Summer Camp Week Outline June 10-14:

|  |  |
| --- | --- |
| June 10th Monday: Superhero Day 9:30 AM – 1:00 PM | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 10:20 | 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) |
| 10:20 – 10:40 | Trampoline + Springboard (Stick it Game: straight, tuck, straddle, left split, right split, pike, ½ turn, full turn; keep score) |
| 10:40 – 10:55 | Relay Races: (Fly, Push Mat, Hop; Bear Crawl, Shield Push (frisbees), Lunges) |
| 10:55 – 11:15 | Wash up for snack & Snack |
| 11:15 – 11:30 | Captain America Sheild (Arts & Crafts) |
| 11:30 – 11:40 | Superhero Friend (Arts & Crafts) |
| 11:40 -12:00 | Cup Tower Knock Down (use snack tables-pulled sideways on blue floor, tower with cups: 2 teams knock down cups with ball-coach keeps score 1 point per fallen cup) |
| 12:00 – 12:30 | Bars and Beam (bars: Tuck Hold, Straddle Hold, Pike Hold, Skin the Cat, Front Support + Casting, PO/PO BHC) (Beam: Front Kicks, Marches, Backwards, Hops, Bear Crawl, Favorite Walk) 5 rounds |
| 12:30 – 1:00 | Smarter Spotter / Cheese Mat (BWR, BKO, S.S) ~ 5 rounds |

|  |  |
| --- | --- |
| June 11th Tuesday: Circus Day | |
| 9:30 – 10:00 | Settled In & Stretch (Super focus on stretch technique and body positioning) |
| 10:00 – 10:15 | Warm Up + Body Positions: (Hops x2, Lunges x2, L & R gallops x2, skips x2, run skips x2) (Tight Handstands, Hollow Holds, Superman Holds) |
| 10:15 – 10:35 | Parachute: (2 groups 2 parachutes: warm up by lifting 2-3 time, then 1 @ a time crawl underneath, after everyone goes lift and everyone goes under holding their handle and sit underneath together, 2-3 rounds of popcorn) |
| 10:35 – 10:55 | Ball and Ring Toss: (2 groups 3 buckets each team each bucket worth different points: 1,2,3: team one at a time throws 3 balls trying to get as many points as they, see what team made most points after so long. 2 groups 3 cones do same as above but with cones and rings instead, switch up the teams.) |
| 10:55 – 11:10 | Wash up for snack & Snack |
| 11:05 – 11:15 | Balloon Name Art (Arts & Crafts) |
| 11:15 – 11:25 | Popcorn + Cotton Candy Art (Arts & Crafts) |
| 11:25 -12:00 | Bars & Beam: (Bars: strength train-tuck hold, straddle hold, pike hold, chin hold, chin hold pike, front support.) (All Beams, Raise High beam on panel mats: Tiptoes, Flamingo Kicks, Backwards, Bunny Hops, Ice Cream Scoops, Bear Crawl) |
| 12:00 – 12:15 | Stretch Poses & Group Stretch Pose Game: (try to make the pose on the card) (2 groups, keep score, one draws a card and tries to preform what’s on the card, group has one guess to guess the skill, if wrong no point, if right point and new person goes. Continue until coach says stop.) |
| 12:30 – 1:00 | Ringmaster Says: (Simons says |

|  |  |
| --- | --- |
| June 12th Wednesday: Pajama Day (Game Day) | |
| 9:30 -9:50 | Settled In & Stretch |
| 9:50 – 10:05 | 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 |
| 10:05 – 10:20 | Musical Mats |
| 10:20 – 10:40 | 4 Corners |
| 10:40 – 11:00 | Duck, Duck Goose |
| 11:00 – 11:15 | Clean Up for Snack & Snack |
| 11:15 – 11:25 | Gardening |
| 11:25 – 11:35 | Handstand Contest |
| 11:35 – 11:45 | Bridge Hold Contest |
| 11:45 – 12:00 | 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) |
| 12:00 – 12:25 | Relay Races: (1leg hops-switch, Frog jumps, Skips: Backward run, Bunny hops, Gallop-switch: Bear crawl, Run, FWR:  Team crawl (2 teams)- everyone stands in a straddle legs 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) |
| 12:25 – 1:00 | Add- On (get in order, one at a time do a skill, next person does that skill then adds on, keeps going. If do wrong skill or cannot remember you are out, continue until last person.) |

|  |  |
| --- | --- |
| June 13th Thursday: Beach Day | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 10:05 | 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 |
| 10:05 – 10:20 | Sharks and Minnows |
| 10:20 – 10:30 | Beach Ball Circle Game (whole group sit in circle pass beach ball with feet try not to let it drop) |
| 10:30 -10:55 | Treasure Hunt Floor Is Lava (2 teams: communicate while going across blue floor carpet squares, if someone on the team touches blue floor all go back. Try to collect coins going across- only allowed 5 coins per way. See who has collected the most at end of time.) |
| 10:55 – 11:10 | Clean up for Snack + Snack |
| 11:10 – 11:20 | Water Layers (Science – 2 groups) |
| 11:20 – 11:30 | Sea Turtle (Art & Craft) |
| 11:30 – 11:50 | Ocean Bingo |
| 11:50 – 12:10 | Noodle Run (2 groups- everyone in a circle all have noodles, run in one direction to get to next noodle without it falling over. If noodles falls, you’re out. Play until one left) |
| 12:10 – 12:30 | Volleyball |
| 12:30 – 1:00 | Add on: Ball Toss (do something before catching the ball, next person must do that and add on, keep going until mess up then start over.) |

|  |  |
| --- | --- |
| June 14th Friday: 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 | ABC Game (name a word for each letter of the alphabet that relates to the Olympics) |
| 11:25 -11:35 | Olympic Torch (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 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. |