

## Birthday Event – Mini Olympics

**11:00am** Introduction

**11:05 – 11:20am** Football Relay races

**11:20 – 11:35am** Sprint, Ski race, Inflatable Race & Obstacle Race

**11:35 – 11:50am** Long Jump competition

**11:50 – 12:00pm** Dodgeball

**12:00 – 12:15pm** Tug of war



## PARTY PLAN

**Feb 23 2:45–4:00PM**

2:30: Arrival & set up

2:45: Introduction

2:45–3:10: Noodle tag & Jail Break

3:10–3:30: Dodgeball

3:30–3:40 Tug of war

3:40–3:50 Island rescue

3:50–4:00 Boulder ball



## PARTY PLAN

Arrival time: **2:15pm**

Start time: **2:30pm**

**2:30pm** Introduction/Birthday greeting

**2:30 - 2:45pm** Pokemon Hunt + Pokemon Battle (Rock, Paper Scissors)

Water Break

**2:45 - 3:00pm** Catching Games: Pokemon tag

**3:00 - 3:15pm** Dodgeball: Pokemon crossing

Water Break

**3:15 - 3:30** Relay Races: Pokemon themed relay races

**3:30 - 3:45** Parashoot: Evolve the pokemon

**3:45** Pinata



**BATTLE**





## PARTY PLAN

3:15pm Arrival & set up

3:30 – 3:45pm Dodgeball (Pirates and Sailor)

3:45 – 4:00pm Musical Chairs

4:00 – 4:15pm Giant Bowling

4:15 – 4:30pm Tug Of War

4:30 – 4:45pm Parachute





## Nerf War PARTY PLAN

### 11:15am Arrival & set up

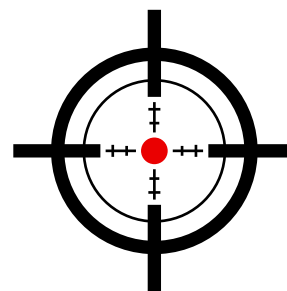
### 11:30am Introduction on Nerf Game Rules

### 11:35 – 11:50am Target Practice Relay

Objective: Score points by hitting targets as a team.

Instructions:

- Each team lines up and takes turns shooting at the targets.
- Players get one shot per turn, then pass the Nerf gun to the next teammate.
- Each hit target earns a point.
- The team with the most points at the end wins.



### 11:50 – 12:15pm Free for All

Objective: Be the last player standing.

- Instructions:
- Everyone starts in the play area.
- Players shoot at each other until they are hit.
- When hit, players step out of the round and cheer for others.
- The last player remaining wins the round.



### 12:15 – 12:45pm Capture the Flag

Objective: Capture the opposing team's flag and bring it back to your base.

- Instructions:
- Players can tag opponents by shooting them.
- If hit, players go to the "jail" and can be freed by a teammate tagging them.
- The first team to capture the opposing team's flag wins.



## PARTY PLAN

3:15pm - **Coaches arrive / Set Up**

3:30pm - **Introduction**

3:30 - 3:45pm **Catching Games**

3:45 - 4:00pm **Dodgeball**

4:00 - 4:15pm **Island Rescue**

4:15 - 4:30pm **Team Relays**

4:30 - 4:45pm **Tug Of War**



## PARTY PLAN

2:45PM **Coaches arrive**

3:00PM – 3:15PM **Catching Games**

3:15pm – 3:30pm **Dodgeball**

3:30pm – 3:45pm **Tug Of War**

3:45pm – 4:00pm **Team Relay, Sack Race, 3 Leg Race**

4:00pm – 4:15pm **Supersized Volleyball**





**PARTY PLAN**  
**Ages 7 and over**

**Coaches arrive / Set Up**

1. **Tag games (Pac man, Cross the river)**
2. **Dodgeball (Pirates and sailors)**
3. **Tennis Darts Relay**
4. **Floor Tennis Tournament**
5. **Supersized Beach Ball Tennis**



## Football PARTY PLAN

Ages 4-5Y

**9:45pm Coaches arrive / Set Up**

**10:00 – 10:20am Warm Up – Stuck in the Mud Football**

**10:20 – 10:40am Football Darts (Team & Individual)**

**10:40 – 11:15am 4v4 Football Match Tournament (4 Teams) + Penalty Shoot Out**

- 1 coach to ref the Match
- 1 coach will run the Penalty Shoot Out with the resting teams

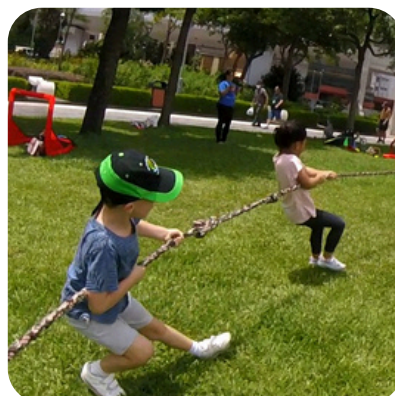




**PARTY PLAN**  
**Ages 4-7**

**Coaches arrive / Set Up 2:45, Start 3:00PM**

- 1. Tag games (Noodle tag, Cops and robbers)**
- 2. Dodgeball (Pirates and sailors, Parents vs kids[Overload rules])**
- 3. Relay races (Ski race, Egg & spoon collection, Sack race)**
- 4. Parachute progression (With inflatable ball)**
- 5. Tug of war (1 round kids vs kids, 1 Round of 5 parents vs all children)**





**Ages 6 and Over**

**2:10pm Coaches arrive / Set Up**

**2:30 – 2:45pm Team Relay: Inflatable Target Relay & 3 Leg Race**

**2:45 – 3:00pm Dodgeball (A to B)**

**3:00 – 3:15pm Island Rescue**

**3:15 – 3:30pm Tug Of War**

**3:30 – 3:45pm Treasure Hunt**



**Ages 5 and over**

**10:45am Coaches arrive**

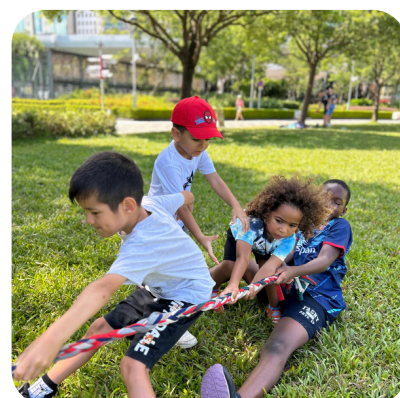
**11:00 – 11:15 am Catching Tails (Warm up Game)**

**11:15 – 11:30pm Parachute**

**11:30 – 11:45pm Inflatable Target Throwing Game Relay**

**11:45 – 12:00pm Musical Chairs (with Spots)**

**12:00 – 12:15pm Tug Of War**





## Party Plan (Age 3-5Y)

**3:15pm Coaches Arrive, Set up Decorations**

**3:30 - 3:50am Catching Games (Noodle Tag, Octopus Tag)**

**3:50 - 4:10pm Dodgeball**

**4:10 - 4:20pm Parachute**

**4:20 - 4:35pm Tug Of War**

**4:35 - 4:45pm Treasure Hunt**





**Ages 5 years old and over**

**11am Coaches Arrive/Set up**

**11:15 – 11:30am Space Tag**

**11:30 – 11:45pm Dodge Ball: Space Invaders**

**11:45 – 12:00pm Tug of War: Pull to the Moon**

**12:00 – 12:10pm Beach Ball Arena: Galaxy Retrieval**

**12:10 – 12:15pm Spaceship Blast Off and Landing**

**12:15 – 12:30pm Space Stickers Hunt**



**Transformers plan**  
**Ages 4 and over**

**11:15pm Coaches arrive / Set Up**

**11:30-11:50 Obstacle course / relay races**

**11:50 - 12:05pm Parachute**

**12:05 - 12:20pm Pass the parcel**

**12:20 - 12:30pm Ping pong boogie**

**12:30 - 12:45pm Slime making**





**PARTY PLAN**

**Age 3-4Y**

**3:45pm Coaches arrive / Set Up**

**4:00 - 4:15pm Catching Games (Catch the Dinousaur/Octopus Tag)**

**4:15 - 4:30pm Dodgeball (Cross the River)**

**4:30 - 4:45pm Races, Sack Race + Egg & Spoon Race**

**4:45 - 5:00pm Island Rescue**

**5:00 - 5:15pm Treasure Hunt**



**PARTY PLAN**

**Age 3-4Y**

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**PARTY PLAN**

**Age 3-4Y**

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