Summer Camp Week Outline July 8-12:

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| July 8th Monday: Candyland 9:30AM-1:00PM | |
| 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 – 10:15 | Guess the Jars |
| 10:15 – 10:25 | Candy Relay (2 teams, bowl at each end of team, one at a time run down collect candy, bring back, team to get all candy first wins. 1 piece @ a time) |
| 10:25 – 10:40 | Candy Dice Game (group in circle roll dice, dice tells you what to do. Who has the most candy at the end?) |
| 10:40 – 10:55 | Candy Toss (2 teams, 3 bowls each. Each bowl is worth different points, try to land candy in bowl and get highest number of points at end of time. Play ¾ times change teams) |
| 10:55 – 11:15 | Clean up for Snack + Snack |
| 11:15 – 11:30 | Make a Candy Necklace + Donut Design (Art &Craft) |
| 11:30 – 11:45 | Roll A Rainbow (dice tells you what color you put down for rainbow, who can fill out their rainbow first?) |
| 11:45 – 12:00 | Marshmallow Construction |
| 12:00 – 12:15 | Candy Pick Up (everyone gets own straw and cup, who can pick up the most candies in the time, play 2/3 times) (keep candy they pick up) (Set up snack tables at end with candy spread) |
| 12:15 – 12:40 | Candy Pictionary |
| 12:40 – 1:00 | Candy Charades |

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| July 9th Tuesday: Outer Space Day | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 9:55 | Warm Up |
| 9:55 – 10:15 | Planet Sort (Rings / No Rings) (Few or no moons / many moons)  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 | Moon with Foil (Arts & Crafts) |
| 11:20 – 11:30 | Make a Spaceship (Arts & Crafts) |
| 11:30 – 11:40 | I Spy paper (who can finish first) |
| 11:40 – 12:00 | Black Hole Toss (3 black boxes, worth 1,2,3 pts 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 (toss rings onto cones) |
| 12:40 – 1:00 | Meteor Shower (Snowball fight) |

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| July 10th Wednesday: Under the Sea | |
| 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 – 10:20 | Beach Creature Yoga |
| 10:20 – 10:40 | Sharks & Minnows |
| 10:40 – 10:55 | Over Under Game (2/3 teams: time who can zig zag their team the fastest over under the beams: Med beam up on Cheese mats, colored one opened, High on blue panel mats. Cones and arrows make zigzag course to follow.) |
| 10:55 – 11:05 | Limbo |
| 11:05 – 11:20 | Break for Snack + Snack |
| 11:20 – 11:40 | Saltwater Painting + Octopus Chain (arts & crafts) |
| 11:40 – 11:55 | Water Layers + Water Density (Science) |
| 11:55 – 12:10 | Sea Creature BINGO |
| 12:10 – 12:30 | Swimming in the Sea (Tramp first Springboard second) (Stick it Game: straight, tuck, straddle, left split, right split, pike, half turn, full turn) |
| 12:30 – 1:00 | Shipwreck |

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| July 11th Thursday: Olympic USA 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 – 10:30 | 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 | Olympic Ring Crown (Arts & Crafts) |
| 11:25 -11:35 | Olympic Word Search |
| 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 spring board) (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. |

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| July 12th Friday: Pajama Day (Game Day) | |
| 9:30 -9:50 | Settled In & Stretch |
| 9:50 – 9:55 | Warm Up |
| 9:55 – 10:15 | Musical Mats |
| 10:15 – 10:35 | 4 Corners |
| 10:35 – 10:55 | Duck, Duck Goose |
| 10:55 – 11:10 | Clean Up for Snack & Snack |
| 11:10 – 11:20 | Gardening |
| 11:20 – 11:30 | Handstand Contest |
| 11:30 – 11:40 | Bridge Hold Contest |
| 11:40 – 11:55 | Museum (one guard, everyone else statues, move when guard is not looking, try to not get caught if caught become guard, last one standing wins) |
| 11:55 – 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 | Battleship (Split into 2 teams, split the floor, each team lays out target buckets, the opposite team tries to land bean bags or ball into the buckets, whichever team can knock out all buckets wins) |