

## 2-DAY MARCH CAMP 2025

# Programme Outline (Day 1)

This table provides an overview of the programme flow for Day 1.

TIME	PROGRAMME
0900-0930	Registration & Introduction
0930-1030	Ice-breaker/Cohesion
1030-1200	<i>KiDS™</i> FMS Assessment (Part 1)
1200-1300	LUNCH BREAK
1300-1400	Puyopuyo Programming by Gaku
1400-1500	Multisport Activity 1 + Mental Toughness
1500-1600	Multisport Activity 2 + Mental Wellness

### Additional notes:

1. The duration of the activities may be subjected to change depending on the participants' needs.
2. Recommended attire for participants:
  - Sports Attire w/ covered shoes (crocs are not allowed)
  - Minimal and/or no accessories (e.g., watch, necklace, ring)

## 2-DAY MARCH CAMP 2025

# Programme Outline (Day 2)

This table provides an overview of the programme flow for Day 2.

TIME	PROGRAMME
0900-0930	Recap of Day 1 Learnings
0930-1100	KiDS™ FMS Assessment (Part 2)
1100-1200	Exercise & Sport Sciences Activity
1200-1300	LUNCH BREAK
1300-1400	Camp Poster Design & Sharing
1400-1530	Multisport Activity 3
1530-1600	Certificate Presentation & Closing

### Additional notes:

1. The duration of the activities may be subjected to change depending on the participants' needs.
2. At the end of the camp, each child will receive a:
  - a. **KiDS™ Assess Report (PDF)**  
(A PDF copy will be emailed to the parent/guardian)
  - b. **Certificate of participation (hardcopy)**