

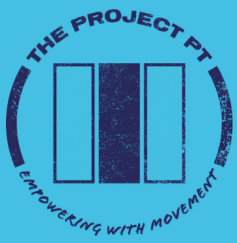
THE PROJECT PT EASTER CAMP

GUARDIAN RESOURCE PACK

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MEET THE COACHES



Sophie

Crafting Master



Kate

Sporting Titan



Meena

Boxing Queen



Gianna

Gymnastics Star



Jess

First Aid Legend



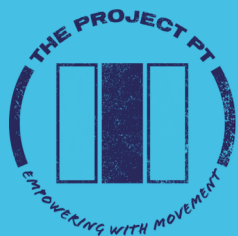
Sasha

Skateboarding Wizz

Contact Us

For non-emergencies, and all enquiries, please contact
kate@theprojectpt.com

For emergencies during the camp day, please call 07745 665351



ON THE DAY

How to get here



The camp is in the sports hall at St Ebbes Primary School (Whitehouse Road, Oxford, OX1 4NA). Once you arrive at the school please head through the Sports Hall door, in front of the car-park.

The Project PT always encourage active or public transport, so to help, some of the bus routes which take you to St Ebbes Primary are: 1, 3, 3A, 5, 5A, 8, 10, 14, 15, 35, 46, X1, X2, X3, X7, X8, X20, X32, X40, 400 Park and Ride

Drop Off

When you drop your young person off, there will be a member of the team at the door, who will sign your young person in. One of the coaches will then show your young person where they can put their things, before engaging in the drop-off time free-play.

Drop off is available from 08:45 till 09:45. If you are running late, or need a later drop off one day, please email Kate.

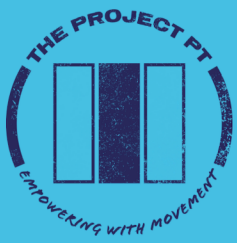
Collection



When you pick up your young person, there will be a member of the team at the door, who will sign your young person out. At this point, the coach at the door will confirm your name, and password if you have set one with us.

If someone who is not on our list, or doesn't know your password, attempts to collect your young person, a coach will call you immediately.

Drop off is available from 15:00 till 16:00. If you would like to collect your young person earlier, please email Kate to arrange this.



CAMP PASSPORT



What is the Camp Passport?

The Project PT aims to create a camp environment where every participant feels **heard, supported, and valued.**

This is why we created the "Camp Passport" – an innovative **online form** designed to help our coaches build **meaningful relationships** with your young person, to facilitate a **transformative** holiday camp experience.

Coaches, equipped with **neurodiverse and trauma-informed training**, will use this passport to recognise and respond to your young person's **triggers**. The "Camp Passport" goes beyond traditional boundaries, instilling a culture of **empathy, inclusion, and understanding** among both young people and coaches.

As guardians, your guidance is pivotal in helping our coaches assist your young person to navigate their **unique neurodivergent profiles** and build their **personal skills** in the upcoming camp.

How to complete a Camp Passport:

To complete a Camp Passport, please scan the QR code, or copy and paste the link below:



<https://forms.office.com/r/3tKHwKB6Qq>





CAMP SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0845-1000	Drop off and Free Play	Drop off and Free Play	Drop off and Free Play	Drop off and Free Play	Drop off and Free Play
1000-1100	Rounders	Volleyball	Dance-Fit	Multi-Sports	Skateboarding
1100-1200	Yoga	Skateboarding	Yoga	First Aid Skills	Gymnastics/ Parkour
1200-1300	Lunch and Free Play	Lunch and Free Play	Lunch and Free Play	Lunch and Free Play	Lunch and Free Play
1300-1400	Pad Based Boxing	Eco-Crafts (human body)	Dodgeball	Pad Based Boxing	Mini-Olympics and Awards
1400-1500	Eco-Crafts (planters)	Skateboarding	Pad Based Boxing	Eco-Crafts (nature)	
1500-1600	Pick Up and Free Play	Pick Up and Free Play	Pick Up and Free Play	Pick Up and Free Play	Pick Up and Free Play

If the schedule changes we will update all guardians by email as soon as possible.

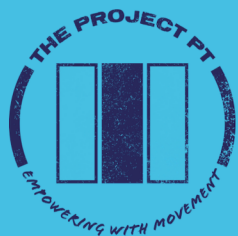
Young people are encouraged to work with others, show kindness, and harness their inner ability to play.

Multi-sports develops teamwork, communication, and appropriate competitiveness

Skill-based to challenge the young people in terms of balance, coordination, agility and resilience

Creative activities to help the young people slow down, develop creative autonomy, and body awareness.

First Aid to teach life skills to the young people, in an age appropriate way.



RULES & EXPECTATIONS

The Project PT adopt a person-centred approach to all coaching, meaning each young person will be treated with kindness, empathy and understanding.

In order to make our camp as inclusive as possible, we do have a few expectations of each young person.



Be Kind and Make Friends:

Treat everyone nicely, and try to make new friends by including them in games and activities.

Listen to Coaches:

Pay attention when the coaches talk, so we can all have fun and be safe during our activities.



Share and Take Turns:

Share toys and games, and take turns so that everyone gets a chance to play and have a good time.

Stay Safe, Follow Rules:

Follow the safety rules during activities to make sure we all stay safe and have a blast.

Respect Nature:

When we're exploring nature, be gentle and respectful to plants and animals, and throw away any trash properly.



Ask for Help:

If you need help or have questions, don't be shy—ask a coach or another grown-up for assistance.

Use Nice Words:

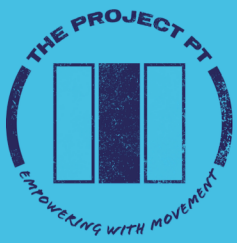
Speak kindly and use words that make everyone feel happy and included.



Have a Ton of Fun:

The most important rule of all—let's have a super fun time while being nice to each other and taking care of our camp!





AT HOME ACTIVITIES

The Project PT understand your young person can need lots of ideas to keep them entertained. Why not try one of our favourite at home activities? Watch them develop their creative mind with enhanced communication and problem solving skills, to become a resilient individual.



Indoor Scavenger Hunt:

Create a list of items for your young people to find around their homes. Set a timer and let them race to locate each item. You can make it more exciting by adding clues or riddles.

DIY Obstacle Course:

Have your young people design their own indoor obstacle course using household items like cushions, chairs, and blankets. They can take turns navigating the course and even time each other for added fun.



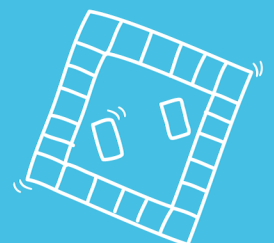
Sock Puppet Theatre:

Young people can transform old socks into puppets and create a mini puppet show. Encourage them to come up with a storyline, design puppet characters, and put on a performance for family members.



DIY Board Games:

Have young people design and create their own board games using cardboard, markers, and other craft supplies. They can invent rules, game pieces, and even share their games with family members for a game night.





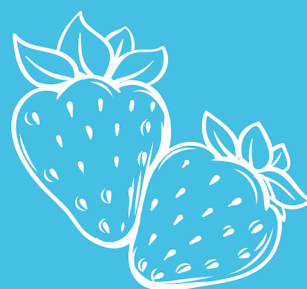
SNACKS AND LUNCH IDEAS

Trying to find snacks your young person wants to eat, as well as keeps them fuelled for days of fun can be hard! So The Project PT have come up with a few ideas to try, if you'd like.

Snacks

Rainbow Fruit Skewers:

Thread colourful fruit chunks onto skewers for a fun and tasty snack bursting with different flavours.



Yogurt Sundae:

Layer yogurt with granola and top with a few sliced strawberries or banana for a yummy parfait treat.

Veggie Rockets with Hummus Dip:

Cut veggies into rocket shapes and dip them into hummus—pretend they're rocket ships before munching!



Cheesy Crackers Party:

Pair cheese cubes with whole grain crackers and make it a cheesy party on your plate.



Lunches

Superhero Turkey Wrap:

Roll up turkey, lettuce, tomatoes, and a secret sauce in a whole-grain wrap to power up your lunch like a superhero.

Quinoa Rainbow Salad:

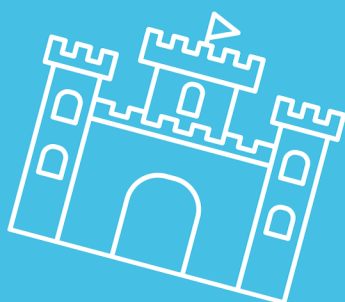
Mix colourful quinoa with crunchy cucumbers, cherry tomatoes, and cheesy feta—toss it all together for a tasty rainbow salad.

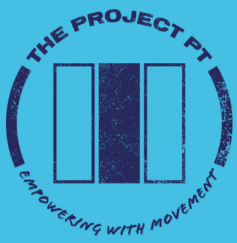
Chicken Veggie Stir-Fry Adventure:

Stir-fry chicken and veggies in a wok with a magical soy sauce—create an adventurous lunchtime stir-fry story!

Avocado Turkey Castle Sandwich:

Spread mashed avocado on bread and add turkey slices, lettuce, and tomato to build a delicious castle sandwich.





ECO-CRAFTS

Please bring what you can

The Project PT values the environment, therefore, our Arts and Crafts activities will always be Eco-Crafts to foster a sense of responsibility for the environment and promoting the concept of repurposing and reusing items.

The Project PT will ensure there is enough supplies for your young people, but if you can provide anything, it helps your young person feel a greater sense of autonomy for their art-work.



Nature Collage Photo Frames

Why? To help your young person remember their camp experience and their favourite parts

How Young People Can Help: Collect small twigs, dry leaves, or flowers from their garden or a nearby park.

We will turn these into functional photo frames your young person can fill with memories.



Egg Carton and Cardboard People

Why? To help young people understand the human body, and its complexity, as well as foster a positive attitude towards all body shapes and sizes

How Young People Can Help: Bring in empty egg cartons, or cardboard, from home. We will turn these recyclables into full size bodies with a bit of creativity and colour.



DIY Water Bottle Planters

Why? To show your young person that a little bit of time and patience can turn into something amazing

How Young People Can Help: Bring in empty water bottles or milk cartons. We will turn them into mini planters by adding soil and seeds or small plants. This not only creates art but also promotes awareness of recycling and growing plants.