



Sports Around the World

[Day 1](#)

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# JUMP START

## S P O R T S

<b><u>Camp Overview</u></b> “Sports Around the World”	
Length of camp	5 days
Hours of each day	9am-3pm (6 hours)
Theme of the camp	<p>“To provide children with a fun, engaging, and educational sports camp experience that introduces them to a diverse range of sports played in other countries, including Soccer, Team Handball, Cricket, Rugby, Netball, and Gaelic Football. The camp aims to foster a love for physical activity, enhance fundamental athletic skills, promote teamwork and sportsmanship, and encourage the exploration of new and exciting sports in a supportive and inclusive environment. Through expert instruction and hands-on practice, we seek to inspire confidence, improve coordination, and develop a lifelong passion for health and fitness among all participants.”</p> <p><a href="#">Source</a></p>
Sources	<p>Depository of <a href="#">JSS Camp games</a> Final Camp <a href="#">Themes</a></p>

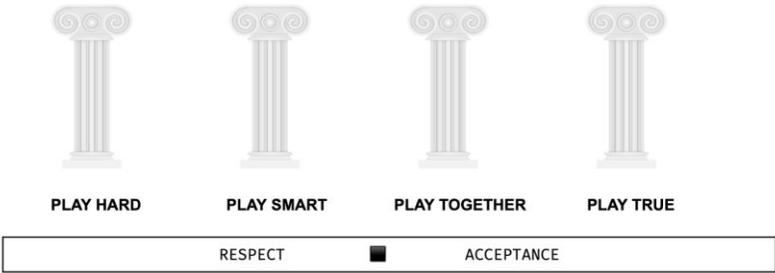
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# JUMP START SPORTS

## Day 1 (Soccer & Team Handball)

<b><u>Day 1; Arrival (9-9:15am)</u></b> : Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets               <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Be checked in</li> <li>● Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check in the campers as they arrive.</li> <li>● Other coaches will maintain supervision of unorganized play.</li> <li>● Director will communicate once all campers have arrived.</li> </ul>

<b><u>Day 1; Daily Convocation (9:15-9:30am)</u></b>
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<p>Daily Convocation</p>	<ul style="list-style-type: none"> <li>• “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> <li>•</li> </ul> <div style="text-align: center;">  <p>PLAY HARD      PLAY SMART      PLAY TOGETHER      PLAY TRUE</p> <p>RESPECT      ■      ACCEPTANCE</p> </div> <ul style="list-style-type: none"> <li>•</li> </ul>
<p>Equipment needed</p>	<ul style="list-style-type: none"> <li>• Script (see below)</li> <li>• Clipboard for script</li> </ul>
<p>Learning goals/objectives</p>	<ul style="list-style-type: none"> <li>• “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
<p>Areas of focus</p>	<ul style="list-style-type: none"> <li>• Campers will be introduced to the convocation and four pillars on Day 1.</li> <li>• These principles will then be reiterated in the following days of the camp.</li> </ul>
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>• Campers are lined up in rows.</li> <li>• Coaches will be at the front of the rows.</li> <li>• Coaches will be dispersed amongst the rows of campers.</li> </ul>
<p>Activity description</p>	<ul style="list-style-type: none"> <li>• Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>• The Foundation: Respect and Acceptance</li> <li>• The Four Pillars <ul style="list-style-type: none"> <li>○ Physical: Play Hard</li> <li>○ Mental: Play Smart</li> <li>○ Social: Play Together</li> <li>○ Emotional: Play True</li> </ul> </li> <li>• Coaches will use the following speech at each convocation:</li> <li>• Welcome: <ul style="list-style-type: none"> <li>○ High energy greeting of all the kids</li> <li>○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes”</li> </ul> </li> <li>• Introductions: <ul style="list-style-type: none"> <li>○ Have each coach introduce themselves</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Name, favorite sport, favorite team</li> <li>● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>■ Be nice</li> <li>■ Don't be mean</li> <li>■ Never bully another person</li> <li>■ Be kind</li> <li>■ Treat others the way you would like to be treated</li> </ul> </li> <li>○ Who should we all be respectful of <ul style="list-style-type: none"> <li>■ Other campers - your peers</li> <li>■ The staff - we are here to help you learn and take care of you</li> <li>■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li> <li>■ Treat others the way you would like to be treated</li> <li>■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> </li> </ul> </li> <li>● What does acceptance mean to you <ul style="list-style-type: none"> <li>○ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>○ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul> </li> <li>● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> <li>○ Play Hard: always try your best to win or succeed</li> <li>○ Play Smart: always pay attention and try to make the "right" play (use specific examples from sports they know or have seen recently.</li> <li>○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)</li> <li>○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport</li> </ul> </li> <li>● Win with Grace, Lose with Dignity</li> <li>● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
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Script

*"Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for*

*everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!*

*Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!*

*Character:*

*One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.*

*Now, let's talk about Acceptance.*

*What does acceptance mean to you? Let's hear your thoughts.*

*Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate!*

*Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."*

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*Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!*

*Today we will be learning...*

- 1) Soccer*
- 2) Team Handball*

***Day 1 only--Play a "get to know you" game with the group (5 minutes)***

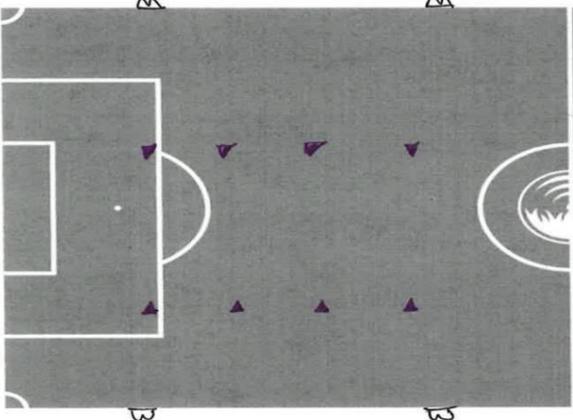
	<p><i>Ball Toss Introduction Game for names</i></p> <ul style="list-style-type: none"> <li>● How to Play: Use a soft ball (like a beach ball or foam ball). Toss it to a camper, who says their name and a fun fact about themselves (e.g., “Hi, I’m Emma, and I love pizza!”). They then throw the ball to someone else.</li> <li>● Why It Works: Encourages active participation and quick thinking.</li> </ul> <p><i>High-Five Huddle Game</i></p> <ul style="list-style-type: none"> <li>● How to Play: Call out a category (e.g., "favorite color is blue" or "likes basketball"). Campers who match must run to the middle and high-five each other before running back.</li> <li>● Why It Works: Promotes quick thinking and energetic movement.</li> </ul>
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<b><u>Day 1; Session 1 (9:30-10:15am):</u></b> (Soccer fundamentals)	
Equipment needed	<ul style="list-style-type: none"> <li>● 8 Soccer Balls</li> <li>● 20 Pinnies</li> <li>● 8 mini soccer nets</li> <li>● 40 cones</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble</li> <li>● Trap a ball from a pass</li> <li>● Pass to another player from a stationary position</li> <li>● Shoot from a stationary position</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling: <ul style="list-style-type: none"> <li>○ Keeping the ball close to the feet for improved control</li> <li>○ Keeping the head up to maintain awareness of surroundings</li> <li>○ Using both feet</li> <li>○ Changing pace and direction</li> <li>○ Employing fakes and feints</li> </ul> </li> <li>● Passing: <ul style="list-style-type: none"> <li>○ Using the inside of the foot for precision in shorter distances</li> <li>○ Practicing accurate short and long passes using both feet</li> <li>○ Controlling the pressure put on the ball to control the “weight” of the pass</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Stance and Approach</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>■ Plant Foot Position: Ensure the non-kicking foot is placed beside the ball, pointing towards the target.</li> <li>■ Approach Angle: Encourage a smooth approach to the ball, avoiding stutter steps.</li> <li>○ Body Positioning <ul style="list-style-type: none"> <li>■ Head Down: Instruct players to keep their head down and eyes on the ball while striking.</li> <li>■ Knee Over the Ball: The knee of the kicking leg should be positioned over the ball at the moment of contact to help keep shots low and powerful.</li> </ul> </li> <li>○ Contact Technique <ul style="list-style-type: none"> <li>■ Ankle Locked: Emphasize locking the ankle during the strike to create a solid, firm contact with the ball.</li> <li>■ Foot Placement: Teach players to strike the ball with their laces (the top part of their foot) for powerful shots. For accuracy, they should aim for the middle to upper half of the ball.</li> </ul> </li> <li>○ Follow Through <ul style="list-style-type: none"> <li>■ Complete Your Kick: Stress the importance of following through after making contact with the ball. The kicking foot should continue in the direction of the target.</li> </ul> </li> </ul>
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Field/court layout

- Set up the 8 mini soccer nets around the edges of the field
- 4 lines of cones 20 yards apart



Activity description

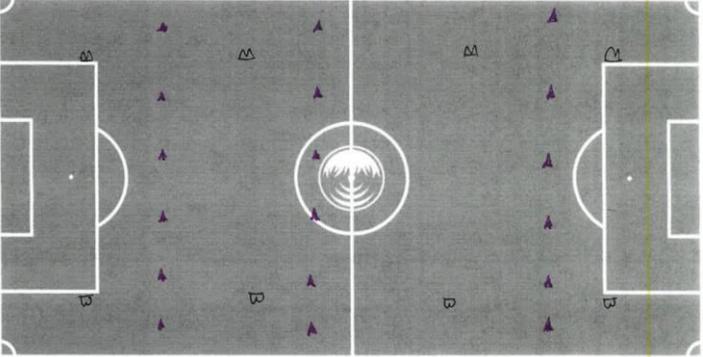
***DYNAMIC WARMUP***

- 8 minute warmup with light jog and then dynamic warmup
  - High knees
  - Butt kicks
  - Side shuffle
  - Lunges
  - Frankenstein kick
  - Open the gate (Lift leg up and bring to the side of the body before placing down)

	<ul style="list-style-type: none"> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> <p>20 minutes: <i>DRIBBLING</i></p> <ul style="list-style-type: none"> <li>● Spread the players out in the field</li> <li>● Give each player a ball</li> <li>● Demonstrate the following skills and then have the players repeat while stationary. <ul style="list-style-type: none"> <li>○ Squish your ball like a bug.</li> <li>○ Put your heel on the ball and point your toe to the sky.</li> <li>○ Put your tiptoe on the ball like a ballet dancer.</li> <li>○ Heel...Toe...Heel...Toe</li> <li>○ Roll the ball in a circle.</li> </ul> </li> <li>● Place the players in four different lines. Coaches should be 20 yards in front of each line. <ul style="list-style-type: none"> <li>○ Have them run while pushing the ball with the right foot. <ul style="list-style-type: none"> <li>■ Get to the coaches and turn and head back to the original line and give the ball to the next player in line.</li> </ul> </li> <li>○ Have them run while pushing the ball with the left foot.</li> </ul> </li> </ul> <p>15 minutes: <i>PASSING</i></p> <ul style="list-style-type: none"> <li>● Partner the campers up in pairs. <ul style="list-style-type: none"> <li>○ Put campers of similar sizes and abilities together, if you have an idea of the skill set.</li> </ul> </li> <li>● Stationary partner passing: Right foot to right foot.</li> <li>● Stationary partner passing: Left foot to left foot.</li> <li>● Stationary partner passing: Right foot to left foot.</li> <li>● Stationary partner passing: Left foot to right foot.</li> <li>● Stationary partner passing: Right foot to right foot, dribble to left foot, pass back to the right foot.</li> </ul> <p>10 minutes: <i>SHOOTING</i></p> <ul style="list-style-type: none"> <li>● Split the players up into 8 different groups</li> <li>● Place each group in front of a mini net</li> <li>● Place 2-3 balls with each group</li> <li>● Stationary shooting: Right foot</li> <li>● Stationary shooting: Left foot</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● The Basics of <a href="#">Dribbling</a></li> <li>● How to <a href="#">pass</a> a soccer ball for beginners</li> <li>● How to <a href="#">shoot</a> a soccer ball</li> </ul>

<b><u>Day 1; Session 2 (10:15-11am):</u></b> (Soccer game play)	
Equipment needed	<ul style="list-style-type: none"> <li>● 8 Soccer Balls</li> <li>● 20 Pinnies</li> </ul>

	<ul style="list-style-type: none"> <li>● 8 mini soccer nets</li> <li>● 40 cones</li> </ul>
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble</li> <li>● Trap a ball from a pass</li> <li>● Pass to another player from a stationary position</li> <li>● Shoot from a stationary position</li> <li>● Conduct all those same skills while in small area game play</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling: <ul style="list-style-type: none"> <li>○ Keeping the ball close to the feet for improved control</li> <li>○ Keeping the head up to maintain awareness of surroundings</li> <li>○ Using both feet</li> <li>○ Changing pace and direction</li> <li>○ Employing fakes and feints</li> </ul> </li> <li>● Passing: <ul style="list-style-type: none"> <li>○ Using the inside of the foot for precision in shorter distances</li> <li>○ Practicing accurate short and long passes using both feet</li> <li>○ Controlling the pressure put on the ball to control the “weight” of the pass</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Stance and Approach <ul style="list-style-type: none"> <li>■ Plant Foot Position: Ensure the non-kicking foot is placed beside the ball, pointing towards the target.</li> <li>■ Approach Angle: Encourage a smooth approach to the ball, avoiding stutter steps.</li> </ul> </li> <li>○ Body Positioning <ul style="list-style-type: none"> <li>■ Head Down: Instruct players to keep their head down and eyes on the ball while striking.</li> <li>■ Knee Over the Ball: The knee of the kicking leg should be positioned over the ball at the moment of contact to help keep shots low and powerful.</li> </ul> </li> <li>○ Contact Technique <ul style="list-style-type: none"> <li>■ Ankle Locked: Emphasize locking the ankle during the strike to create a solid, firm contact with the ball.</li> <li>■ Foot Placement: Teach players to strike the ball with their laces (the top part of their foot) for powerful shots. For accuracy, they should aim for the middle to upper half of the ball.</li> </ul> </li> <li>○ Follow Through <ul style="list-style-type: none"> <li>■ Complete Your Kick: Stress the importance of following through after making contact with the ball. The kicking foot should continue in the</li> </ul> </li> </ul> </li> </ul>

	direction of the target.
Field/court layout	<ul style="list-style-type: none"> <li>● Set up 4 cross field games with 2 mini nets at each end</li> <li>● The fields should be about 30 yards wide and go lengthwise the width of the field (about 74 yards)</li> <li>● Place cones between each cross field game</li> </ul> 
Activity description	<ul style="list-style-type: none"> <li>● Split the campers into four groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of dribbling, passing, and shooting</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play two 20 minute halves</li> <li>● Adjust the teams if mismatches occur</li> <li>● There does not need to be a goalie in the mini nets</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● The Basics of <a href="#">Dribbling</a></li> <li>● How to <a href="#">pass</a> a soccer ball for beginners</li> <li>● How to <a href="#">shoot</a> a soccer ball</li> </ul>

<b><u>Day 1; Lunch (11-11:30am)</u></b>	
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul>

<b><u>Day 1; Session 3 (11:30-12:15pm)</u></b> "Fun Games"	
Equipment needed	<ul style="list-style-type: none"> <li>● N/A</li> </ul>

<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the rules of each game</li> <li>● Explain the rules of the games</li> <li>● Apply the rules in fair and honest play</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Fun</li> <li>● Fair Play</li> </ul>
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● Normal gym or field</li> </ul>
<p>Activity description</p>	<p><i>Dynamic Warmup (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>Sharks/Minnows (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Put all campers against one gym wall</li> <li>● Identify two kids who are the shark</li> <li>● They say “sharks and Minnows” and the kids run across to the other side of the field/gym.</li> <li>● If they get tagged they turn into a shark.</li> <li>● If they do not get tagged they are safe</li> <li>● Game continues until one last minnow remains</li> </ul> <p><i>Pacman (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● One player is identified as the tagger (Pacman).</li> <li>● The campers must follow the lines on the gym floor.</li> <li>● If the tagger (Pacman) tags them, they sit down on the line and become a roadblock.</li> <li>● Campers cannot go around roadblocks, except the pacman.</li> <li>● You cannot “line jump”</li> <li>● The pacman has to be on the same line in order to tag someone.</li> <li>● Once all campers are road blocks, then the game restarts.</li> </ul>
<p>Video clips</p>	<ul style="list-style-type: none"> <li>● Elementary P.E. Games: <a href="#">Sharks &amp; Minnows</a> (Flags, but you can just play tagged)</li> </ul>

	<ul style="list-style-type: none"> <li>• How to play <a href="#">Pacman</a></li> </ul>
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**Day 1; Session 4 (12:15-1:30pm):** (Team Handball gameplay)

Equipment needed	<ul style="list-style-type: none"> <li>• 3 handballs (smaller nerf type balls)</li> <li>• 6 mini soccer nets</li> <li>• Whistles</li> <li>• Cones</li> <li>• 20 pinnies</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Verbalize the rules of handball</li> <li>• Effectively play a game of handball</li> <li>• Reinforce the rules of handball when a foul occurs</li> <li>• Dribbling</li> <li>• Passing and Receiving</li> <li>• Shooting</li> <li>• Catching</li> <li>• Defensive Skills</li> <li>• Teamwork and Positioning</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• Dribbling <ul style="list-style-type: none"> <li>○ "Bounce the ball with your fingertips, not your palm"</li> <li>○ "Keep your head up while dribbling to see your teammates"</li> <li>○ "Dribble at waist height, not too high or low"</li> </ul> </li> <li>• Passing and Receiving <ul style="list-style-type: none"> <li>○ "Make a target with your hands when catching"</li> <li>○ "Step towards your teammate when passing"</li> <li>○ "Catch with soft hands, like you're hugging the ball"</li> </ul> </li> <li>• Shooting <ul style="list-style-type: none"> <li>○ "Aim for the corners of the goal"</li> <li>○ "Jump and shoot, releasing the ball at the highest point"</li> <li>○ "Follow through with your throwing arm"</li> </ul> </li> <li>• Catching <ul style="list-style-type: none"> <li>○ "Create a big target with your hands"</li> <li>○ "Watch the ball all the way into your hands"</li> <li>○ "Catch with your hands, not your body"</li> </ul> </li> <li>• Defensive Skills <ul style="list-style-type: none"> <li>○ "Stay on your toes, ready to move quickly"</li> <li>○ "Keep your arms up to block passes and shots"</li> <li>○ "Stay between your opponent and the goal"</li> </ul> </li> <li>• Teamwork and Positioning <ul style="list-style-type: none"> <li>○ "Spread out on the court to create space"</li> <li>○ "Move to open spaces when you don't have the ball"</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ "Talk to your teammates and call for the ball"</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● 3 smaller handball courts with the 6 mini soccer nets set up across the court.</li> <li>● Cones will be set up in between the courts</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Coaches will break up the teams</li> <li>● One team will wear the pinnies</li> <li>● Coaches will set a timer of 10 minutes</li> <li>● Score will be kept</li> <li>● Teams will be rearranged after 10 minutes</li> <li>● Games will be played until every team has played all the other teams</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● The <a href="#">rules</a> of handball explained</li> </ul>

<b><u>Day 1; Session 5 (1:30-2pm):</u></b> (Sports around the world research)	
Equipment needed	<ul style="list-style-type: none"> <li>● Laptop or IPAD</li> <li>● Wifi access</li> <li>● Cell phones if no other devices are available</li> <li>● Poster board</li> <li>● Markers</li> <li>● Pens</li> <li>● Colored pencils</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together to research about the sports that they will play this week</li> <li>● Design a poster that has the most important "fun facts" about these sports</li> <li>● Color this poster in</li> <li>● Display this poster at the end of the session and explain it to the other groups</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Accurate sources of information</li> <li>● The similarities between people around the world</li> <li>● Respect &amp; Acceptance from Convocation <ul style="list-style-type: none"> <li>○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>■ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>● Be nice</li> <li>● Don't be mean</li> </ul> </li> </ul> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● Never bully another person</li> <li>● Be kind</li> <li>● Treat others the way you would like to be treated</li> <li>■ Who should we all be respectful of <ul style="list-style-type: none"> <li>● Other campers - your peers</li> <li>● The staff - we are here to help you learn and take care of you</li> <li>● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li> <li>● Treat others the way you would like to be treated</li> <li>● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> </li> <li>○ What does acceptance mean to you <ul style="list-style-type: none"> <li>■ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>■ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Campers will be broken up by ages and developmental level, to the best of the Director and coaches abilities</li> <li>● Each group will have access to a wifi enabled device that they can use</li> <li>● Each group will have access to posterboard and the drawing utensils listed above</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Campers will take on the various roles necessary to undertake this project <ul style="list-style-type: none"> <li>○ Researcher</li> <li>○ Designer</li> <li>○ Sketcher</li> <li>○ Colorer</li> <li>○ Presenter to the rest of the groups</li> </ul> </li> <li>● Although they will have one official “role”, campers should also take turns getting to do the other roles, such as coloring in</li> <li>● Coaches will eventually collect all the poster boards as these will be used throughout the week for all of the sports, sp plan space accordingly!</li> </ul> <p>Coaches should be walking around helping the campers at each stage of the process</p> <p><i>RESEARCH</i> (10-15 minutes)</p>

	<ul style="list-style-type: none"> <li>● Campers should use academically credible sources to find information out about their sports (.gov, .edu, .org and sources that are considered reputable like britannica and national geographic).</li> <li>● The most interesting information, or “fun facts”, should be assembled</li> <li>● Campers should aim for 8-12 pieces of information</li> </ul> <p><i>DESIGNING &amp; SKETCHING</i> (10-15 minutes)</p> <ul style="list-style-type: none"> <li>● Campers should design how they want to display this information on their poster board</li> <li>● They can use an extra piece of poster board, or just plain piece of paper, to make a rough mock up of their final presentation</li> <li>● The design should be sketched in pencil on the poster board</li> </ul> <p><i>COLORING</i> (15-20 minutes)</p> <ul style="list-style-type: none"> <li>● Using the agreed upon design, campers should color in the poster board according to the pencil sketch</li> <li>● Campers should take turns getting to color in, as this is likely the most fun part of the process</li> </ul> <p><i>PRESENTATION</i> (15 minutes)</p> <ul style="list-style-type: none"> <li>● Campers will present to the rest of the groups</li> <li>● Campers should be respectful and kind to the other nation’s efforts</li> <li>● Coaches should reinforce the importance of being supportive of each other in all areas</li> </ul> <p><i>COLLECTION</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Coaches will collect all the poster boards as these will be used throughout the week for all of the sports</li> </ul>
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<b><u>Day 1; Session 6 (2-2:30pm):</u></b> (Fun gameplay - British Bulldog)	
Equipment needed	<ul style="list-style-type: none"> <li>● Flags and belts (like you would have for flag football)</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the rules of each game</li> <li>● Explain the rules of the games</li> <li>● Apply the rules in fair and honest play</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Fun</li> <li>● Fair Play</li> </ul>

Field/court layout	<ul style="list-style-type: none"> <li>● Normal gym or field with cones at the sides and the middle of the gym</li> </ul>
Activity description	<p><i>Dynamic Warmup (8 minutes)</i></p> <ul style="list-style-type: none"> <li>● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>British Bulldog (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Put all campers against one gym wall</li> <li>● Identify two kids who are the sharks</li> <li>● They say “British Bulldog” and the kids run across to the other side of the field/gym.</li> <li>● If they get their flag pulled they turn into a shark.</li> <li>● If they do not get their flag pulled they are safe</li> <li>● Game continues until one last minnow remains</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Elementary P.E. Games: <a href="#">Sharks &amp; Minnows</a> (Flags)</li> </ul>

<b><u>Day 1; Session 7 (2:30-3pm):</u></b> “Unorganized gameplay & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Be checked out</li> <li>● Conduct unorganized play as all other campers depart</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have</li> </ul>

	not departed yet
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check out the campers as they exit.</li> <li>● Other coaches will maintain supervision of unorganized play.</li> <li>● Director will communicate once all campers have departed.</li> </ul>

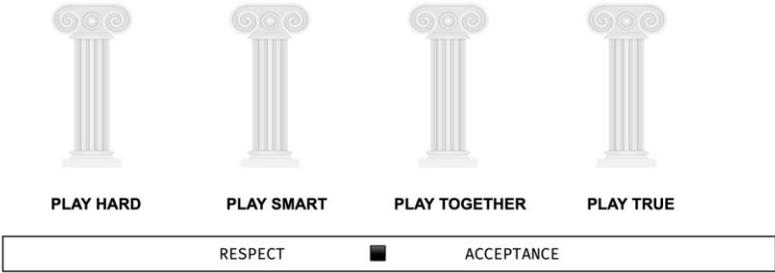
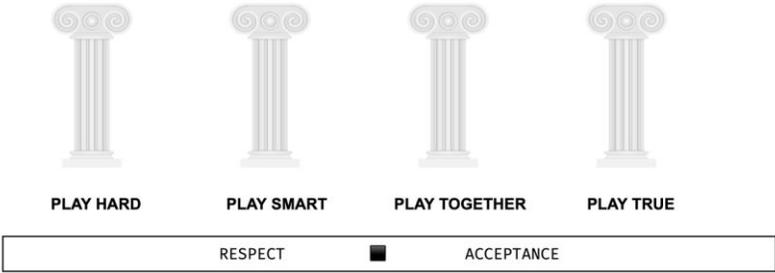
# JUMP START

SPORTS

Day 2  
(Cricket)

<b><u>Day 2; Arrival (9-9:15am):</u></b> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>● Campers will be able to...</li> <li>● Be checked in</li> <li>● Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets available for unorganized play</li> </ul>

Activity description	<ul style="list-style-type: none"> <li>• Director and coaches will check in the campers as they arrive.</li> <li>• Other coaches will maintain supervision of unorganized play.</li> <li>• Head coach will communicate once all campers have arrived.</li> </ul>
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<b><u>Day 2: Daily Convocation (9:15-9:30am)</u></b>	
Daily Convocation	<ul style="list-style-type: none"> <li>• “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> <li>•  <ul style="list-style-type: none"> <li>• </li> </ul> </li> </ul>
Equipment needed	<ul style="list-style-type: none"> <li>• Script (see below)</li> <li>• Clipboard for script</li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>• “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>• Campers will be introduced to the convocation and four pillars on Day 1.</li> <li>• These principles will then be reiterated in the following days of the camp.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>• Campers are lined up in rows.</li> <li>• Coaches will be at the front of the rows.</li> <li>• coaches will be dispersed amongst the rows of campers.</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>• Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>• The Foundation: Respect and Acceptance</li> <li>• The Four Pillars <ul style="list-style-type: none"> <li>○ Physical: Play Hard</li> </ul> </li> </ul>

- Mental: Play Smart
- Social: Play Together
- Emotional: Play True
- Coaches will use the following speech at each convocation:
- Welcome:
  - High energy greeting of all the kids
  - Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes")
- Introductions:
  - Have each coach introduce themselves
  - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.
  - What does RESPECT mean to you? Ask kids to raise their hands to answer
    - Be nice
    - Don't be mean
    - Never bully another person
    - Be kind
    - Treat others the way you would like to be treated
  - Who should we all be respectful of
    - Other campers - your peers
    - The staff - we are here to help you learn and take care of you
    - The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.
    - Treat others the way you would like to be treated
    - Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.
- What does acceptance mean to you
  - Be respectful of ALL PEOPLE, even those who are different than you
  - Use examples of being respectful of others who look different or have different skill level than you have.
- The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means.
  - Play Hard: always try your best to win or succeed
  - Play Smart: always pay attention and try to make the "right"

	<p>play (use specific examples from sports they know or have seen recently.</p> <ul style="list-style-type: none"> <li>○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)</li> <li>○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport</li> </ul> <ul style="list-style-type: none"> <li>● Win with Grace, Lose with Dignity</li> <li>● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
<p>Script</p>	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p>

	1) Cricket!
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<b><u>Day 2; Session 1 (9:30-10:30am)</u></b> (Cricket fundamentals)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 Cricket bats</li> <li>● 20 pinnies</li> <li>● 20 Cricket balls</li> <li>● 2 sets of wickets</li> </ul> <p><a href="#"><u>Cricket</u></a></p>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Catch and Throw</li> <li>● Bat</li> <li>● Bowl</li> <li>● Run Between Wickets</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Catching and Throwing <ul style="list-style-type: none"> <li>○ "Soft hands, big eyes! Watch the ball all the way into your hands."</li> <li>○ "Make a big target with your hands when catching."</li> <li>○ "Point your non-throwing arm at the target, then throw over the top."</li> </ul> </li> <li>● Batting Technique <ul style="list-style-type: none"> <li>○ "Stand side-on, with your shoulder pointing to the bowler."</li> <li>○ "Hold the bat with both hands, making a 'V' shape with your thumbs and forefingers."</li> <li>○ "Keep your eyes on the ball and swing straight through."</li> </ul> </li> <li>● Bowling Technique <ul style="list-style-type: none"> <li>○ "Start with the ball under your chin, like you're biting an apple."</li> <li>○ "Reach for the sky with your front arm."</li> <li>○ "Point your toes towards the target."</li> <li>○ "Let it fly! Swing your arm over like a windmill."</li> </ul> </li> <li>● Running Between Wickets <ul style="list-style-type: none"> <li>○ "Listen for your partner's call: 'Yes' means run, 'No' means don't run, 'Wait' means be ready."</li> <li>○ "Run in a straight line between the creases."</li> <li>○ "Always carry your bat when running."</li> </ul> </li> </ul>
Field/court layout	5 stations with station instructions printed out so coaches can refer

	back to them as needed.
Activity description	<p>Director should break down the most important skills listed in the "areas of focus"</p> <ul style="list-style-type: none"> <li>● Emphasize that the cricket bat is a dangerous object</li> <li>● Any campers that swing the cricket bat OTHER than when they are at bat will lose their privilege to play the game</li> </ul> <p><i>Dynamic Warmup (10 minutes)</i></p> <ul style="list-style-type: none"> <li>● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>Whole group warmup games (10 minutes)</i></p> <p><i>Five Pass Game (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Set up a 15m x 15m square.</li> <li>● Divide players into teams of 5.</li> <li>● Teams try to complete 5 passes without interceptions.</li> <li>● Encourage players to move and call for the ball.</li> </ul> <p><i>Yes, No, Wait! (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Set up a large square 18-20 metres long.</li> <li>● Players walk towards one end.</li> <li>● Coach shouts "Yes" (continue), "No" (turn and run opposite), or "Wait" (be ready)1.</li> </ul> <p><i>Skill Stations (40 minutes)</i></p> <ul style="list-style-type: none"> <li>● Divide the group into 5 groups. Rotate every 7 minutes.</li> </ul> <p><i>Station 1: Catching and Throwing</i></p> <ul style="list-style-type: none"> <li>● Players form a circle and practice throwing and catching.</li> <li>● Coach: "Soft hands, big eyes! Watch the ball all the way into your hands."</li> </ul> <p><i>Station 2: Batting Technique</i></p> <ul style="list-style-type: none"> <li>● Use batting tees for players to practice hitting.</li> <li>● Coach: "Stand side-on with feet apart. Grip the bat with both hands around the middle of the handle."</li> </ul> <p><i>Station 3: Bowling Technique</i></p> <ul style="list-style-type: none"> <li>● Players practice bowling at targets.</li> <li>● Coach: "Start with the ball under your chin. Reach for the sky with your front arm. Swing your bowling arm straight over like a windmill."</li> </ul> <p><i>Station 4: Running Between Wickets</i></p> <ul style="list-style-type: none"> <li>● Set up two sets of stumps 10 meters apart.</li> <li>● Players practice running with bats, touching the crease line.</li> </ul>

	<ul style="list-style-type: none"> <li>● Coach: "Get low when stretching the bat over the line."</li> </ul> <p>Station 5: <i>Mini Game - Diamond Cricket</i></p> <ul style="list-style-type: none"> <li>● Set up a diamond with stumps at each corner.</li> <li>● One batter at each stump, others field.</li> <li>● Bowler in the middle bowls to any batter.</li> <li>● Batters run clockwise after hitting.</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Cricket batting <a href="#">basics</a>   5 basics of cricket batting for beginners   cricket coaching for kids</li> <li>● How to <a href="#">Bow</a> in Cricket - Part 1   Cricket</li> <li>● Cricket <a href="#">rules</a> explained in 2 minutes</li> </ul>

<b><u>Day 2; Session 2 (10:30-11:15am)</u></b> (Cricket gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 Cricket bats</li> <li>● 20 pinnies</li> <li>● 20 Cricket balls</li> <li>● 2 sets of wickets</li> </ul> <p><a href="#">Cricket</a></p>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Catch and Throw</li> <li>● Bat</li> <li>● Bowl</li> <li>● Run Between Wickets</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Catching and Throwing <ul style="list-style-type: none"> <li>○ "Soft hands, big eyes! Watch the ball all the way into your hands."</li> <li>○ "Make a big target with your hands when catching."</li> <li>○ "Point your non-throwing arm at the target, then throw over the top."</li> </ul> </li> <li>● Batting Technique <ul style="list-style-type: none"> <li>○ "Stand side-on, with your shoulder pointing to the bowler."</li> <li>○ "Hold the bat with both hands, making a 'V' shape with your thumbs and forefingers."</li> <li>○ "Keep your eyes on the ball and swing straight through."</li> </ul> </li> <li>● Bowling Technique <ul style="list-style-type: none"> <li>○ "Start with the ball under your chin, like you're</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ biting an apple."</li> <li>○ "Reach for the sky with your front arm."</li> <li>○ "Point your toes towards the target."</li> <li>○ "Let it fly! Swing your arm over like a windmill."</li> <li>● Running Between Wickets <ul style="list-style-type: none"> <li>○ "Listen for your partner's call: 'Yes' means run, 'No' means don't run, 'Wait' means be ready."</li> <li>○ "Run in a straight line between the creases."</li> <li>○ "Always carry your bat when running."</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Set up a triangular field with three batting stations, each about 15 meters apart.</li> <li>● Place a set of stumps at each station.</li> <li>● Designate a 'safe zone' behind each set of stumps.</li> </ul>
Activity description	<p><i>"Rapid Fire Cricket"</i> (35 minutes)</p> <ul style="list-style-type: none"> <li>● This game is a fast-paced, simplified version of cricket that keeps all players involved and develops multiple skills.</li> <li>● Divide the 30 players into 3 teams of 10 players each.</li> <li>● One team bats while the other two teams field together. <ul style="list-style-type: none"> <li>○ Each batting team gets 10 minutes to score as many runs as possible.</li> <li>○ Three batters are active at a time, one at each station.</li> </ul> </li> <li>● A bowler (from the fielding teams) stands 5 meters in front of each batter.</li> <li>● Bowlers bowl simultaneously to their respective batters. <ul style="list-style-type: none"> <li>○ After hitting the ball, batters must run to the next station clockwise.</li> </ul> </li> <li>● Fielders try to get batters out by catching the ball or hitting the stumps while batters are running.</li> <li>● If a batter is out, the next player from their team immediately replaces them.</li> <li>● Runs are scored by successfully running between stations (1 run per station reached).</li> <li>● Batters are safe if they reach the 'safe zone' behind the stumps.</li> <li>● Scoring: <ul style="list-style-type: none"> <li>○ 1 run for each station reached</li> <li>○ 6 runs for hitting the ball beyond a designated boundary</li> <li>○ The team with the most runs after all teams have batted wins</li> </ul> </li> <li>● Rotations: <ul style="list-style-type: none"> <li>○ After 10 minutes, teams rotate roles (batting team becomes fielding, etc.)</li> </ul> </li> </ul> <p><i>Cool-down and Recap</i> (10 minutes):</p> <ul style="list-style-type: none"> <li>● Static stretching</li> </ul>

	<ul style="list-style-type: none"> <li>● Discuss what skills they used (batting, bowling, fielding, running)</li> <li>● Highlight good teamwork and sportsmanship</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Cricket <a href="#">rules</a> explained in 2 minutes</li> </ul>

<b><u>Day 2: Lunch (11:15-11:45am)</u></b>	
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul>

<b><u>Day 2; Session 4 (11:45-12:15pm)</u></b> (“Army, Navy, Marine” Fun Gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● N/A</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the rules</li> <li>● Play fairly and honorably</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● The rules</li> <li>● Fair play</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Normal basketball court or field</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Setup <ul style="list-style-type: none"> <li>○ Army = one baseline. Navy=Half court line. Marines = other baseline.</li> </ul> </li> <li>● The coach yells out a Military branch and the kids have to run to that line.</li> <li>● The last one to the line is out.</li> <li>● BUT, they have to stop right on the line. If they run past it, they have to get back to the line before the last person gets their or they are out.</li> <li>● The coach can say “hit the deck”. <ul style="list-style-type: none"> <li>○ When the coach says this, all the players fall down on their bellies.</li> </ul> </li> <li>● They can not get up until the coach says “all clear”. If they are on the floor and the coach says “Army” and a child gets up, he is out.</li> </ul>

Video clips	<ul style="list-style-type: none"> <li>• N/A</li> </ul>
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<b><u>Day 2; Session 4 (12:30-1:30pm)</u></b> (“Pin Knock Over” & “Warball” to work on bowling technique)	
Equipment needed	<ul style="list-style-type: none"> <li>• 24 bowling pins, or cones</li> <li>• 10-15 dodgeballs</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Roll the dodgeball</li> <li>• Knock over pins or cones or dodgeball on the cone, etc</li> <li>• Understand the rules</li> <li>• Play fairly and honorably</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• The rules</li> <li>• Playing fairly</li> <li>• Rolling the ball rather than throwing it</li> <li>• Not “guarding” the cones</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>• Divide gym into quadrants - <ul style="list-style-type: none"> <li>◦ Each team gets their own quadrant.</li> </ul> </li> <li>• Within each quadrant, about 4-6 cones or bowling pins are set up and spread out.</li> </ul>
Activity description	<p><i>Pin Knock Over (25 minutes)</i></p> <ul style="list-style-type: none"> <li>• Two teams match-up on each side of the gym</li> <li>• Be the first team to knock over all of the opposing teams pins</li> <li>• Create a line/space in front of pins so players can’t “puppy guard” the pins</li> <li>• Use dodgeballs to try to knock over the other teams pins</li> <li>• Players need to stay on their side, behind the cones in the middle of the gym</li> </ul> <p><i>Warball (25 minutes)</i></p> <ul style="list-style-type: none"> <li>• Director will split the campers up into 6 groups of equal sizes and skills.</li> <li>• Select the rotation of the four teams that will start and then who will come in and who will come out to rest, etc.</li> <li>• Tell the campers the rules of the game <ul style="list-style-type: none"> <li>◦ On the whistle, each team tries to use dodgeballs to knock the other team’s pins down.</li> <li>◦ Once a pin is down, it stays down.</li> <li>◦ Once a team’s pins are all down, they are not the winners but they can still help knock over other pins.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ The last team with pins up wins. If you are running low on time, the team with the most pins at the end wins.</li> </ul> <p><i>Cooldown and stretch (10 minutes)</i></p>
Video clips	<ul style="list-style-type: none"> <li>● Warball <a href="#">rules</a></li> </ul>

<b><u>Day 2: Session 5 (1:15-2pm):</u></b> (Sports around the world research)	
Equipment needed	<ul style="list-style-type: none"> <li>● Laptop or IPAD</li> <li>● Wifi access</li> <li>● Cell phones if no other devices are available</li> <li>● Poster board</li> <li>● Markers</li> <li>● Pens</li> <li>● Colored pencils</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together to research about the sports that they will play this week</li> <li>● Design a poster that has the most important “fun facts” about these sports</li> <li>● Color this poster in</li> <li>● Display this poster at the end of the session and explain it to the other groups</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Accurate sources of information</li> <li>● The similarities between people around the world</li> <li>● Respect &amp; Acceptance from Convocation <ul style="list-style-type: none"> <li>○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>■ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>● Be nice</li> <li>● Don't be mean</li> <li>● Never bully another person</li> <li>● Be kind</li> <li>● Treat others the way you would like to be treated</li> </ul> </li> <li>■ Who should we all be respectful of <ul style="list-style-type: none"> <li>● Other campers - your peers</li> </ul> </li> </ul> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● The staff - we are here to help you learn and take care of you</li> <li>● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li> <li>● Treat others the way you would like to be treated</li> <li>● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> <ul style="list-style-type: none"> <li>○ What does acceptance mean to you <ul style="list-style-type: none"> <li>■ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>■ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Campers will be broken up by ages and developmental level, to the best of the Director and coaches abilities</li> <li>● Each group will have access to a wifi enabled device that they can use</li> <li>● Each group will have access to posterboard and the drawing utensils listed above</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Campers will take on the various roles necessary to undertake this project <ul style="list-style-type: none"> <li>○ Researcher</li> <li>○ Designer</li> <li>○ Sketcher</li> <li>○ Colorer</li> <li>○ Presenter to the rest of the groups</li> </ul> </li> <li>● Although they will have one official “role”, campers should also take turns getting to do the other roles, such as coloring in</li> <li>● Coaches will eventually collect all the poster boards as these will be used throughout the week for all of the sports, sp plan space accordingly!</li> </ul> <p>Coaches should be walking around helping the campers at each stage of the process</p> <p><i>RESEARCH</i> (10-15 minutes)</p> <ul style="list-style-type: none"> <li>● Campers should use academically credible sources to find information out about their sports (.gov, .edu, .org and sources that are considered reputable like britannica and national geographic).</li> <li>● The most interesting information, or “fun facts”, should be assembled</li> </ul>

	<ul style="list-style-type: none"> <li>● Campers should aim for 8-12 pieces of information</li> </ul> <p><i>DESIGNING &amp; SKETCHING</i> (10-15 minutes)</p> <ul style="list-style-type: none"> <li>● Campers should design how they want to display this information on their poster board</li> <li>● They can use an extra piece of poster board, or just plain piece of paper, to make a rough mock up of their final presentation</li> <li>● The design should be sketched in pencil on the poster board</li> </ul> <p><i>COLORING</i> (15-20 minutes)</p> <ul style="list-style-type: none"> <li>● Using the agreed upon design, campers should color in the poster board according to the pencil sketch</li> <li>● Campers should take turns getting to color in, as this is likely the most fun part of the process</li> </ul> <p><i>PRESENTATION</i> (15 minutes)</p> <ul style="list-style-type: none"> <li>● Campers will present to the rest of the groups</li> <li>● Campers should be respectful and kind to the other nation's efforts</li> <li>● Coaches should reinforce the importance of being supportive of each other in all areas</li> </ul> <p><i>COLLECTION</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Coaches will collect all the poster boards as these will be used throughout the week for all of the sports</li> </ul>
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<b><u>Day 2; Session 5 (2-2:30pm)</u></b> (Fun gameplay: Hula Hoop rescue)	
Equipment needed	<ul style="list-style-type: none"> <li>● 10 hula hoops</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together as a team</li> <li>● Be positive</li> <li>● Communicate</li> <li>● Have fun!</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Fair play</li> <li>● Team work</li> <li>● Fun</li> <li>● Energy</li> <li>● Enthusiasm</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● There are 6 cones spread out lengthwise of the gym.</li> <li>● There are 6 other cones across the gym.</li> </ul>

	<ul style="list-style-type: none"> <li>● 1 member of each group is on one side of the gym</li> <li>● The rest of the group is on the other side of the gym waiting to be “rescued”</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● This team building relay-type game will really get the players moving and working together.</li> <li>● Director will create new teams of equal size and abilities</li> <li>● Have 1 player from each team start behind a cone with a hula hoop, facing his teammates across from him at the opposite cone.</li> <li>● On the signal, the players with the hula hoops will run across to their teammates and “save” or “rescue” the first person in line by placing the hula hoop over them.</li> <li>● Then the two must travel together back to the original cone.</li> <li>● The one who was rescued then becomes the rescuer and continues on to save the next person, etc, etc until all players have been saved and brought to the starting point.</li> <li>● But that’s not it – once all the teammates have been rescued, the team must then join hands and race to pass the hula-hoop from person to person by passing their bodies through the hula hoop. <ul style="list-style-type: none"> <li>○ Hands may not come apart during the hula-hoop pass.</li> </ul> </li> <li>● The team to complete both tasks first wins a point or the round. As always, play again and again!</li> </ul>
Source	<ul style="list-style-type: none"> <li>● <a href="http://physedgames.com/category/fun/">http://physedgames.com/category/fun/</a> (5th one down)</li> </ul>

<b><u>Day 2; Session 6 (2:30-3pm): “Kickball &amp; Parent Pick up”</u></b>	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Kickball</li> <li>● 4 square bases and one home base if no field is easily accessible</li> </ul>
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> <li>● Be checked out safely</li> <li>● Play kickball</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have not been picked up yet.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Kickball field (laid out like a baseball diamond)</li> </ul>

	<ul style="list-style-type: none"> <li>● 2 teams. <ul style="list-style-type: none"> <li>○ Coaches split up players as equally as possible without being obvious about skill and size discrepancies of the campers</li> </ul> </li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check out the campers as their guardians arrive.</li> <li>● Other coaches will maintain supervision of the kickball game.</li> <li>● Director will communicate once all campers have departed.</li> </ul>



Day 3  
(Rugby, Capture the Flag, Basketball)

<b><u>Day 3; Arrival (9-9:15am)</u></b> : Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>● Campers will be able to...</li> <li>● Be checked in</li> <li>● Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>

Field/court layout	<ul style="list-style-type: none"> <li>Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>Director and coaches will check in the campers as they arrive.</li> <li>Other coaches will maintain supervision of unorganized play.</li> <li>Head coach will communicate once all campers have arrived.</li> </ul>

**Day 3; Daily Convocation (9:15-9:30am)**

Daily Convocation	<ul style="list-style-type: none"> <li>“The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> <li> </li> </ul>
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Equipment needed	<ul style="list-style-type: none"> <li>Script (see below)</li> <li>Clipboard for script</li> </ul>
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Learning goals/objectives	<ul style="list-style-type: none"> <li>“The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
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Areas of focus	<ul style="list-style-type: none"> <li>Campers will be introduced to the convocation and four pillars on Day 1.</li> <li>These principles will then be reiterated in the following days of the camp.</li> </ul>
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Field/court layout	<ul style="list-style-type: none"> <li>Campers are lined up in rows.</li> <li>Coaches will be at the front of the rows.</li> <li>coaches will be dispersed amongst the rows of campers.</li> </ul>
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Activity description	<ul style="list-style-type: none"> <li>Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>The Foundation: Respect and Acceptance</li> <li>The Four Pillars <ul style="list-style-type: none"> <li>Physical: Play Hard</li> </ul> </li> </ul>
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- Mental: Play Smart
- Social: Play Together
- Emotional: Play True
- Coaches will use the following speech at each convocation:
- Welcome:
  - High energy greeting of all the kids
  - Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes")
- Introductions:
  - Have each coach introduce themselves
  - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.
  - What does RESPECT mean to you? Ask kids to raise their hands to answer
    - Be nice
    - Don't be mean
    - Never bully another person
    - Be kind
    - Treat others the way you would like to be treated
  - Who should we all be respectful of
    - Other campers - your peers
    - The staff - we are here to help you learn and take care of you
    - The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.
    - Treat others the way you would like to be treated
    - Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.
- What does acceptance mean to you
  - Be respectful of ALL PEOPLE, even those who are different than you
  - Use examples of being respectful of others who look different or have different skill level than you have.
- The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means.
  - Play Hard: always try your best to win or succeed
  - Play Smart: always pay attention and try to make the "right"

	<p>play (use specific examples from sports they know or have seen recently.</p> <ul style="list-style-type: none"> <li>○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)</li> <li>○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport</li> </ul> <ul style="list-style-type: none"> <li>● Win with Grace, Lose with Dignity</li> <li>● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
<p>Script</p>	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p>

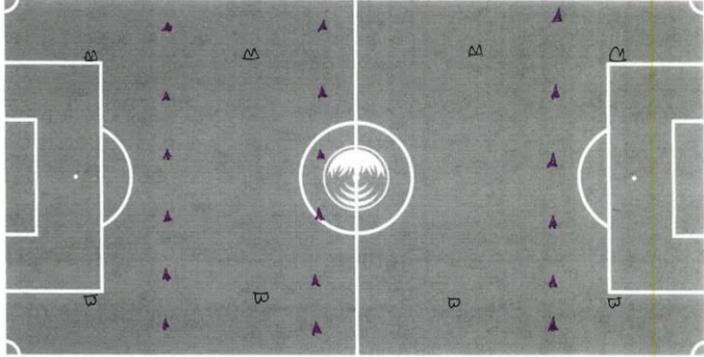
	<ul style="list-style-type: none"> <li>1) Rugby</li> <li>2) Capture the Flag</li> <li>3) Basketball</li> </ul>
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<b><u>Day 3; Session 1 (9:30-10:15am)</u></b> (Rugby fundamentals)	
Equipment needed	<ul style="list-style-type: none"> <li>● 10 rugby balls</li> <li>● 40 cones</li> <li>● Belts with flags (like for flag football)</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Run</li> <li>● Pass</li> <li>● Catch</li> <li>● Tag</li> <li>● Understand the rules of the gam</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Safety!!</li> <li>● Fun</li> <li>● Techniques→</li> <li>● Running with the Ball <ul style="list-style-type: none"> <li>○ "Keep the ball in two hands"</li> <li>○ "Run forward towards the try line"</li> <li>○ "Keep your eyes up to see the field"</li> </ul> </li> <li>● Passing <ul style="list-style-type: none"> <li>○ "Pass backwards or sideways only"</li> <li>○ "Keep your elbows up and out"</li> <li>○ "Follow through with your hands towards your target"</li> <li>○ "Call for the ball before receiving it"</li> </ul> </li> <li>● Catching <ul style="list-style-type: none"> <li>○ "Keep your eyes on the ball"</li> <li>○ "Point your palms up when receiving"</li> <li>○ "Catch the ball with two hands away from your chest"</li> <li>○ "Create a target with your hands for the passer"</li> </ul> </li> <li>● Tagging (for Mini-Tag Rugby) <ul style="list-style-type: none"> <li>○ "Stay close to the ball carrier"</li> <li>○ "Reach for the tag with both hands"</li> <li>○ "Call 'Tag!' when you pull the tag off"</li> </ul> </li> <li>● Ball Carrying <ul style="list-style-type: none"> <li>○ "Keep the ball away from defenders"</li> <li>○ "Change direction to create space"</li> <li>○ "Run directly at defenders to make them stop moving"</li> <li>○ "Be ready to offload or pop the ball to a teammate"</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● Game Understanding <ul style="list-style-type: none"> <li>○ "Score by touching the ball down behind the try line"</li> <li>○ "Support your teammates by running alongside them"</li> <li>○ "Stay behind the ball to avoid being offside"</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Use cones to separate the field into 5 different stations</li> </ul>
Activity description	<p><i>Warmup</i> (8 minutes)</p> <ul style="list-style-type: none"> <li>● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>Rugby Warm-up</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Tag game: All campers run around with two tags attached to their waist. They try to remove others' tags while protecting their own.</li> </ul> <p><i>Skill Stations</i> (30 minutes) Director will divide the campers into 5 groups. Rotate through 5 stations, spending 6 minutes at each.</p> <ul style="list-style-type: none"> <li>● Running with the Ball <ul style="list-style-type: none"> <li>○ Set up a 10m course with cones.</li> <li>○ Players run with the ball in two hands, focusing on keeping it off their chest.</li> <li>○ Coach emphasizes: "Keep the ball in two hands" and "Eyes up to see the field".</li> </ul> </li> <li>● Passing <ul style="list-style-type: none"> <li>○ Players form a circle and pass the ball sideways or backwards.</li> <li>○ Coach emphasizes: "Pass backwards or sideways only" and "Elbows up and out".</li> </ul> </li> <li>● Catching <ul style="list-style-type: none"> <li>○ Players pair up, standing 3-5 yards apart.</li> <li>○ Practice catching, focusing on creating a target with hands.</li> <li>○ Coach emphasizes: "Eyes on the ball" and "Catch with two hands away from your chest".</li> </ul> </li> <li>● Tagging <ul style="list-style-type: none"> <li>○ Set up a 5 yard x 5 yard grid.</li> <li>○ One player carries the ball, others try to remove their tag.</li> <li>○ Coach emphasizes: "Stay close to the ball carrier" and "Call 'Tag!' when you pull the tag".</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● Scoring a Try <ul style="list-style-type: none"> <li>○ Set up a try-line with cones.</li> <li>○ Players practice running and placing the ball down to score.</li> <li>○ Coach emphasizes: "Stay on your feet" and "Place the ball to score"</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● RULES OF RUGBY: <a href="#">TODDLER STYLE</a></li> <li>● 10 Rugby Training Skills All Beginners should <a href="#">practise!</a></li> <li>● The BEST <a href="#">video</a> for teaching Rugby in your PE lessons</li> </ul>

<b>Day 3; Session 2 (10:15-11am) (Rugby gameplay)</b>	
Equipment needed	<ul style="list-style-type: none"> <li>● 10 rugby balls</li> <li>● 40 cones to split the football field into mini games</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Run</li> <li>● Pass</li> <li>● Catch</li> <li>● Tag</li> <li>● Understand the rules of the game</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Safety!!</li> <li>● Fun</li> <li>● Techniques→</li> <li>● Running with the Ball <ul style="list-style-type: none"> <li>○ "Keep the ball in two hands"</li> <li>○ "Run forward towards the try line"</li> <li>○ "Keep your eyes up to see the field"</li> </ul> </li> <li>● Passing <ul style="list-style-type: none"> <li>○ "Pass backwards or sideways only"</li> <li>○ "Keep your elbows up and out"</li> <li>○ "Follow through with your hands towards your target"</li> <li>○ "Call for the ball before receiving it"</li> </ul> </li> <li>● Catching <ul style="list-style-type: none"> <li>○ "Keep your eyes on the ball"</li> <li>○ "Point your palms up when receiving"</li> <li>○ "Catch the ball with two hands away from your chest"</li> <li>○ "Create a target with your hands for the passer"</li> </ul> </li> <li>● Tagging (for Mini-Tag Rugby) <ul style="list-style-type: none"> <li>○ "Stay close to the ball carrier"</li> <li>○ "Reach for the tag with both hands"</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ "Call 'Tag!' when you pull the tag off"</li> <li>● Ball Carrying <ul style="list-style-type: none"> <li>○ "Keep the ball away from defenders"</li> <li>○ "Change direction to create space"</li> <li>○ "Run directly at defenders to make them stop moving"</li> <li>○ "Be ready to offload or pop the ball to a teammate"</li> </ul> </li> <li>● Game Understanding <ul style="list-style-type: none"> <li>○ "Score by touching the ball down behind the try line"</li> <li>○ "Support your teammates by running alongside them"</li> <li>○ "Stay behind the ball to avoid being offside"</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Set up 4 cross field games</li> <li>● The fields should be about 30 yards wide and go lengthwise the width of the field (about 74 yards)</li> <li>● Place cones between each cross field game</li> </ul>  <p>(Ignore the mini nets. The end lines can be the start of touchdown areas)</p>
Activity description	<ul style="list-style-type: none"> <li>● Split the campers into four groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of running, passing, catching, and tagging</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play two 20 minute games</li> <li>● Adjust the teams if mismatches occur</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● RULES OF RUGBY: <a href="#">TODDLER STYLE</a></li> <li>● 10 Rugby Training Skills All Beginners should <a href="#">practise!</a></li> <li>● The BEST <a href="#">video</a> for teaching Rugby in your PE lessons</li> </ul>

<b><u>Day 3; Lunch (11-11:30am)</u></b>	
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul>

<b><u>Day 3; Session 4 (11:30-12:30pm)</u></b> (Capture the Flag)	
Equipment needed	<ul style="list-style-type: none"> <li>● 2 “flags”</li> <li>● Cones to separate the field</li> <li>● 20 pinnies</li> <li>● Whistles</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the rules of capture the flag</li> <li>● Play fairly and honestly</li> <li>● Utilize some of their rugby skills within the capture the flag game</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● The rules</li> <li>● Fair play</li> <li>● The skills that were worked on earlier with rugby</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● The field will be cut in half by cones <ul style="list-style-type: none"> <li>○ Each half will have a 10’x10’ “jail” which is designated by cones.</li> </ul> </li> <li>● Campers will be split up into groups of equal sizes and abilities of players</li> <li>● Give one team pinnies</li> </ul>
Activity description	<p><b><i>INSTRUCTIONS and SETUP</i></b> (5 minutes)</p> <ul style="list-style-type: none"> <li>● The Director will break the group up into 2 different teams</li> <li>● Tell the campers the rules of the game</li> </ul> <p><b><i>Dynamic Warmup</i></b> (10 minutes)</p> <ul style="list-style-type: none"> <li>● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring</li> </ul> </li> </ul>

	<p style="text-align: center;">to the front of body before placing down)</p> <p><i>FIRST GAME PLAY (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Two teams have a mid line of cones to separate the teams.</li> <li>● Have a flag (Ball, anything) on each side and cones set up around the flag.</li> <li>● The team tries to get the flag from the other side safely without getting tagged.</li> <li>● If you are tagged, you go to “jail” <ul style="list-style-type: none"> <li>○ “Jail” is a coned off 10’x10’ that needs to be guarded.</li> </ul> </li> <li>● If your teammate runs in and tags anyone in “jail”, they are then free and re-join the game.</li> <li>● First team to run across and grab the flag and return it to their side (without being tagged)--&gt; Wins</li> <li>● Replay as many times as possible in 20 minutes</li> <li>● Team with the most flag retrievals in 20 minutes wins.</li> </ul> <p><i>Water Break (5 minutes)</i></p> <p><i>SECOND GAME PLAY (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Two teams have a mid line of cones to separate the teams.</li> <li>● Have a flag (Ball, anything) on each side and cones set up around the flag.</li> <li>● The team tries to get the flag from the other side safely without getting tagged.</li> <li>● If you are tagged, you go to “jail” <ul style="list-style-type: none"> <li>○ “Jail” is a coned off 10’x10’ that needs to be guarded.</li> </ul> </li> <li>● If your teammate runs in and tags anyone in “jail”, they are then free and re-join the game.</li> <li>● First team to run across and grab the flag and return it to their side (without being tagged)--&gt; Wins</li> <li>● Replay as many times as possible in 20 minutes</li> <li>● Team with the most flag retrievals in 20 minutes wins.</li> <li>● Coaches should record the nations that were on the winning teams and allocate “points”</li> </ul> <p><i>Stretch and RECAP (5 minutes)</i></p>
Video clips	<ul style="list-style-type: none"> <li>● How to play capture the <a href="#">flag</a></li> </ul>

**Day 3; Session 4 (12:30-1:30pm)** (Basketball gameplay)

Equipment needed	<ul style="list-style-type: none"> <li>● 20 youth basketballs</li> <li>● 20 pinnies</li> <li>● At least 6 lowered hoops</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble in gameplay</li> <li>● Pass in game situations</li> <li>● Shoot while under pressure in a game</li> <li>● Rebound in gameplay</li> <li>● Play defense in a game</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling <ul style="list-style-type: none"> <li>○ Ball Control: Use fingertips, not palms.</li> <li>○ Head Up: Maintain visual awareness of the court while dribbling.</li> <li>○ Dribble Intensity: Be able to change the speed of the dribble while maintaining control.</li> <li>○ Variety of Dribbles: Master different types such as crossover, behind-the-back, etc.</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ Proper Form: Focus on balanced stance and hand positioning behind the ball.</li> <li>○ Repetition: Encourage consistent practice from various distances.</li> <li>○ Game-Like Scenarios: Create drills that simulate shooting with pressure.</li> </ul> </li> <li>● Passing <ul style="list-style-type: none"> <li>○ Types of Passes: <ul style="list-style-type: none"> <li>■ Chest,</li> <li>■ Bounce,</li> <li>■ Overhead passes.</li> </ul> </li> <li>○ Accuracy: Emphasize precision in passing to teammates.</li> <li>○ Decision Making: Do not over handle the ball once a player is open.</li> </ul> </li> <li>● Rebounding <ul style="list-style-type: none"> <li>○ Positioning: Teach players to anticipate where the ball will land.</li> <li>○ Boxing Out: Stress the importance of using the body to block opponents.</li> </ul> </li> <li>● Defense <ul style="list-style-type: none"> <li>○ Stance: Maintain a low, balanced defensive position.</li> <li>○ Hand Activity: Keep hands active to disrupt passes and shots</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● If possible, have six 3v3 games going at the same time. <ul style="list-style-type: none"> <li>○ Players will go behind the three point game in</li> </ul> </li> </ul>

	<p>order to “check” the ball from Defense to Offense</p> <ul style="list-style-type: none"> <li>○ Maximize the amount of game play that campers receive.</li> <li>● 1 coach should ref and supervise each game while reinforcing the teaching points.</li> </ul>
<p>Activity description</p>	<p><i>Warmup</i> (10 minutes)</p> <ul style="list-style-type: none"> <li>● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p>Add in a fun <i>basketball warmup</i> that brings together skills that the players can work on. (5 minutes)</p> <ul style="list-style-type: none"> <li>● Simon Says with basketball movements</li> <li>● Freeze tag while dribbling</li> </ul> <p>Gameplay (45 minutes)</p> <ul style="list-style-type: none"> <li>● Split the campers into groups of 3 with equal sizes, and abilities, if possible</li> <li>● Give half of the group’s pinnies</li> <li>● Reiterate the basic concepts of dribbling, passing, shooting, and defense</li> <li>● Have the coaches spread out to monitor each game</li> <li>● Play 10 minute games</li> <li>● Give a 5 minute water break <ul style="list-style-type: none"> <li>○ Reinforce concepts during the water break</li> <li>○ Highlight what the campers are doing well and what they can improve upon</li> </ul> </li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
<p>Video clips</p>	<ul style="list-style-type: none"> <li>● How to <a href="#">Dribble</a>, Basics <ul style="list-style-type: none"> <li>○ “How To Dribble A <a href="#">Basketball</a> For Beginners! Basketball Basics [SECRETS]”</li> </ul> </li> <li>● Passing Fundamentals <ul style="list-style-type: none"> <li>○ <a href="#">1</a></li> <li>○ <a href="#">2</a></li> </ul> </li> <li>● <a href="#">Shooting</a></li> <li>● <a href="#">Rebounding</a></li> <li>● Defensive <a href="#">stance</a></li> </ul>

**Day 3; Session 5 (1:30-2pm):** (Sports around the world research)

Equipment needed	<ul style="list-style-type: none"><li>● Laptop or IPAD</li><li>● Wifi access</li><li>● Cell phones if no other devices are available</li><li>● Poster board</li><li>● Markers</li><li>● Pens</li><li>● Colored pencils</li></ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"><li>● Work together to research about the sports that they will play this week</li><li>● Design a poster that has the most important “fun facts” about these sports</li><li>● Color this poster in</li><li>● Display this poster at the end of the session and explain it to the other groups</li></ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"><li>● Accurate sources of information</li><li>● The similarities between people around the world</li><li>● Respect &amp; Acceptance from Convocation<ul style="list-style-type: none"><li>○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.<ul style="list-style-type: none"><li>■ What does RESPECT mean to you? Ask kids to raise their hands to answer<ul style="list-style-type: none"><li>● Be nice</li><li>● Don't be mean</li><li>● Never bully another person</li><li>● Be kind</li><li>● Treat others the way you would like to be treated</li></ul></li><li>■ Who should we all be respectful of<ul style="list-style-type: none"><li>● Other campers - your peers</li><li>● The staff - we are here to help you learn and take care of you</li><li>● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li><li>● Treat others the way you would like to be treated</li><li>● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li></ul></li></ul></li><li>○ What does acceptance mean to you</li></ul></li></ul>

	<ul style="list-style-type: none"> <li>■ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>■ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Campers will be broken up by ages and developmental level, to the best of the Director and coaches abilities</li> <li>● Each group will have access to a wifi enabled device that they can use</li> <li>● Each group will have access to posterboard and the drawing utensils listed above</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Campers will take on the various roles necessary to undertake this project <ul style="list-style-type: none"> <li>○ Researcher</li> <li>○ Designer</li> <li>○ Sketcher</li> <li>○ Colorer</li> <li>○ Presenter to the rest of the groups</li> </ul> </li> <li>● Although they will have one official “role”, campers should also take turns getting to do the other roles, such as coloring in</li> <li>● Coaches will eventually collect all the poster boards as these will be used throughout the week for all of the sports, sp plan space accordingly!</li> </ul> <p>Coaches should be walking around helping the campers at each stage of the process</p> <p><i>RESEARCH (10-15 minutes)</i></p> <ul style="list-style-type: none"> <li>● Campers should use academically credible sources to find information out about their sports (.gov, .edu, .org and sources that are considered reputable like britannica and national geographic).</li> <li>● The most interesting information, or “fun facts”, should be assembled</li> <li>● Campers should aim for 8-12 pieces of information</li> </ul> <p><i>DESIGNING &amp; SKETCHING (10-15 minutes)</i></p> <ul style="list-style-type: none"> <li>● Campers should design how they want to display this information on their poster board</li> <li>● They can use an extra piece of poster board, or just plain piece of paper, to make a rough mock up of their final presentation</li> <li>● The design should be sketched in pencil on the poster board</li> </ul> <p><i>COLORING (15-20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Using the agreed upon design, campers should color in</li> </ul>

	<p>the poster board according to the pencil sketch</p> <ul style="list-style-type: none"> <li>● Campers should take turns getting to color in, as this is likely the most fun part of the process</li> </ul> <p><i>PRESENTATION</i> (15 minutes)</p> <ul style="list-style-type: none"> <li>● Campers will present to the rest of the groups</li> <li>● Campers should be respectful and kind to the other nation's efforts</li> <li>● Coaches should reinforce the importance of being supportive of each other in all areas</li> </ul> <p><i>COLLECTION</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Coaches will collect all the poster boards as these will be used throughout the week for all of the sports</li> </ul>
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<b><u>Day 3; Session 6 (2-2:30pm)</u></b> ("Ships & Sailors" Fun group gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● N/A</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Follow directions</li> <li>● Play the game fairly</li> <li>● Have fun</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Listening</li> <li>● Team work</li> <li>● Fair play</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Campers spread out on one half of the gym</li> <li>● Director calling out commands at the front of the campers</li> <li>● Other coaches are spread out watching and monitoring the campers</li> </ul>
Activity description	<p><i>Ships &amp; Sailors</i> (15 minutes)</p> <p>Coach calls out the commands below. If someone in the group does the wrong thing or fails to find a group with the correct number of campers, then they are eliminated.</p> <ul style="list-style-type: none"> <li>● Ships: run to the left</li> <li>● Sailors: run to the right</li> <li>● Captain's Coming: Stand at attention saluting. You can't move until the caller says "At Ease."</li> <li>● 5 Men Pointing North: players gather into groups of 5 and point up</li> <li>● 4 Men Eating: Players gather into groups of 4 and</li> </ul>

	<p>pretend to eat</p> <ul style="list-style-type: none"> <li>● 3 Men Row-- Players get into a straight line of 3 and row</li> <li>● Life Preserver: Everyone runs and hugs a buddy</li> <li>● Titanic: one person stands with their arms straight out and the other stands behind the person and grabs their waist (think Rose and Jack on the Titanic)</li> <li>● Hit the Deck: everyone has to drop onto the floor</li> <li>● Beluga Whale: Everyone lies on their stomach grabs their ankles and sticks their tongue out</li> </ul> <p><i>Land and Sea (15 minutes)</i></p> <ul style="list-style-type: none"> <li>● Have all the kids line up along a line on the floor, all standing on the same side of the line.</li> <li>● One side of the line is land and the other is sea.</li> <li>● The coach says "land" and the kids jump over the line to the land side.</li> <li>● Then they say "sea" and they jump back over.</li> <li>● The coach does not go in the same order. <ul style="list-style-type: none"> <li>○ If they then say "Sea" and a child steps over, they are out.</li> <li>○ The coach can be tricky and say "seashell" "landshark" to try to get the kids to jump over the line.</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Ships and Sailors <a href="#">Game</a></li> </ul>

<b><u>Day 3; Session 7 (2:30-3pm):</u></b> "Knockout basketball & Parent Pick up"	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● 20 youth basketballs</li> <li>● 20 pinnies</li> <li>● At least 6 lowered hoops</li> </ul>
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> <li>● Be checked out safely</li> <li>● Shoot</li> <li>● Play respectfully and ethically</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have not been picked up yet.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Multiple balls at the foul line in front of each lowered hoop</li> </ul>

Activity description	<ul style="list-style-type: none"> <li>• Director and coaches will check out the campers as their guardians arrive.</li> <li>• Other coaches will maintain supervision of the knockout games</li> <li>• Head coach will communicate once all campers have departed.</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>• How to play <a href="#">knockout</a></li> </ul>

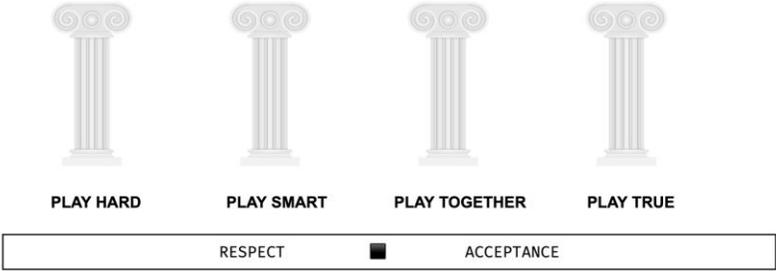
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Day 4  
 (Gaelic Football & Flag Football)

<p><b>Day 4; Arrival (9-9:15am):</b> Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
Equipment needed	<ul style="list-style-type: none"> <li>• Clipboards</li> <li>• Camp Rosters</li> <li>• Camp agenda, with ending time to communicate with parents if needed</li> <li>• Balls and nets             <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>• Campers will be able to...</li> <li>• Be checked in</li> <li>• Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>• Professional demeanor</li> <li>• Courteous manner</li> <li>• Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>

Field/court layout	<ul style="list-style-type: none"> <li>Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>Director and coaches will check in the campers as they arrive.</li> <li>Other coaches will maintain supervision of unorganized play.</li> <li>Head coach will communicate once all campers have arrived.</li> </ul>

<b><u>Day 4; Daily Convocation (9:15-9:30am)</u></b>	
Daily Convocation	<ul style="list-style-type: none"> <li>“The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> <li>  </li> </ul>
Equipment needed	<ul style="list-style-type: none"> <li>Script (see below)</li> <li>Clipboard for script</li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>“The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>Campers will be introduced to the convocation and four pillars on Day 1.</li> <li>These principles will then be reiterated in the following days of the camp.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>Campers are lined up in rows.</li> <li>Coaches will be at the front of the rows.</li> <li>coaches will be dispersed amongst the rows of campers.</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>The Foundation: Respect and Acceptance</li> <li>The Four Pillars <ul style="list-style-type: none"> <li>Physical: Play Hard</li> </ul> </li> </ul>

- Mental: Play Smart
- Social: Play Together
- Emotional: Play True
- Coaches will use the following speech at each convocation:
- Welcome:
  - High energy greeting of all the kids
  - Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes")
- Introductions:
  - Have each coach introduce themselves
  - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts.
  - What does RESPECT mean to you? Ask kids to raise their hands to answer
    - Be nice
    - Don't be mean
    - Never bully another person
    - Be kind
    - Treat others the way you would like to be treated
  - Who should we all be respectful of
    - Other campers - your peers
    - The staff - we are here to help you learn and take care of you
    - The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.
    - Treat others the way you would like to be treated
    - Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.
- What does acceptance mean to you
  - Be respectful of ALL PEOPLE, even those who are different than you
  - Use examples of being respectful of others who look different or have different skill level than you have.
- The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: "Play Hard, Play Smart, Play Together, Play True". Then emphasize it every day and talk about what that means.
  - Play Hard: always try your best to win or succeed
  - Play Smart: always pay attention and try to make the "right"

	<p>play (use specific examples from sports they know or have seen recently.</p> <ul style="list-style-type: none"> <li>○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.)</li> <li>○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport</li> </ul> <ul style="list-style-type: none"> <li>● Win with Grace, Lose with Dignity</li> <li>● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
<p>Script</p>	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p>

	1) Gaelic Football 2) Flag Football!
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<b><u>Day 4; Session 1 (9:30-10:15am)</u></b> (Gaelic football fundamentals)	
Equipment needed	<ul style="list-style-type: none"> <li>● 10 Gaelic <a href="#">footballs</a></li> <li>● 20 pinnies</li> <li>● 40 cones</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Kick</li> <li>● Catch</li> <li>● Solo</li> <li>● Hand Pass</li> <li>● Tackle safely and effectively</li> <li>● Move into space and laterally</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Punt Kick             <ul style="list-style-type: none"> <li>○ Hold the ball firmly with both hands</li> <li>○ Keep your head down and eyes on the ball</li> <li>○ Release the ball into the hand at the kicking side</li> <li>○ Step forward with the non-kicking foot</li> <li>○ Kick the ball with the instep (laced part) of the foot</li> <li>○ Keep toes pointed</li> <li>○ Follow through in the direction of the target</li> </ul> </li> <li>● Solo (Toe Tap)             <ul style="list-style-type: none"> <li>○ Release the ball into the hand at the kicking side</li> <li>○ Keep eyes on the ball</li> <li>○ Flick the toe upwards towards the body</li> <li>○ Straighten the leg</li> <li>○ Extend the arms forward to catch the ball</li> <li>○ Remember the four-step rule before performing a solo</li> </ul> </li> <li>● Hand Pass             <ul style="list-style-type: none"> <li>○ Support the ball in the non-dominant hand</li> <li>○ Use the dominant hand to strike the ball</li> <li>○ Keep the striking hand open</li> <li>○ Extend the striking hand back fully</li> <li>○ Keep eyes on the ball throughout the motion</li> <li>○ Follow through towards the target</li> </ul> </li> <li>● Catching             <ul style="list-style-type: none"> <li>○ For high catches, keep eyes on the ball</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ For body catches, use the chest to cushion the ball</li> <li>○ Extend arms to receive the ball</li> <li>● Bouncing <ul style="list-style-type: none"> <li>○ Alternate between bouncing and toe-tapping every four steps</li> <li>○ Bounce the ball like in basketball</li> <li>○ Remember not to bounce twice in succession</li> </ul> </li> <li>● Movement <ul style="list-style-type: none"> <li>○ Practice lateral movements</li> <li>○ Encourage scanning for teammates and open spaces</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Use cones to separate the field into 4 different stations</li> </ul>
Activity description	<p><i>Warmup (8 minutes)</i></p> <ul style="list-style-type: none"> <li>● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>Passing Warm-up (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● "Diagonal Hand Passing" drill: <ul style="list-style-type: none"> <li>○ Set up 6-7 cones diagonally</li> <li>○ Players practice diagonal hand passes to teammates</li> <li>○ Emphasize catching from different angles and quick hand passing</li> </ul> </li> </ul> <p><i>Skill Stations (8 minutes each, 32 minutes total)</i></p> <ul style="list-style-type: none"> <li>● Punt Kick Station <ul style="list-style-type: none"> <li>○ "Pass, Catch and Kick" drill: <ul style="list-style-type: none"> <li>○ Set up cones 20m apart in groups of 3-4 players</li> <li>○ Players jog to cones, perform bounce and solo, then kick punt pass back</li> <li>○ Coaching points: Eyes on ball, step forward with non-kicking foot, kick with instep</li> </ul> </li> </ul> </li> <li>● Solo (Toe Tap) Station <ul style="list-style-type: none"> <li>○ "Speed Development" drill: <ul style="list-style-type: none"> <li>○ Set cones 15m apart</li> <li>○ Players run between cones, practicing quick bouncing and soloing</li> <li>○ Coach calls out directions for players to react to</li> </ul> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Coaching points: Release ball to kicking side, flick toe upwards, extend arms to catch</li> <li>● Hand Pass Station <ul style="list-style-type: none"> <li>○ "Multi Direction Passing" drill:</li> <li>○ Groups of 3, middle player rotates to receive passes from both sides</li> <li>○ 30-second intervals of quick hand passing</li> <li>○ Coaching points: Support ball in non-dominant hand, strike with open dominant hand, follow through</li> </ul> </li> <li>● Catching Station <ul style="list-style-type: none"> <li>○ High ball catching practice:</li> <li>○ Coaches or older players throw high balls for players to catch</li> <li>○ Alternate between high catches and body catches</li> <li>○ Coaching points: Keep eyes on ball, extend arms for high catches, use chest to cushion for body catches</li> </ul> </li> </ul>
Sources & Videos	<ul style="list-style-type: none"> <li>● <a href="#">How to play Gaelic Football</a>: Share with your campers</li> <li>● How to Play Gaelic Football for <a href="#">Beginners</a>   All Rules Explained</li> <li>● Basic Gaelic football <a href="#">skills</a></li> </ul>

<b><u>Day 4; Session 2 (10:15-11am)</u></b> (Gaelic football gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● 10 Gaelic Footballs</li> <li>● 20 pinnies</li> <li>● 40 cones</li> <li>● 6 mini soccer nets</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Kick</li> <li>● Catch</li> <li>● Solo</li> <li>● Hand Pass</li> <li>● Tackle safely and effectively</li> <li>● Move into space and laterally</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Punt Kick <ul style="list-style-type: none"> <li>○ Hold the ball firmly with both hands</li> <li>○ Keep your head down and eyes on the ball</li> <li>○ Release the ball into the hand at the kicking side</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Step forward with the non-kicking foot</li> <li>○ Kick the ball with the instep (laced part) of the foot</li> <li>○ Keep toes pointed</li> <li>○ Follow through in the direction of the target</li> <li>● Solo (Toe Tap) <ul style="list-style-type: none"> <li>○ Release the ball into the hand at the kicking side</li> <li>○ Keep eyes on the ball</li> <li>○ Flick the toe upwards towards the body</li> <li>○ Straighten the leg</li> <li>○ Extend the arms forward to catch the ball</li> <li>○ Remember the four-step rule before performing a solo</li> </ul> </li> <li>● Hand Pass <ul style="list-style-type: none"> <li>○ Support the ball in the non-dominant hand</li> <li>○ Use the dominant hand to strike the ball</li> <li>○ Keep the striking hand open</li> <li>○ Extend the striking hand back fully</li> <li>○ Keep eyes on the ball throughout the motion</li> <li>○ Follow through towards the target</li> </ul> </li> <li>● Catching <ul style="list-style-type: none"> <li>○ For high catches, keep eyes on the ball</li> <li>○ For body catches, use the chest to cushion the ball</li> <li>○ Extend arms to receive the ball</li> </ul> </li> <li>● Bouncing <ul style="list-style-type: none"> <li>○ Alternate between bouncing and toe-tapping every four steps</li> <li>○ Bounce the ball like in basketball</li> <li>○ Remember not to bounce twice in succession</li> </ul> </li> <li>● Movement <ul style="list-style-type: none"> <li>○ Practice lateral movements</li> <li>○ Encourage scanning for teammates and open spaces</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Set up two cross-field pitches using cones (approximately 30m x 20m each)</li> <li>● Use portable goals or cones to mark goal areas</li> <li>● Cones will be set up in between the courts</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Coaches will break up the teams <ul style="list-style-type: none"> <li>○ Divide players into teams of 5-6 players each</li> </ul> </li> <li>● One team will wear the pinnies</li> <li>● Coaches will set a timer of 15 minutes</li> <li>● Score will be kept</li> <li>● Teams will be rearranged after 15 minutes and new type of game will be introduced by the coach</li> <li>● Games will be played until every team has played all the other teams</li> </ul> <p><i>Cross-field Games (45 minutes)</i></p>

	<p>Game 1: "Solo and Score" (15 minutes)</p> <ul style="list-style-type: none"> <li>● Focus: Soloing and Kicking</li> <li>● Rules: <ul style="list-style-type: none"> <li>○ Players must perform at least one solo (toe tap) before passing or shooting</li> <li>○ Goals can only be scored by kicking over the bar (1 point)</li> <li>○ Hand passing is allowed, but discouraged for this game</li> </ul> </li> </ul> <p>Game 2: "Hand Pass Heaven" (15 minutes)</p> <ul style="list-style-type: none"> <li>● Focus: Hand Passing and Movement</li> <li>● Rules: <ul style="list-style-type: none"> <li>○ No kicking allowed except to score</li> <li>○ Players must make at least 3 hand passes before attempting to score</li> <li>○ Goals can be scored by first pass over the bar (1 point) or into the goal area (3 points)</li> <li>○ Encourage constant movement off the ball</li> </ul> </li> </ul> <p>Game 3: "Catch and Play" (15 minutes)</p> <ul style="list-style-type: none"> <li>● Focus: Catching and All-around Play</li> <li>● Rules: <ul style="list-style-type: none"> <li>○ Normal Gaelic football rules apply</li> <li>○ Extra point awarded for any score that involves a high catch in the build-up</li> <li>○ Encourage use of all skills: soloing, hand passing, kicking, and catching</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● <a href="#">How to play Gaelic Football</a>: Share with your campers</li> <li>● How to Play Gaelic Football for <a href="#">Beginners</a>   All Rules Explained</li> <li>● Basic Gaelic football <a href="#">skills</a></li> </ul>

**Day 4; Lunch (11-11:30am)**

Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul>
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**Day 4; Session 3 (11:30-12:15pm)** (Flag football fundamentals)

Equipment needed	<ul style="list-style-type: none"> <li>● 20 pinnies</li> <li>● 40 sets of flags</li> </ul>
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	<ul style="list-style-type: none"> <li>● 40 cones</li> <li>● 20 footballs</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Catch a football using proper hand positioning and body alignment to consistently catch the ball</li> <li>● Throw a football with correct grip, stance, and follow-through to ensure accurate passes</li> <li>● Handoff the football, transferring the ball between players, with proper timing and coordination</li> <li>● Pull the flag off an opponent properly and safely</li> <li>● Drop into a standard defensive position</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Catching: <ul style="list-style-type: none"> <li>○ Emphasize the importance of proper hand positioning and body alignment to consistently catch passes.</li> <li>○ Teach players to use their hands rather than their bodies to secure the ball</li> </ul> </li> <li>● Throwing: <ul style="list-style-type: none"> <li>○ Instruct on the fundamentals of throwing, including grip, stance, and follow-through.</li> <li>○ Ensure players understand how to deliver accurate passes</li> </ul> </li> <li>● Running Routes: <ul style="list-style-type: none"> <li>○ Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball</li> </ul> </li> <li>● Handoffs: <ul style="list-style-type: none"> <li>○ Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays</li> </ul> </li> <li>● Flag Pulling: <ul style="list-style-type: none"> <li>○ Teach effective flag-pulling techniques</li> <li>○ Players should learn how to approach the ball carrier and pull flags without making contact</li> </ul> </li> <li>● Angling: <ul style="list-style-type: none"> <li>○ Emphasize taking an angle on an offensive player rather than running directly at them</li> <li>○ Use the sideline to push the player to the edge of the field and away from the middle</li> <li>○ Match their speed</li> <li>○ Get your toes pointed in the same direction as the offensive player</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● 4 lines of cones 20 yards apart</li> </ul>
Activity description	<p>10 minutes: <i>HANDOFFS</i></p> <ul style="list-style-type: none"> <li>● Four lines of campers</li> </ul>

	<ul style="list-style-type: none"> <li>● Have the first player act as the QB hike the ball to themselves and step back <ul style="list-style-type: none"> <li>○ Turn and hand the ball to the next player who runs five yards</li> <li>○ That player then returns to the front of the line and becomes the QB</li> </ul> </li> </ul> <p>20 minutes: <i>PASSING &amp; CATCHING</i></p> <ul style="list-style-type: none"> <li>● Partner the campers up in pairs. <ul style="list-style-type: none"> <li>○ Put campers of similar sizes and abilities together, if you have an idea of skill set.</li> </ul> </li> <li>● Stationary partner passing: <ul style="list-style-type: none"> <li>○ Players will pass the football to each other while standing still</li> <li>○ Director and coaches should be correcting form throughout the field</li> </ul> </li> <li>● Beginner Mobile partner passing: <ul style="list-style-type: none"> <li>○ Players will mimic snapping the ball to themselves and stepping back a few yards before throwing to their stationary partner</li> <li>○ Director and coaches should be correcting form throughout the field</li> </ul> </li> <li>● Mobile partner passing: <ul style="list-style-type: none"> <li>○ Players will mimic snapping the ball to themselves and stepping back a few yards before throwing to their partner who is now in movement</li> <li>○ Director and coaches should be correcting form throughout the field</li> </ul> </li> </ul> <p>15 minutes: <i>PASSING &amp; CATCHING while being DEFENDED</i></p> <ul style="list-style-type: none"> <li>● Coaches should go over the basics of defending <ul style="list-style-type: none"> <li>○ How to run backwards in a defensive posture</li> <li>○ How to watch the ball and the player you are defending</li> <li>○ How to knock the ball down safely</li> <li>○ How to pull a flag from the player with the ball</li> <li>○ How to angle towards the sideline</li> </ul> </li> <li>● Split the players up into 8 different groups</li> <li>● Have three players step up <ul style="list-style-type: none"> <li>○ One player acts as the QB</li> <li>○ 1 player is on offense, 1 is on defense</li> <li>○ The QB hikes the ball and tries to pass to the offensive player who is running 10-20 yards down the field</li> <li>○ The defensive player tries to disrupt the pass</li> <li>○ The defensive player pulls the flag if the pass is complete</li> <li>○ 3 new players step up</li> <li>○ Ensure that players are alternating positions</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● A Beginners guide to flag <a href="#">football</a></li> <li>● Football <a href="#">handoff</a></li> </ul>

	<ul style="list-style-type: none"> <li>● How to <a href="#">throw</a> a football (first part of the video)</li> <li>● How to <a href="#">catch</a> a football (first part of the video)</li> </ul>
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<b><u>Day 4; Session 3 (12:15-1pm)</u></b> (Flag football play)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 pinnies</li> <li>● 40 sets of flags</li> <li>● 40 cones</li> <li>● 20 footballs</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Catch a football using proper hand positioning and body alignment to consistently catch the ball</li> <li>● Throw a football with correct grip, stance, and follow-through to ensure accurate passes</li> <li>● Handoff the football, transferring the ball between players, with proper timing and coordination</li> <li>● Pull the flag off an opponent properly and safely</li> <li>● Drop into a standard defensive position</li> <li>● Do all of the skills above within a game play</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Catching: <ul style="list-style-type: none"> <li>○ Emphasize the importance of proper hand positioning and body alignment to consistently catch passes.</li> <li>○ Teach players to use their hands rather than their bodies to secure the ball</li> </ul> </li> <li>● Throwing: <ul style="list-style-type: none"> <li>○ Instruct on the fundamentals of throwing, including grip, stance, and follow-through.</li> <li>○ Ensure players understand how to deliver accurate passes</li> </ul> </li> <li>● Running Routes: <ul style="list-style-type: none"> <li>○ Introduce basic routes (like slants and fly routes) and explain their significance in creating space and opportunities for receiving the ball</li> </ul> </li> <li>● Handoffs: <ul style="list-style-type: none"> <li>○ Focus on clean handoffs between players, emphasizing timing and coordination to avoid fumbles during plays</li> </ul> </li> <li>● Flag Pulling: <ul style="list-style-type: none"> <li>○ Teach effective flag-pulling techniques</li> <li>○ Players should learn how to approach the ball carrier and pull flags without making contact</li> </ul> </li> <li>● Angling: <ul style="list-style-type: none"> <li>○ Emphasize taking an angle on an offensive player rather than running directly at them</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ Use the sideline to push the player to the edge of the field and away from the middle</li> <li>○ Match their speed</li> <li>○ Get your toes pointed in the same direction as the offensive player</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Set up 2 cross field games</li> <li>● The fields should be about 30 yards wide and go length wise the width of the field (about 74 yards)</li> <li>● Place cones between each cross field game</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Split the campers into two groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of catching, passing, handoffs, flag pulling, and angling on defense</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play two 20 minute halves</li> <li>● Give a 5 minute water break <ul style="list-style-type: none"> <li>○ Reinforce concepts during the water break</li> <li>○ Highlight what the campers are doing well and what they can improve upon</li> </ul> </li> <li>● Adjust the teams if mismatches occur</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● A Beginners guide to flag <a href="#">football</a></li> <li>● Football <a href="#">handoff</a></li> <li>● How to <a href="#">throw</a> a football (first part of the video)</li> <li>● How to <a href="#">catch</a> a football (first part of the video)</li> </ul>

<b><u>Day 4; Session 3 (1-1:30pm)</u></b> (Fun gameplay - British Bulldog)	
Equipment needed	<ul style="list-style-type: none"> <li>● Flags and belts (like you would have for flag football)</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the rules of each game</li> <li>● Explain the rules of the games</li> <li>● Apply the rules in fair and honest play</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Fun</li> <li>● Fair Play</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Normal gym or field with cones at the sides and the middle of the gym</li> </ul>

<p>Activity description</p>	<p><i>Dynamic Warmup (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>British Bulldog (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Put all campers against one gym wall</li> <li>● Identify two kids who are the sharks</li> <li>● They say “British Bulldog” and the kids run across to the other side of the field/gym.</li> <li>● If they get their flag pulled they turn into a shark.</li> <li>● If they do not get their flag pulled they are safe</li> <li>● Game continues until one last minnow remains</li> </ul>
<p>Video clips</p>	<ul style="list-style-type: none"> <li>● Elementary P.E. Games: <a href="#">Sharks &amp; Minnows</a> (Flags)</li> </ul>

<p><b><u>Day 4; Session 5 (1:30-2:30pm):</u></b> (Sports around the world research completion)</p>	
<p>Equipment needed</p>	<ul style="list-style-type: none"> <li>● Laptop or IPAD</li> <li>● Wifi access</li> <li>● Cell phones if no other devices are available</li> <li>● Poster board</li> <li>● Markers</li> <li>● Pens</li> <li>● Colored pencils</li> </ul>
<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together to research about the sports that they will play this week</li> <li>● Design a poster that has the most important “fun facts” about these sports</li> <li>● Color this poster in</li> <li>● Display this poster at the end of the session and explain it to the other groups</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Accurate sources of information</li> </ul>

	<ul style="list-style-type: none"> <li>● The similarities between people around the world</li> <li>● Respect &amp; Acceptance from Convocation <ul style="list-style-type: none"> <li>○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>■ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>● Be nice</li> <li>● Don't be mean</li> <li>● Never bully another person</li> <li>● Be kind</li> <li>● Treat others the way you would like to be treated</li> </ul> </li> <li>■ Who should we all be respectful of <ul style="list-style-type: none"> <li>● Other campers - your peers</li> <li>● The staff - we are here to help you learn and take care of you</li> <li>● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li> <li>● Treat others the way you would like to be treated</li> <li>● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> </li> </ul> </li> <li>○ What does acceptance mean to you <ul style="list-style-type: none"> <li>■ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>■ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul> </li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Campers will be broken up by ages and developmental level, to the best of the Director and coaches abilities</li> <li>● Each group will have access to a wifi enabled device that they can use</li> <li>● Each group will have access to posterboard and the drawing utensils listed above</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Campers will take on the various roles necessary to undertake this project <ul style="list-style-type: none"> <li>○ Researcher</li> <li>○ Designer</li> <li>○ Sketcher</li> <li>○ Colorer</li> <li>○ Presenter to the rest of the groups</li> </ul> </li> <li>● Although they will have one official "role", campers should</li> </ul>

	<p>also take turns getting to do the other roles, such as coloring in</p> <ul style="list-style-type: none"> <li>• Coaches will eventually collect all the poster boards as these will be used throughout the week for all of the sports, so plan space accordingly!</li> </ul> <p>Coaches should be walking around helping the campers at each stage of the process</p> <p><i>RESEARCH</i> (10-15 minutes)</p> <ul style="list-style-type: none"> <li>• Campers should use academically credible sources to find information out about their sports (.gov, .edu, .org and sources that are considered reputable like britannica and national geographic).</li> <li>• The most interesting information, or “fun facts”, should be assembled</li> <li>• Campers should aim for 8-12 pieces of information</li> </ul> <p><i>DESIGNING &amp; SKETCHING</i> (10-15 minutes)</p> <ul style="list-style-type: none"> <li>• Campers should design how they want to display this information on their poster board</li> <li>• They can use an extra piece of poster board, or just plain piece of paper, to make a rough mock up of their final presentation</li> <li>• The design should be sketched in pencil on the poster board</li> </ul> <p><i>COLORING</i> (15-20 minutes)</p> <ul style="list-style-type: none"> <li>• Using the agreed upon design, campers should color in the poster board according to the pencil sketch</li> <li>• Campers should take turns getting to color in, as this is likely the most fun part of the process</li> </ul> <p><i>PRESENTATION</i> (15 minutes)</p> <ul style="list-style-type: none"> <li>• Campers will present to the rest of the groups</li> <li>• Campers should be respectful and kind to the other nation’s efforts</li> <li>• Coaches should reinforce the importance of being supportive of each other in all areas</li> </ul> <p><i>COLLECTION</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>• Coaches will collect all the poster boards as these will be used throughout the week for all of the sports</li> </ul>
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**Day 4: Session 7 (2:30-3pm):** “Foursquare & Parent Pick up”

Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● 4 bouncy balls</li> <li>● Tape</li> <li>● Cones</li> <li>● Chalk</li> </ul>
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> <li>● Be checked out safely</li> <li>● Play foursquare fairly and for fun</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have not been picked up yet.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● With the chalk or tape, draw a large square at least two metres wide</li> <li>● Divide the big square into four equally sized small squares</li> <li>● Number each square one to four</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check out the campers as their guardians arrive.</li> <li>● Other coaches will maintain supervision of the Foursquare rules <ul style="list-style-type: none"> <li>○ Each player stands in one of the four squares</li> <li>○ To start the game, the player in square one serves the ball by bouncing it once in their square and then hitting it toward one of the other squares</li> <li>○ The receiving player, then hits the ball to any other player in one of the other squares</li> <li>○ A player is out if <ul style="list-style-type: none"> <li>■ Failing to hit the ball into another square</li> <li>■ Allowing the ball to bounce more than once in their own square</li> <li>■ Hitting the ball out of the squares or hitting a line</li> <li>■ Hitting the ball incorrectly such as by holding, catching, or carrying</li> <li>■ Hitting the ball out of turn or committing interference</li> <li>■ Hitting the ball one handed (in some versions of gameplay)</li> </ul> </li> <li>○ When a player is out, the other players move up to take their place. The out player moves to the last square</li> <li>○ Rules can be altered for different types of game play .Some ideas are:</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>■ Everyone must hit underhand</li> <li>■ The ball can only bounce once in a square</li> <li>■ Hitting inside lines are "Out"</li> <li>■ Hitting outside the lines is "Out"</li> <li>■ If the ball bounces in your square you must hit it</li> <li>■ You are out if: <ul style="list-style-type: none"> <li>● The ball bounces two times in your square or you hit it before it bounces</li> <li>● You hit the ball out of bounds</li> <li>● You hit the ball to an inside line</li> <li>● You hit the ball overhand</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>● How to Play <a href="#">Four Square</a>   A PE Lesson   Rules of the Game</li> <li>● Head coach will communicate once all campers have departed.</li> </ul>
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Day 5  
"Jump Start Sports T Shirt Day"  
"Tournament Day"

<p><b><u>Day 5: Arrival (9-9:15am)</u></b>: Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).</p>	
<p>Equipment needed</p>	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>

Learning goals/objectives	<ul style="list-style-type: none"> <li>● Campers will be able to...</li> <li>● Be checked in</li> <li>● Conduct unorganized play as all other campers arrive</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have arrived already</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets available for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches will check in the campers as they arrive.</li> <li>● Other coaches will maintain supervision of unorganized play.</li> <li>● Head coach will communicate once all campers have arrived.</li> </ul>

<b><u>Day 5; Daily Convocation (9:15-9:30am)</u></b>	
Daily Convocation	<ul style="list-style-type: none"> <li>● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> </ul> <div style="text-align: center;">  <p>PLAY HARD      PLAY SMART      PLAY TOGETHER      PLAY TRUE</p> </div> <ul style="list-style-type: none"> <li>● </li> </ul>
Equipment needed	<ul style="list-style-type: none"> <li>● Script (see below)</li> <li>● Clipboard for script</li> </ul>
Learning goals/objectives	<ul style="list-style-type: none"> <li>● “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Campers will be introduced to the convocation and four pillars on Day 1.</li> <li>● These principles will then be reiterated in the following days of the camp.</li> </ul>

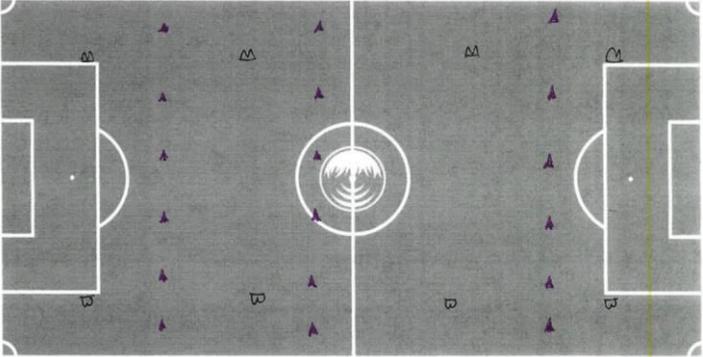
<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● Campers are lined up in rows.</li> <li>● Coaches will be at the front of the rows.</li> <li>● coaches will be dispersed amongst the rows of campers.</li> </ul>
<p>Activity description</p>	<ul style="list-style-type: none"> <li>● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.</li> <li>● The Foundation: Respect and Acceptance</li> <li>● The Four Pillars <ul style="list-style-type: none"> <li>○ Physical: Play Hard</li> <li>○ Mental: Play Smart</li> <li>○ Social: Play Together</li> <li>○ Emotional: Play True</li> </ul> </li> <li>● Coaches will use the following speech at each convocation:</li> <li>● Welcome: <ul style="list-style-type: none"> <li>○ High energy greeting of all the kids</li> <li>○ Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes"</li> </ul> </li> <li>● Introductions: <ul style="list-style-type: none"> <li>○ Have each coach introduce themselves</li> <li>○ Name, favorite sport, favorite team</li> </ul> </li> <li>● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>■ Be nice</li> <li>■ Don't be mean</li> <li>■ Never bully another person</li> <li>■ Be kind</li> <li>■ Treat others the way you would like to be treated</li> </ul> </li> <li>○ Who should we all be respectful of <ul style="list-style-type: none"> <li>■ Other campers - your peers</li> <li>■ The staff - we are here to help you learn and take care of you</li> <li>■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li> <li>■ Treat others the way you would like to be treated</li> <li>■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> </li> </ul> </li> <li>● What does acceptance mean to you <ul style="list-style-type: none"> <li>○ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>○ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● The Four Pillars of Character: If you use respect and acceptance as a foundation for how you live your life, you can build a happy and successful life for yourself. All of these things are true when you play sports, so you can learn how to do this when you are playing sports. On Monday, introduce all of the concepts: “Play Hard, Play Smart, Play Together, Play True”. Then emphasize it every day and talk about what that means. <ul style="list-style-type: none"> <li>○ Play Hard: always try your best to win or succeed</li> <li>○ Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently.</li> <li>○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don’t worry about who scores or makes the big play.)</li> <li>○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport</li> </ul> </li> <li>● Win with Grace, Lose with Dignity</li> <li>● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.</li> </ul>
<p>Script</p>	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let’s start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let’s get to know each other a bit better. I’ll kick things off. I’m Coach Alex, and my favorite sport is basketball. I’m a huge fan of the Cleveland Cavaliers! Next up, let’s hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you’d like to share. Great answers, everyone! Being kind, not bullying others, treating others as you’d like to be treated, and don’t forget to respect yourself. And who should we all be respectful of? That’s right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let’s talk about Acceptance. What does acceptance mean to you? Let’s hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they’re different from us. We’re all unique, and that’s something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we’ll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we’re highlighting “Play Hard.” Remember, always give your best effort to succeed, whether you’re on the field, court, or</i></p>

	<p><i>in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> <li>1) Tournaments with all of our games! <ol style="list-style-type: none"> <li>a) Soccer</li> <li>b) Team Handball</li> <li>c) Gaelic Football</li> <li>d) Cricket</li> </ol> </li> </ol>
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<b><u>Day 5; Session 1 (9:30-10:30am)</u></b> (Soccer mini game tournament)	
Equipment needed	<ul style="list-style-type: none"> <li>● 8 Soccer Balls</li> <li>● 20 Pinnies</li> <li>● 8 mini soccer nets</li> <li>● 40 cones</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Dribble</li> <li>● Trap a ball from a pass</li> <li>● Pass to another player from a stationary position</li> <li>● Shoot from a stationary position</li> <li>● Conduct all those same skills while in small area game play</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling: <ul style="list-style-type: none"> <li>○ Keeping the ball close to the feet for improved control</li> <li>○ Keeping the head up to maintain awareness of surroundings</li> <li>○ Using both feet</li> <li>○ Changing pace and direction</li> <li>○ Employing fakes and feints</li> </ul> </li> <li>● Passing: <ul style="list-style-type: none"> <li>○ Using the inside of the foot for precision in shorter distances</li> <li>○ Practicing accurate short and long passes using both feet</li> <li>○ Controlling the pressure put on the ball to control the “weight” of the pass</li> </ul> </li> <li>● Shooting</li> </ul>

	<ul style="list-style-type: none"> <li>○ Stance and Approach <ul style="list-style-type: none"> <li>■ Plant Foot Position: Ensure the non-kicking foot is placed beside the ball, pointing towards the target.</li> <li>■ Approach Angle: Encourage a smooth approach to the ball, avoiding stutter steps.</li> </ul> </li> <li>○ Body Positioning <ul style="list-style-type: none"> <li>■ Head Down: Instruct players to keep their head down and eyes on the ball while striking.</li> <li>■ Knee Over the Ball: The knee of the kicking leg should be positioned over the ball at the moment of contact to help keep shots low and powerful.</li> </ul> </li> <li>○ Contact Technique <ul style="list-style-type: none"> <li>■ Ankle Locked: Emphasize locking the ankle during the strike to create a solid, firm contact with the ball.</li> <li>■ Foot Placement: Teach players to strike the ball with their laces (the top part of their foot) for powerful shots. For accuracy, they should aim for the middle to upper half of the ball.</li> </ul> </li> <li>○ Follow Through <ul style="list-style-type: none"> <li>■ Complete Your Kick: Stress the importance of following through after making contact with the ball. The kicking foot should continue in the direction of the target.</li> </ul> </li> </ul>
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<p>Field/court layout</p>	<ul style="list-style-type: none"> <li>● Set up 4 cross field games with 2 mini nets at each end</li> <li>● The fields should be about 30 yards wide and go lengthwise the width of the field (about 74 yards)</li> <li>● Place cones between each cross field game</li> </ul> 
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<p>Activity description</p>	<p><i>Warmup</i> (10 minutes)</p> <ul style="list-style-type: none"> <li>● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> </ul> </li> </ul>
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	<ul style="list-style-type: none"> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> <p><i>Soccer tournament (50 minutes)</i></p> <ul style="list-style-type: none"> <li>● Split the campers into four groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of dribbling, passing, and shooting</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play four-five 10 minute games</li> <li>● Winners play each other until a final tournament champion is crowned!</li> <li>● There does not need to be a goalie in the mini nets</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● The Basics of <a href="#">Dribbling</a></li> <li>● How to <a href="#">pass</a> a soccer ball for beginners</li> <li>● How to <a href="#">shoot</a> a soccer ball</li> </ul>

<b><u>Day 5; Session 2 (10:30-11:30am)</u></b> (Team Handball mini tournament)	
Equipment needed	<ul style="list-style-type: none"> <li>● 3 handballs (smaller nerf type balls)</li> <li>● 6 mini soccer nets</li> <li>● Whistles</li> <li>● Cones</li> <li>● 20 pinnies</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Verbalize the rules of handball</li> <li>● Effectively play a game of handball</li> <li>● Reinforce the rules of handball when a foul occurs</li> <li>● Dribbling</li> <li>● Passing and Receiving</li> <li>● Shooting</li> <li>● Catching</li> <li>● Defensive Skills</li> <li>● Teamwork and Positioning</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Dribbling <ul style="list-style-type: none"> <li>○ "Bounce the ball with your fingertips, not your palm"</li> <li>○ "Keep your head up while dribbling to see your teammates"</li> <li>○ "Dribble at waist height, not too high or low"</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● Passing and Receiving <ul style="list-style-type: none"> <li>○ "Make a target with your hands when catching"</li> <li>○ "Step towards your teammate when passing"</li> <li>○ "Catch with soft hands, like you're hugging the ball"</li> </ul> </li> <li>● Shooting <ul style="list-style-type: none"> <li>○ "Aim for the corners of the goal"</li> <li>○ "Jump and shoot, releasing the ball at the highest point"</li> <li>○ "Follow through with your throwing arm"</li> </ul> </li> <li>● Catching <ul style="list-style-type: none"> <li>○ "Create a big target with your hands"</li> <li>○ "Watch the ball all the way into your hands"</li> <li>○ "Catch with your hands, not your body"</li> </ul> </li> <li>● Defensive Skills <ul style="list-style-type: none"> <li>○ "Stay on your toes, ready to move quickly"</li> <li>○ "Keep your arms up to block passes and shots"</li> <li>○ "Stay between your opponent and the goal"</li> </ul> </li> <li>● Teamwork and Positioning <ul style="list-style-type: none"> <li>○ "Spread out on the court to create space"</li> <li>○ "Move to open spaces when you don't have the ball"</li> <li>○ "Talk to your teammates and call for the ball"</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● 2 smaller handball courts with the 4 mini soccer nets set up across the court.</li> <li>● Cones will be set up in between the courts</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Split the campers into four groups of equal sizes, and abilities, if possible</li> <li>● Give half of each group pinnies</li> <li>● Reiterate the basic concepts of Dribbling, Passing and Receiving, Shooting, Catching, Defensive Skills &amp; Teamwork and Positioning</li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play four-five 10 minute games</li> <li>● Winners play each other until a final tournament champion is crowned!</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● The <a href="#">rules</a> of handball explained</li> </ul>

<b><u>Day 2; Lunch (11:30-12pm)</u></b>	
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> </ul>

	<ul style="list-style-type: none"> <li>● Monitor to ensure that no bullying is taking place</li> </ul>
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**Day 5; Session 4 (12-1pm)** (Gaelic football tournament)

Equipment needed	<ul style="list-style-type: none"> <li>● 10 Gaelic Footballs</li> <li>● 20 pinnies</li> <li>● 40 cones</li> <li>● 6 mini soccer nets</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Kick</li> <li>● Catch</li> <li>● Solo</li> <li>● Hand Pass</li> <li>● Tackle safely and effectively</li> <li>● Move into space and laterally</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Punt Kick <ul style="list-style-type: none"> <li>○ Hold the ball firmly with both hands</li> <li>○ Keep your head down and eyes on the ball</li> <li>○ Release the ball into the hand at the kicking side</li> <li>○ Step forward with the non-kicking foot</li> <li>○ Kick the ball with the instep (laced part) of the foot</li> <li>○ Keep toes pointed</li> <li>○ Follow through in the direction of the target</li> </ul> </li> <li>● Solo (Toe Tap) <ul style="list-style-type: none"> <li>○ Release the ball into the hand at the kicking side</li> <li>○ Keep eyes on the ball</li> <li>○ Flick the toe upwards towards the body</li> <li>○ Straighten the leg</li> <li>○ Extend the arms forward to catch the ball</li> <li>○ Remember the four-step rule before performing a solo</li> </ul> </li> <li>● Hand Pass <ul style="list-style-type: none"> <li>○ Support the ball in the non-dominant hand</li> <li>○ Use the dominant hand to strike the ball</li> <li>○ Keep the striking hand open</li> <li>○ Extend the striking hand back fully</li> <li>○ Keep eyes on the ball throughout the motion</li> <li>○ Follow through towards the target</li> </ul> </li> <li>● Catching <ul style="list-style-type: none"> <li>○ For high catches, keep eyes on the ball</li> <li>○ For body catches, use the chest to cushion the ball</li> <li>○ Extend arms to receive the ball</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● Bouncing <ul style="list-style-type: none"> <li>○ Alternate between bouncing and toe-tapping every four steps</li> <li>○ Bounce the ball like in basketball</li> <li>○ Remember not to bounce twice in succession</li> </ul> </li> <li>● Movement <ul style="list-style-type: none"> <li>○ Practice lateral movements</li> <li>○ Encourage scanning for teammates and open spaces</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Set up two cross-field pitches using cones (approximately 30m x 20m each)</li> <li>● Use portable goals or cones to mark goal areas</li> <li>● Cones will be set up in between the courts</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Coaches will break up the teams <ul style="list-style-type: none"> <li>○ Divide players into teams of 5-6 players each</li> </ul> </li> <li>● One team will wear the pinnies</li> <li>● Coaches will set a timer of 15 minutes</li> <li>● Score will be kept</li> <li>● Teams will be rearranged after 15 minutes and new type of game will be introduced by the coach</li> </ul> <p><i>Warmup (10 minutes)</i></p> <ul style="list-style-type: none"> <li>● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>Basic Rules</i></p> <ul style="list-style-type: none"> <li>● Basic rules <ul style="list-style-type: none"> <li>○ Scoring <ul style="list-style-type: none"> <li>■ Players can score points by kicking or punching the ball over the crossbar, or goals by kicking or punching the ball under the crossbar. A goal is worth three points, while a point is worth one.</li> </ul> </li> <li>○ Tackling</li> <li>○ The level of tackling allowed in Gaelic football is less than in rugby or Australian rules football. Physical contact is only permitted shoulder to shoulder.</li> <li>○ Fouls</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>■ A player commits a foul if they move more than four steps without releasing the ball, bouncing it once, or soloing it. If a player commits a fault, they put the ball back in play with a foot pass from the spot of the infraction</li> </ul> <p><i>Cross-field Games (50 minutes)</i></p> <ul style="list-style-type: none"> <li>● Gaelic tournament <ul style="list-style-type: none"> <li>○ Split the campers into two groups of equal sizes, and abilities, if possible</li> <li>○ Give half of each group pinnies</li> <li>○ Reiterate the basic concepts of punt kick, passing, soloing, hand passing, tackling, movement</li> </ul> </li> <li>● Have the coaches spread out to monitor each game, or 2 games each if there are not enough adults</li> <li>● Play four-five 10 minute games</li> <li>● Winners play each other until a final tournament champion is crowned!</li> <li>● Continue to emphasize and reinforce the basic skills</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● <a href="#">How to play Gaelic Football</a>: Share with your campers</li> <li>● How to Play Gaelic Football for <a href="#">Beginners</a>   All Rules Explained</li> <li>● Basic Gaelic football <a href="#">skills</a></li> </ul>

<b><u>Day 5; Session 6 (1-2pm)</u></b> (Cricket tournament)	
Equipment needed	<ul style="list-style-type: none"> <li>● 20 Cricket bats</li> <li>● 20 pinnies</li> <li>● 20 Cricket balls</li> <li>● 2 sets of wickets</li> </ul> <p><b><u>Cricket</u></b></p>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Catch and Throw</li> <li>● Bat</li> <li>● Bowl</li> <li>● Run Between Wickets</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Catching and Throwing <ul style="list-style-type: none"> <li>○ "Soft hands, big eyes! Watch the ball all the way into your hands."</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ "Make a big target with your hands when catching."</li> <li>○ "Point your non-throwing arm at the target, then throw over the top."</li> <li>● Batting Technique <ul style="list-style-type: none"> <li>○ "Stand side-on, with your shoulder pointing to the bowler."</li> <li>○ "Hold the bat with both hands, making a 'V' shape with your thumbs and forefingers."</li> <li>○ "Keep your eyes on the ball and swing straight through."</li> </ul> </li> <li>● Bowling Technique <ul style="list-style-type: none"> <li>○ "Start with the ball under your chin, like you're biting an apple."</li> <li>○ "Reach for the sky with your front arm."</li> <li>○ "Point your toes towards the target."</li> <li>○ "Let it fly! Swing your arm over like a windmill."</li> </ul> </li> <li>● Running Between Wickets <ul style="list-style-type: none"> <li>○ "Listen for your partner's call: 'Yes' means run, 'No' means don't run, 'Wait' means be ready."</li> <li>○ "Run in a straight line between the creases."</li> <li>○ "Always carry your bat when running."</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Set up a triangular field with three batting stations, each about 15 meters apart.</li> <li>● Place a set of stumps at each station.</li> <li>● Designate a 'safe zone' behind each set of stumps.</li> </ul>
Activity description	<p><i>"Rapid Fire Cricket"</i> (60 minutes)</p> <ul style="list-style-type: none"> <li>● This game is a fast-paced, simplified version of cricket that keeps all players involved and develops multiple skills.</li> <li>● Divide the 30 players into 3 teams of 10 players each.</li> <li>● One team bats while the other two teams field together. <ul style="list-style-type: none"> <li>○ Each batting team gets 10 minutes to score as many runs as possible.</li> <li>○ Three batters are active at a time, one at each station.</li> </ul> </li> <li>● A bowler (from the fielding teams) stands 5 meters in front of each batter.</li> <li>● Bowlers bowl simultaneously to their respective batters. <ul style="list-style-type: none"> <li>○ After hitting the ball, batters must run to the next station clockwise.</li> </ul> </li> <li>● Fielders try to get batters out by catching the ball or hitting the stumps while batters are running.</li> <li>● If a batter is out, the next player from their team immediately replaces them.</li> <li>● Runs are scored by successfully running between stations (1 run per station reached).</li> <li>● Batters are safe if they reach the 'safe zone' behind the</li> </ul>

	<ul style="list-style-type: none"> <li>stumps.</li> <li>● Scoring: <ul style="list-style-type: none"> <li>○ 1 run for each station reached</li> <li>○ 6 runs for hitting the ball beyond a designated boundary</li> <li>○ The team with the most runs after all teams have batted wins</li> </ul> </li> <li>● Rotations: <ul style="list-style-type: none"> <li>○ After 10 minutes, teams rotate roles (batting team becomes fielding, etc.)</li> </ul> </li> <li>● Champion <ul style="list-style-type: none"> <li>○ Coaches should keep score and the team with the most points after batting twice is crowned the champion!</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Cricket <a href="#">rules</a> explained in 2 minutes</li> </ul>

<b><u>Day 5; Session 5 (2-2:30pm):</u></b> (Sports around the world presentation)	
Equipment needed	<ul style="list-style-type: none"> <li>● Already made poster boards</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together to research about the sports that they will play this week</li> <li>● Design a poster that has the most important “fun facts” about these sports</li> <li>● Color this poster in</li> <li>● Display this poster at the end of the session and explain it to the other groups</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Accurate sources of information</li> <li>● The similarities between people around the world</li> <li>● Respect &amp; Acceptance from Convocation <ul style="list-style-type: none"> <li>○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>■ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>● Be nice</li> <li>● Don't be mean</li> <li>● Never bully another person</li> <li>● Be kind</li> <li>● Treat others the way you would like to be treated</li> </ul> </li> </ul> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>■ Who should we all be respectful of <ul style="list-style-type: none"> <li>● Other campers - your peers</li> <li>● The staff - we are here to help you learn and take care of you</li> <li>● The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li> <li>● Treat others the way you would like to be treated</li> <li>● Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> </li> <li>○ What does acceptance mean to you <ul style="list-style-type: none"> <li>■ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>■ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Campers will be broken up by ages and developmental level, to the best of the Director and coaches abilities</li> <li>● Each group will have access to a wifi enabled device that they can use</li> <li>● Each group will have access to posterboard and the drawing utensils listed above</li> </ul>
Activity description	<p><i>PRESENTATION</i> (25 minutes)</p> <ul style="list-style-type: none"> <li>● Campers will present to the rest of the groups</li> <li>● Campers should be respectful and kind to the other nation's efforts</li> <li>● Coaches should reinforce the importance of being supportive of each other in all areas</li> </ul> <p><i>PICTURE</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Coaches will take a picture of the groups with their posters and in their JSS shirts</li> </ul>

<b><u>Day 5; Session 7 (2:30-3pm):</u></b> "Picture, unorganized play & Parent Pick up"	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camera</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul>
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> <li>● Be checked out safely</li> <li>● Line up for a picture</li> </ul>
Areas of focus	<ul style="list-style-type: none"> <li>● Professional demeanor</li> <li>● Courteous manner</li> <li>● Maintaining awareness &amp; supervision of campers who have not been picked up yet.</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Balls and nets for unorganized play</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Director will check out the campers as their guardians arrive.</li> <li>● Other coaches will maintain supervision of the unorganized play.</li> <li>● Coaches will organize the campers into a group so a photo in their JSS shirts can be taken. <ul style="list-style-type: none"> <li>○ Picture will be taken before the students begin to be picked up to ensure that full numbers are shown in future marketing materials</li> </ul> </li> <li>● Director will communicate once all campers have departed.</li> </ul>