

# **Schools Out Get Active East Programme**

Bookings open Monday 14 March at 9am

## **Week 1 – 4 to 8 April 2022**

**Activity:** Street Dance - Pullums Dance

This 3 day street dance workshop will include learning different techniques and street dance styles. You will be learning choreography and get a chance to perform a dance routine at the end of the course to friends and family. Come along to try something new, strengthen your dance skills and make new friends this Easter.

**Venue:** Riverside Campus, Riverside Bridge School, Renwick Road, Barking, IG11 0FU

**Time:** 1pm to 4pm

**Age group:** 5 to 17 years

**Dates:** Monday 4 to Wednesday 6 April

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 5 to 7 years** <https://www.eventbrite.co.uk/e/street-dance-camp-with-pullums-dance-academy-for-5-to-7-year-olds-tickets-292592511077>

**Book here for 8 to 15 years** <https://www.eventbrite.co.uk/e/soga-street-dance-camp-with-pullums-dance-for-8-to-15-year-olds-tickets-292579482107>

**Activity:** Multi Sports – Premier Sport

The camp covers a wide range of sports including team games and racket sports. The programme is accessible across all ages between 5 and 13 years and all abilities. It ensures children have fun with friends, at the same time learning the importance of living a healthy and active lifestyle. The programme helps children improve their communication skills, build their self-confidence, and develop valuable social skills.

**Venue:** Becontree Primary School, Stevens Road, Dagenham RM8 2QR

**Age:** 5 to 13 years

**Dates:** Monday 4 to Thursday 7 April 2022

**Time:** 10am to 2pm

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 5 to 7 years** <https://www.eventbrite.co.uk/e/soga-multi-sports-camp-with-premier-sports-for-5-to-7-year-olds-tickets-292624466657>

**Book here for 8 to 13 years** <https://www.eventbrite.co.uk/e/soga-multi-sports-camp-with-premier-sports-for-8-to-13-year-olds-tickets-292616733527>

**Activity:** Basketball Camp - Right Development Foundation

Whether it's your first time touching a basketball, or you have been to the camps previously there will be something for you. Receive coaching from our expert coaches and learn the fundamental skills of basketball and have the chance to improve your skills.

**Venue:** Goresbrook School, Cook Road, Dagenham RM9 6XW

**Time:** 9am to 2pm

**Age group:** 6 to 15 years

**Dates:** Monday 4 to Wednesday 6 April 2022

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 5 to 7 years** <https://www.eventbrite.co.uk/e/soga-basketball-camp-with-right-development-foundation-for-5-to-7-year-olds-tickets-292629561897>

**Book here for 8 to 15 years** <https://www.eventbrite.co.uk/e/soga-basketball-camp-with-right-development-foundation-for-8-to-17-years-tickets-292634927947>

**Activity:** Football – Finesse Sport

The football camp will consist of multi skill functions designed within fun, small, sided games. Each participant will have the opportunity to try new skills, learn about the body in action and work as a team member. Developing fundamental skills of balance, co-ordination, speed and communication will help improve the participant's confidence and self-esteem. This is all wrapped up in a fun and exciting environment that will be safe, supportive and respectful for all.

**Venue:** Old Dagenham Park, Vicarage Road, Dagenham RM10 9SD

**Time:** 10am to 2pm

**Age group:** 5 to 17 years

**Dates:** Tuesday 5 to Friday 8 April 2022

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 5 to 7 years** <https://www.eventbrite.co.uk/e/soga-football-camp-with-finesse-sport-for-5-to-7-years-tickets-292642340117>

**Book here for 8 to 17 years** <https://www.eventbrite.co.uk/e/soga-football-camp-with-finesse-sport-for-8-to-17-year-olds-tickets-292647084307>

**Activity:** Athletics – Be Fit Today Track Academy

The academy is a multi-event athletics development programme, which introduces the fundamental skills of athletics to young people. It focuses not only on how fast someone runs, jumps or throws but more importantly, on developing the technical skills required to perform at full potential and move like a champion. Participants will be placed in groups depending on their ability and will learn athletic disciplines through fun games with a competition at the end of the programme.

**Venue:** Jim Peters Stadium, Mayesbrook Park, Lodge Avenue, Dagenham RM8 2JR

**Time:** 10am to 3pm

**Age group:** 6 to 17 years

**Date:** Wednesday 6 to Friday 8 April

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 6 to 7 years** <https://www.eventbrite.co.uk/e/soga-athletics-camp-with-be-fit-today-track-academy-for-5-to-7-years-tickets-291166586097>

**Book here for 8 to 17 years** <https://www.eventbrite.co.uk/e/soga-athletics-camp-with-be-fit-today-track-academy-for-8-to-17-years-tickets-291163557037>

## **Week 2 – 11 to 14 April 2022**

**Activity:** West End Workshop - Pullums Dance

Come along this Easter to get an insight into the life of a west end performer. Learn about vocal and physical warm ups, learning choreography, staging a routine and getting to perform it to family and friends at the end of the course. We want to welcome you to Pullums to enjoy dance, try something new and make new friends. You will also get the chance to have a Q&A with professional dancers from the West End to ask any burning questions.

**Venue:** Riverside Campus, Riverside Bridge School, Renwick Road, Barking, IG11 0FU

**Time:** 10am to 1pm

**Age group:** 5 to 17 years

**Dates:** Monday 11 to Wednesday 13 April 2022

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 5 to 7 years** <https://www.eventbrite.co.uk/e/soga-west-end-workshop-with-pullums-dance-academy-for-5-to-7-year-olds-tickets-292671316787>

**Book here for 8 to 17 years** <https://www.eventbrite.co.uk/e/soga-west-end-workshop-with-pullums-dance-academy-for-8-to-17-year-olds-tickets-292673423087>

**Activity:** Cricket Camp - Ekota Cricket Academy

We will be holding a fun cricket camp. The focus will be on 100% fun-based activities concentrating on Learning the basic cricket skills in batting, bowling, and fielding. All abilities welcome.

**Venue:** Goodmayes Park, Aberdour Road, Ilford IG3 9RA

**Time:** 10am to 2pm

**Age group:** 5 to 17 years

**Dates:** Monday 11 to Thursday 14 April 2022

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 5 to 7 years** <https://www.eventbrite.co.uk/e/soga-cricket-camp-with-ekota-cricket-academy-for-5-to-7-years-tickets-292655188547>

**Book here for 8 to 17 years** <https://www.eventbrite.co.uk/e/soga-cricket-camp-with-ekota-cricket-academy-for-8-to-17-years-tickets-292653433297>

**Activity:** Cheerleading – Finesse Sport

Cheerleading camp coaches offer expert instruction for children and young people to learn and master a stunt or pirouette or as a group becomes a more cohesive team member. Children and young people will master the fundamentals and team building skills, learn game planning, transitions, pyramids, safety training and spotting, partner stunts, dances and more

**Venue:** Monteagle Primary School, 221 Stamford Road, Dagenham RM9 4EL

**Time:** 10am to 2pm

**Age group:** 6 to 17 years

**Dates:** Monday 4 to Wednesday 6 April

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 6 to 7 years** <https://www.eventbrite.co.uk/e/cheerleading-camp-for-5-to-7-years-with-finesse-sports-limited-tickets-292661778257>

**Book here for 8 to 17 years** <https://www.eventbrite.co.uk/e/cheerleading-for-8-to-17-years-olds-with-finesse-sports-limited-tickets-292666472297>

**Activity:** Multi Sports – First Kicks

The multi sports holiday camp will encourage children to take part in a number of different sporting activities throughout the week. This will include attendance from a street dance coach who will teach the participants different routines during the week for a performance that will be shown to parents/carers on the last day of the camp. Our aim is to encourage confidence and help children build on their basic skills of running, jumping, throwing and co-ordination. These key skills will be incorporated over the week in a number of different multi-sport games.

**Venue:** Old Dagenham Park, Vicarage Road, Dagenham RM10 9SD

**Dates:** Monday 11 to Thursday 14 April 2022

**Time:** 9am to 3.30pm

**Age group:** 5 to 17 years

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 5 to 7 years** <https://www.eventbrite.co.uk/e/soga-multi-sports-camp-with-first-kicks-for-5-to-7-year-olds-tickets-292657615807>

**Book here for 8 to 17 years** <https://www.eventbrite.co.uk/e/soga-multi-sports-camp-with-first-kicks-for-8-to-17-year-olds-tickets-292659651897>

**Activity:** Cooking – Grains of Knowledge

The cooking sessions will teach young people how to make their favourite fast-food meals, in a healthy way. This encourages children to learn what is in their food and equips them with the skills at an early age to be able to prepare their own nutritious meals. Young people are empowered to use cooking equipment safely and be a part of the decision making around what they eat. Participants learn the make up of their meals and gain a better understanding of what is in their food and how to get the most out of a meal. Making healthy eating interesting and exciting.

**Venue:** Sue Bramley Community Centre, Bastable Avenue, Barking IG11 0LH

**Time:** 10am to 2pm

**Age group:** 5 to 7 year - Monday 11 April

8 to 17 years - Tuesday 12 April

**Cost for Camp:** FREE to children that live or go to school in Barking & Dagenham

**Book here for 5 to 7 years** <https://www.eventbrite.co.uk/e/copy-of-soga-cooking-session-with-grains-of-knowledge-for-5-to-7-year-olds-tickets-292551688977>

**Book here for 8 to 17 years** <https://www.eventbrite.co.uk/e/copy-of-soga-cooking-session-with-grains-of-knowledge-for-8-to-17-years-tickets-292565871397>