



## Thomley Summer Workshops and Activities



Please note that an 'open' workshop indicates that bookings will not be made for specific time slots and that everyone at Thomley is welcome to join in with the activity at any time.

- **Oxfordshire Special Olympics Taster Sessions in Rugby, Football, Badminton and Cricket**

(Please refer to the planner for individual dates and times)



The Special Olympics, now with a new branch in Oxfordshire, promote and provide year round training and competition in a variety of sports for people with learning disabilities. We have teamed up with OXSRAD, who are the coordinators for the Special Olympics in Oxfordshire, to provide different sporting sessions throughout the summer. These will be informal and flexible sessions for everybody to join and learn new skills.

- **Friday 25<sup>th</sup> July - Bubble workshop - 12.30-2pm**

Giant bubble making, watching, popping and chasing is a fantastic activity for everyone to join in with! From 12.30-1.30 Felipe will be showing how it is done...creating lots of lovely bubbles for the children to watch and pop! Then from 1.30-2.30 everyone can have a go!! This is an open workshop and one not to be missed!!

- **Tuesday 29<sup>th</sup> July - Teenage Day - Didgeridoo Workshop- 1-3pm**

Prepare yourself for an Aussie experience to remember! Colin, a wonderful didgeridoo player from London, will begin each session by playing the didgeridoo and then encourage everyone to have a go on an easy to play instrument! Colin assures us that the technique can be picked up in no time, with animal sounds being made quite quickly!! Sessions will be up to 30 minutes long (from 1-2.30pm), with a 30min drop in session at the end. Booking for the first sessions will be required.

- **Bucks Multi Sports Sessions -**

**(Wed 30<sup>th</sup> July/ Wed 6<sup>th</sup>, 13<sup>th</sup>, 27<sup>th</sup> August -Please refer to planner for times)**

Come and join Matt for our regular multi-sports sessions which aim to develop the core skills needed to be successful in all sports. By developing a wide range of skills, rather than focusing on a specific sport, Matt will provide a varied array of activities that children can participate in to increase their confidence. Multi-Skills enable all children to develop their team-work skills and self esteem as well as promoting a healthy attitude towards sport. These will be open sessions for all those interested to join in and have fun!!

- **Friday 1<sup>st</sup> August- Music and Movement with Amanda Frater – 11-1.30pm**

A relaxed & fun session to include movement, singing, dancing, clapping, marching and playing instruments with a variety of music including Amanda's guitar! (Suggested age 2- 8 years). Sessions will be 30 minutes long and booking is required.

- **Tuesday 5<sup>th</sup> August - Music Session with Amanda Frater - 12-2.30pm**

A relaxed, fun music session tailored to suit all abilities. Come and sing along with Amanda and her guitar with a variety of songs old and new. Clap, stamp and sway and maybe try some actions or playing some instruments. Sessions will be 30 minutes long and booking is required.



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- **Thursday 14<sup>th</sup> August – Umbanda Drumming 10.30am -2.30pm**  
This is an exciting music making workshop, using drums and percussion from around the world. This is an open workshop for everybody to join in with at any time!  
The umbanda drummers will give simple instructions to facilitate easy access to group drumming regardless of age, ability or experience. There will be a chance to be creative or simply relax and just groove along!
- **Saturday 16<sup>th</sup> August (Quiet Day) – Screen printing African animal t shirts (Please bring along a white t-shirt if you would like to join in with this activity)**  
Choose from a selection of African animal designs to print your own t shirts! If you would like to join in with this activity then please pop along to the art room in the morning and book a timeslot with Dawn.
- **Thursday 21<sup>st</sup> August – Tai Chi Workshop with Alison Smith - 11-2pm**  
Tai Chi is a martial art which enables children and adults to relax through gentle physical exercise. Developed in China over many hundreds of years, Tai Chi can benefit everybody as exercises can be adapted to suit all abilities.  
30 minute sessions will be available to book, beginning at 11am until 1pm and then a 30 min drop in session will be running from 1.30-2pm. Places will be limited so book early to avoid disappointment.
- **Tuesday 26<sup>th</sup> & Thursday 28<sup>th</sup> August – Clay whistle workshop**  
Come and join Felipe, a fantastic local artist, to make your own clay whistle!! This is an open workshop on both days (Tues -1-3pm & Thurs 12.30-2.30pm).
- **Friday 29<sup>th</sup> August – Dancercise Classes with Shona Clack**  
We thought our sports week wouldn't be complete without a dance workshop!! Shona will be offering 2 different workshops;
  - **Pre-school Music and movement class (recommended age 2 1/2yrs - 6yrs)**  
This class is designed for the younger child to explore movement to music. Starting with a warm up, we will then move onto learning routines to favourite tunes e.g. Going to the zoo, Postman Pat, Rolling on your roller skates and many more....  
There will be 2 sessions available to book from 10.30-11am and 11am-11.30. Places are limited so booking is essential.
  - **Disco freestyle and Rock n Roll (recommended age 6-12yrs)**  
This class is for anybody who would like to dance to their favourite pop music. Starting with a warm up to get the muscles ready for dance we then move onto learning steps to put into a routine or just having a bit of a boogie!!  
There will be 2 sessions available to book from 12-12.30pm and 12.30-1pm. Places are limited so booking is essential.