teammate in the opposing end zone. Combining the elements and skills of many other sports, this is a great way to be active without the confines of so much structure.

### Aerobics

Part dance, part exercise, and a whole lot of fun! Catering to all capability levels, get the body moving and follow the moves to help improve and enhance your fitness, flexibility and strength.



### Art

Art projects for Spring Camp will include some retro classics which incorporate a variety of different skills and textiles. Things like Graffiti, Pop Art and other concepts that involve lots of colour!

### Street Dance

Drawing on a variety of dance styles developed over the years outside a studio, Street Dance is a powerful form of non-verbal communication that encourages self-expression in people of all ages. In the camp environment, creative movement gets Campers active and helps them express themselves without barriers.

### Script Writing

Every theatre performance, TV show or movie starts somewhere... and that's with a script! This is where campers learn to turn basic concepts into stories and set the scene with action and character development.

### Makerspace

Camp Blue Makerspace is an environment where Campers can explore their own interests and learn to use various tools and materials to develop creative solutions to help in their everyday lives. Unstructured by design, to harness a mindset of community, creativity and collaboration.

### Movie Magic

Campers will work together as actors, directors, producers and editors as they re-create some of history's most popular scenes from the silver screen.

# CREATIVE



### Mindfulness

Slow things down and bring awareness to your senses for the ultimate daily reset. Our mindfulness exercises will aim to focus wholly on the simple things we can control and what brings us the most joy. Living in the moment is the best way to capture it.

### Photography

Learn the skills in taking photos of people and landscapes and some fun tricks to do from your own camera or devices. Campers will need to bring a camera to camp that they can learn on.

### Cooking

Warm up those tastebuds and learn how to cook some culinary classics. Cooking is a life skill that promotes independence and gives a new appreciation for what goes on your plate. Learning not only about food, but core kitchen skills such as hygiene, chopping and mixing.

### Chess

Checkmate! A true test of concentration and strategy, we'll have the Chess boards out for Campers to learn and develop their knowledge of this ancient game. If you don't know how to play, we'll teach you!

# SPECIAL INTEREST