

# Sample XUK Excel (Sport) Camp Timetable – Week 1



\*subject to change each week

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY														
Breakfast and Free Time																				
Rest and Recuperation	Football	Athletics	Basketball	Camp Trip to Bath	Water Zorbing	Fitness														
	Rugby	Rounders	Hockey		Water Polo	Volleyball														
Lunch and Free Time					Lunch and Free Time															
Rest and Recuperation	Afternoon Choice Activity				Afternoon Choice Activity															
	Rugby	Water Zorbing	Zumba		Friendship Bracelets	Football	Cookery	Debating	Hike – in the countryside	Lacrosse	Just Dance	Acapella Workshop	Slime Making	Rounders	Beat Boxing	Trip to Monmouth	Cookery	Basketball	Mod Roc	Trip to Monmouth
Dorm Time	Dodgeball	Water Polo	Yoga	Tie Dye T-Shirts	Athletics	Water Zorbing	Street Dance	Hike – in the countryside	Swimming	Portrait Photography	Fairy Jars	Dream Catchers	Football Golf	Volcanoes	Stop Motion Videos	Indian Dance	Hockey	Water Zorbing	Musical Theatre	XUK Newspaper
Dinner and Welcome	Dinner and Free Time																			
Initiative Games	Staff Vs. Campers	Colour War	Around the Camp in 80 Minutes	Scrapheap Challenge	XUK Musical	Talent Show and Disco														
Bedtime																				

# Sample XUK Excel (Sport)

## Camp Timetable – Week 2 \*

\*subject to change each week



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY														
Breakfast and Free Time																				
Rest and Recuperation	Cricket	American Football	Lacrosse	Camp Trip to Cardiff	Water Zorbing	Sprinting Workshop														
	Handball	Tennis	Baseball		Water Polo	Dodgeball														
Lunch and Free Time					Lunch and Free Time															
Rest and Recuperation	Afternoon Choice Activity		Afternoon Choice Activity		Afternoon Choice Activity		Afternoon Choice Activity													
	Rugby	Water Zorbing	Zumba		Friendship Bracelets	Football	Cookery	Debating	Hike – in the countryside	Lacrosse	Just Dance	Acapella Workshop	Slime Making							
Dorm Time	Dodgeball	Water Polo	Yoga	Tie Dye T-Shirts	Athletics	Water Zorbing	Street Dance	Hike – in the countryside	Swimming	Portrait Photography	Fairy Jars	Dream Catchers	Rounders	Beat Boxing	Trip to Monmouth	Cookery	Basketball	Mod Roc	Trip to Monmouth	Mindfulness Colouring
Dinner and Welcome	Dinner and Free Time																			
Initiative Games	Dragon's Den	Pool Party	Sports Day	Movie Night	XUK Wedding	Talent Show and Disco														
Bedtime																				

# Sample XUK Excel (Creative Arts)

## Camp Timetable

\*subject to change each week



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
Breakfast and Free Time												
Rest and Recuperation	Musical Theatre	Decoupage	Zumba	Camp trip to Bath	Script Writing	Cookery – Bread Making						
	Cookery - Cheesecake		Knitting		Yoga	Acapella Workshop						
Lunch and Free Time					Lunch and Free Time							
Rest and Recuperation	Afternoon Choice Activity		Afternoon Choice Activity		Afternoon Choice Activity		Afternoon Choice Activity					
	Rugby	Water Zorbing	Zumba		Friendship Bracelets	Football	Cookery	Debating	Hike – in the countryside	Lacrosse	Just Dance	Acapella Workshop
Dorm Time	Dodgeball	Water Polo	Yoga	Tie Dye T-Shirts	Athletics	Water Zorbing	Street Dance	Hike – in the countryside	Swimming	Portrait Photography	Fairy Jars	Dream Catchers
Dinner and Welcome	Dinner and Free Time						Dinner and Free Time					
Initiative Games	Staff Vs. Campers	Colour War	Around the Camp in 80 Minutes	Scrapheap Challenge	XUK Musical	Talent Show and Disco						
Bedtime												

# Sample XUK Excel (Creative Arts)

## Camp Timetable – Week 2 \*

\*subject to change each week



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
Breakfast and Free Time																					
Rest and Recuperation	Cookery – Sushi	Making Dream Catchers	Comedy Workshop	Camp Trip to Cardiff	Jewellery Making Workshop	Cookery – Spring Rolls															
	Drama Games		Street Dance		Rock Choir	Just Dance															
Lunch and Free Time					Lunch and Free Time																
Rest and Recuperation	Afternoon Choice Activity				Afternoon Choice Activity																
	Rugby	Water Zorbing	Zumba		Friendship Bracelets	Football	Cookery	Debating	Hike – in the countryside	Lacrosse	Just Dance	Acapella Workshop	Slime Making	Rounders	Beat Boxing	Trip to Monmouth	Cookery	Basketball	Mod Roc	Trip to Monmouth	Mindfulness Colouring
Dorm Time	Dodgeball	Water Polo	Yoga		Tie Dye T-Shirts	Athletics	Water Zorbing	Street Dance	Hike – in the countryside	Swimming	Portrait Photography	Fairy Jars	Dream Catchers	Football Golf	Volcanoes	Stop Motion Videos	Indian Dance	Hockey	Water Zorbing	Musical Theatre	XUK Newspaper
Dinner and Welcome	Dinner and Free Time																				
Initiative Games	Dragon's Den	Pool Party	Sports Day		Movie Night	XUK Wedding	Talent Show and Disco														
Bedtime																					

# Sample XUK Excel (Water & Forest Adventure)

## Camp Timetable – Week 1\*

\*subject to change each week



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY									
Breakfast and Free Time															
Rest and Recuperation	Caving	Water Zorbing	Archery	Camp trip to Bath	Kayaking	Abseiling									
		Swimming													
Lunch and Free Time					Lunch and Free Time										
Rest and Recuperation	Afternoon Choice Activity		Afternoon Choice Activity		Afternoon Choice Activity		Afternoon Choice Activity								
	Rugby	Water Zorbing	Zumba		Friendship Bracelets	Football	Cookery	Debating	Hike – in the countryside	Lacrosse	Just Dance	Acapella Workshop	Slime Making		
Dorm Time	Dodgeball	Water Polo	Yoga		Tie Dye T-Shirts	Athletics	Water Zorbing	Street Dance	Hike – in the countryside	Swimming	Portrait Photography	Fairy Jars	Dream Catchers		
	Rounders	Beat Boxing	Trip to Monmouth		Cookery	Basketball	Mod Roc	Trip to Monmouth		Mindfulness Colouring					
Dinner and Welcome	Dinner and Free Time						Football Golf	Volcanoes	Stop Motion Videos	Indian Dance	Hockey	Water Zorbing	Musical Theatre	XUK Newspaper	
Initiative Games	Staff Vs. Campers	Colour War	Around the Camp in 80 Minutes		Scrapheap Challenge	XUK Musical	Talent Show and Disco								
Bedtime															

# Sample XUK Excel (Water & Forest Adventure)

## Camp Timetable – Week 2\*

\*subject to change each week



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
Breakfast and Free Time																					
Rest and Recuperation	Rock Climbing	Water Zorbing	Bridge Building	Camp trip to Bristol	Raft Building	Canoeing															
		Swimming																			
Lunch and Free Time					Lunch and Free Time																
Rest and Recuperation	Afternoon Choice Activity		Afternoon Choice Activity		Afternoon Choice Activity		Afternoon Choice Activity														
	Rugby	Water Zorbing	Zumba		Friendship Bracelets	Football	Cookery	Debating	Hike – in the countryside	Lacrosse	Just Dance	Acapella Workshop	Slime Making	Rounders	Beat Boxing	Trip to Monmouth	Cookery	Basketball	Mod Roc	Trip to Monmouth	Mindfulness Colouring
Dorm Time	Dodgeball	Water Polo	Yoga		Tie Dye T-Shirts	Athletics	Water Zorbing	Street Dance	Hike – in the countryside	Swimming	Portrait Photography	Fairy Jars	Dream Catchers	Football Golf	Volcanoes	Stop Motion Videos	Indian Dance	Hockey	Water Zorbing	Musical Theatre	XUK Newspaper
Dinner and Welcome	Dinner and Free Time																				
Initiative Games	Dragon's Den	Pool Party	Sports Day		Movie Night	XUK Wedding	Talent Show and Disco														
Bedtime																					

# Sample XUK Excel (Media)

## Camp Timetable – Week 1\*



\*subject to change each week

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
Breakfast and Free Time																					
Rest and Recuperation	Introduction to Photography	Stop Motion Animations	Editing Workshop	Camp trip to Bath	Recording Podcasts	Magazine Creation															
	Light Drawings		Blogging		Landscape Photography																
Lunch and Free Time					Lunch and Free Time																
Rest and Recuperation	Afternoon Choice Activity				Afternoon Choice Activity																
	Rugby	Water Zorbing	Zumba		Friendship Bracelets	Football	Cookery	Debating	Hike – in the countryside	Lacrosse	Just Dance	Acapella Workshop	Slime Making	Rounders	Beat Boxing	Trip to Monmouth	Cookery	Basketball	Mod Roc	Trip to Monmouth	Mindfulness Colouring
Dorm Time	Dodgeball	Water Polo	Yoga		Tie Dye T-Shirts	Athletics	Water Zorbing	Street Dance	Hike – in the countryside	Swimming	Portrait Photography	Fairy Jars	Dream Catchers	Football Golf	Volcanoes	Stop Motion Videos	Indian Dance	Hockey	Water Zorbing	Musical Theatre	XUK Newspaper
Dinner and Welcome	Dinner and Free Time																				
Initiative Games	Staff Vs. Campers	Colour War	Around the Camp in 80 Minutes	Scrapheap Challenge	XUK Musical	Talent Show and Disco															
Bedtime																					

# Sample XUK Excel (Media)

## Camp Timetable – Week 2\*



\*subject to change each week

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY														
Breakfast and Free Time																				
Rest and Recuperation	Introduction to Film	Script Writing	Editing Workshop	Camp trip to Bristol	Newspaper Creation	Humans of Monmouth														
	Vlogging	Movie Making																		
Lunch and Free Time					Lunch and Free Time															
Rest and Recuperation	Afternoon Choice Activity		Afternoon Choice Activity		Afternoon Choice Activity	Afternoon Choice Activity		Afternoon Choice Activity												
	Rugby	Water Zorbing	Zumba		Friendship Bracelets	Football	Cookery	Debating	Hike – in the countryside	Lacrosse	Just Dance	Acapella Workshop	Slime Making	Rounders	Beat Boxing	Trip to Monmouth	Cookery	Basketball	Mod Roc	Trip to Monmouth
Dorm Time	Dodgeball	Water Polo	Yoga		Tie Dye T-Shirts	Athletics	Water Zorbing	Street Dance		Swimming	Portrait Photography	Fairy Jars	Dream Catchers	Football Golf	Volcanoes	Stop Motion Videos	Indian Dance	Hockey	Water Zorbing	Musical Theatre
Dinner and Welcome	Dinner and Free Time																			
Initiative Games	Dragon's Den	Pool Party	Sports Day		Movie Night	XUK Wedding	Talent Show and Disco													
Bedtime																				