Summer Camp Week Outline June 17-21:

|  |  |
| --- | --- |
| June 17th Monday: Olympic USA Day 9:30AM-1:00PM | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 10:00 | Warm Up (Lunges x2, L + R Gallops x2, Skips x2, Run Skips x2) |
| 10:00 – 10:30 | Floor: (FWR x2, Straddle Rolls x2, HS down, HS/HS FWR back, CW x2, Run skip CW x2 or just CW) |
| 10:30 – 11:00 | Cheese Mat: (2 cheese mats, if can do it on mat do it on floor- BWR/BER x5, BKO/BWO x5) |
| 11:00 – 11:15 | Wash Up for Snack & Snack |
| 11:15 -11:25 | Make A Medal (Arts & Crafts) |
| 11:25 -11:35 | Olympic Bingo (Arts & Crafts) |
| 11:35 -12:05 | Bars & Beam: (Bar: Tuck Hold, Straddle Hold, Pike Hold, Skin the Cat, Front Support + Cast, Pull Over) (Beam: Backwards, Ice cream, Hops, Front Kicks, Arabesque, Favorite) |
| 12:05 – 12:35 | Stick It Game (AirTrack to practice jump first on each x, then on springboard) (straight, tuck, straddle, left split, right split, pike, ½ turn, full turn) |
| 12:35 – 1:00 | Guess This Skill: (2 teams, (2) buckets full of poses, skills, stretches- 1 person on each team pulls card, try to do what’s on the card. If the team can figure it out they get a point. One guess per card. If wrong, card goes back & new person chooses card on team. And so on. Whoever can get the most points or runs out of cards first wins. |

|  |  |
| --- | --- |
| June 18th Tuesday: Hawaiian Luau Day | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 10:10 | Warm Up (Hops x2, Lunges x2, L & R gallops x2, skips x2, run skips x2) Floor: (FWR D&B, Straddle Rolls D&B, Handstands/ Handstand FWR D&B |
| 10:15 – 10:25 | Pool Noodle Run (everyone gets a noodle, stands in circle on 3 runs to next noodle without it falling, if falls you’re out) |
| 10:25 – 10:40 | Volleyball |
| 10:40 – 10:50 | Beach Ball Circle Pass (whole group sits in circle and passes beach ball around circle with feet, ball cannot touch the ground, if does start with that person and try to get back to beginning) |
| 10:50 – 11:10 | Clean Up for Snack + Snack |
| 11:10 – 11:25 | Tiki Face + Surfboard (Art & Craft) |
| 11:25 - 11:50 | Hawaiian Paper Games |
| 11:50 – 12:10 | Limbo |
| 12:10 – 12:40 | Bars & Beam Rotation (Bars: Straddle Hold, Skin the cat, Front support Cast FWR, Swings, Raised Bar) (Beam: Tip toe Pivots, Knee Pivots, Step Step Leap, Straight Jumps) |
| 12:40 – 1:00 | Beach Hockey (2 teams, beach ball hockey puck, cones for goals, pool noodles for sticks) |

|  |  |
| --- | --- |
| June 19th Wednesday: Animal Kingdom Day | |
| 9:30 -9:50 | Settled In & Stretch |
| 9:50 – 10:00 | Warm Up (Lunges x2, L + R Gallops x2, Skips x2, Run Skips x2) |
| 10:00 – 10:15 | Relay Races: (Bear Crawl, Hop, (Crab walk on floor) (Crabwalk feet sideways, Inchworm with frisbee, Sumo walks as Elephant) (Run like Cheetah, Frog Jumps, Fly like Bird) |
| 10:15 – 10:35 | Animal Charades: (2 teams, pick cards one at a time and act out animal no sounds one guess by team, if wrong, new person new card point per right guess) |
| 10:35 – 10:50 | Safari Scavenger Hunt |
| 10:50 – 11:05 | Clean Up for Snack & Snack |
| 11:05 – 11:15 | Paper Plate Art: Sloth, Elephant, Giraffe, & Parrot (Art & Craft) |
| 11:15 – 11:45 | Bars & Beam Animals (Bars: Monkey Swings) (Bat Hangs (raised bar), Sloth Cross, Bird Pirch(lower bar) (Beam: Flamingo Kicks, Bear Crawl, Sloth Crawl under High beam, Bunny Hops) |
| 11:45 – 12:00 | Run Rabbit Run (Sharks & Minnows) |
| 12:00 – 12:20 | Zookeeper Says (Simon Says) |
| 12:20 – 1:00 | Monkey Tag (like freeze tag – 2 “it” people if tagged lay on back with legs up, someone must touch your feet with elbow to release you, try to get everyone frozen.) |

|  |  |
| --- | --- |
| June 20th Thursday: Pajama Day (Game Day) | |
| 9:30 -9:50 | Settled In & Stretch |
| 9:50 – 10:10 | Warm Up (Hops x2, Lunges x2, L & R gallops x2, skips x2, run skips x2) Floor: (FWR D&B, Straddle Rolls D&B, Handstands/ Handstand FWR D&B |
| 10:10 – 10:25 | Musical Mats |
| 10:25 – 10:45 | 4 Corners |
| 10:45 – 11:05 | Duck, Duck Goose |
| 11:05 – 11:20 | Clean Up for Snack & Snack |
| 11:20 – 11:30 | Gardening |
| 11:30 – 11:45 | Ghost in the Graveyard (one guard, everyone else lays on ground face up, cannot move, flinch, smile or talk, guard trys to make people move or laugh, if do become guard to get others, last one standing wins) |
| 11:45 – 12:20 | Relay Races: (1leg hops-switch, Frog jumps, Skips) (Backward run, Bunny hops, Gallop-switch) (Bear crawl, Run, FWR) (Team crawl- everyone stands in a straddle leg apart, person from back crawls all the way through to front and stands in straddle, team continues until first to make it to end of floor) |
| 12:20 – 1:00 | Shipwreck |

|  |  |
| --- | --- |
| June 21st Friday: Outer Space | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 9:55 | Warm Up |
| 9:55 – 10:15 | Solar System Challenge (collect all the solar system, put in order: 2 teams)  Moon Phase Challenge (Collect moon phases, put in order: 2 teams) |
| 10:15 – 10:30 | Astronauts & Aliens (sharks & minnows) |
| 10:30 – 10:45 | Space Rock Relay (Aluminum foil balls one end, team on other, run to collect. 1 @ time until first team to run out: 2 teams) |
| 10:45 – 11:00 | Get ready for snack & Snack |
| 11:00 – 11:10 | Constellation Challenge: (who can copy/create 3 constellations first) |
| 11:10 – 11:20 | Alien Eggs (Arts & Crafts) |
| 11:20 – 11:30 | Hand Alien in Space (Arts & Crafts) |
| 11:30 – 11:40 | Hot Moon (hot potato) |
| 11:40 – 12:00 | Black Hole Toss (2 black boxes, throw in bean bags, rings, aluminum balls: 2 teams) |
| 12:00 – 12:20 | Floating in Space (Tramp. Springboard, Stick It game, straight, tuck, straddle, left split, right split, pike, ½ turn, full turn) |
| 12:20 – 12:40 | Saturn Ring Toss |
| 12:40 – 1:00 | Meteor Shower (Snowball fight) |