



## Summer Fun in the Sun Camp

[Day 1](#)

[Day 2](#)

[Day 3](#)

[Day 4](#)

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# JUMP START

## S P O R T S

| <b><u>Camp Overview</u></b><br>"Summer Fun in the Sun Camp" |   |
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| Length of camp  | 5 days  |
| Hours of each day   | 9am-3pm (6 hours)   |
| Theme of the camp   | "Get ready for a Summer Fun in the Sun adventure! This Youth Summer Camp for grades 1-6 is packed with exciting outdoor activities like water balloon battles, sack races, and classic camp games. Join us for endless laughs, teamwork, and sunny memories you'll never forget!" |
| Theme of each day   | Day 1: Water Day<br>Day 2: Dodgeball Day<br>Day 3: Sports Day<br>Day 4: Craft Day (rain day/inside only)<br>Day 5: Tournament Day<br><br>These days can be switched depending on the weather  |
| Sources   | Depository of <a href="#">JSS Camp games</a><br>Final Camp <a href="#">Themes</a>   |

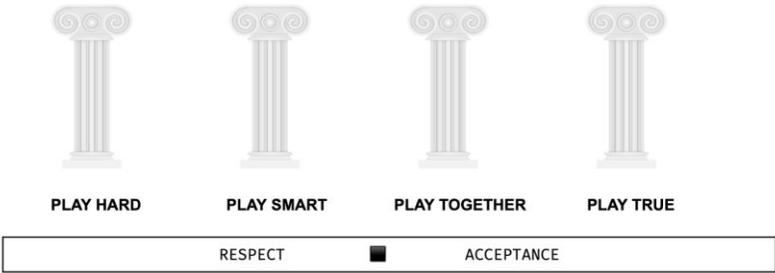
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# JUMP START SPORTS

## Day 1 "Water Day"

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| <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>  |

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| <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> |

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|        | <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> |
| Script | <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</i></p>   |

*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) All about water!

**Day 1; Session 2 (9:30-10:15am):** (Fun outdoor game play to warmup)

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| Equipment needed          | <ul style="list-style-type: none"> <li>• None</li> </ul>   |
| Learning goals/objectives | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Play energetically</li> <li>• Play fairly</li> <li>• Understand the rules of each game</li> </ul>  |
| Areas of focus            | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• The fun that we want to have</li> <li>• The attitude that we want to maintain</li> <li>• The friendships that we want to develop</li> </ul>   |
| Field/court layout        | <ul style="list-style-type: none"> <li>• Wide open field</li> </ul>  |
| Activity description      | <p><i>Play a “get to know you” game with the group (5 minutes)</i></p> <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> <p><i>Rock, Paper, Scissors, Tag! (20 minutes)</i></p> <ul style="list-style-type: none"> <li>• Ensure that everyone knows how to play Rock, Paper, Scissors.</li> <li>• Everyone is “It”.</li> <li>• On “go” the kids run around the gym or designated outdoor play area and try and tag each other.</li> <li>• When one child has tagged another, both kids stop running and play a quick game of Rock, Paper, Scissors. <ul style="list-style-type: none"> <li>○ The person (A) who loses the game sits down.</li> <li>○ The person (B) who won the game keeps running.</li> </ul> </li> <li>• A sits on the floor or grass and carefully watches B.</li> <li>• As soon as B loses a game of Rock, Paper, Scissors and sits down, then A can jump up again and play.</li> </ul> |

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|  | <ul style="list-style-type: none"> <li>● If the coach sees that there are too many kids sitting down he/she just yells, “Rock, Paper, Scissors” and everyone jumps back up and starts running around again.</li> </ul> <p><a href="#">Source</a></p> <p><i>Robots</i> (20 minutes)</p> <ul style="list-style-type: none"> <li>● ROBOTS→</li> <li>● Players are scattered throughout the gym and each is given a beanbag to balance on their head (their battery pack).</li> <li>● One or two campers are chosen to be the mechanics.</li> <li>● On the signal, players walk around like robots.</li> <li>● If their bean bag falls off they must stop moving until a mechanic comes and repairs the robot (puts a bean bag back on their head).</li> <li>● If you want to make it more competitive, you don’t have to have mechanics. You can also add a ‘villian’ to chase the robots.</li> </ul> |
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| <b>Day 1; Session 1 (10:15-11am):</b> (Water Balloon activities) |   |
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| Equipment needed   | <ul style="list-style-type: none"> <li>● Bunch O Balloons - 420 Rapid-Fill Water <a href="#">Balloons</a></li> <li>● Water balloons (approximately 100)</li> <li>● Buckets (2-4)</li> <li>● Hula hoops or cones for marking areas</li> <li>● Chalk</li> <li>● Towels for drying off</li> <li>● Normal balloons if it is too cold</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 with water balloons responsibly</li> </ul>  |
| Areas of focus   | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Following the rules</li> <li>● Safe gameplay</li> </ul>  |
| Field/court layout   | <ul style="list-style-type: none"> <li>● See below for each station</li> </ul>  |
| Activity description   | <p>This can be adjusted for normal balloons if it is too cold to use water balloons.</p> <p><i>Water Balloon Relay Race</i> (15 minutes)</p> <ul style="list-style-type: none"> <li>● Objective: Teams race to pop all their water balloons first.</li> <li>● Setup: <ul style="list-style-type: none"> <li>○ Divide campers into two or more teams.</li> <li>○ Set up a start line and place buckets filled with water balloons at one end.</li> </ul> </li> </ul> |

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|  | <ul style="list-style-type: none"> <li>○ Each team has a designated chair at the opposite end.</li> <li>● Instructions: <ul style="list-style-type: none"> <li>○ Each player takes turns running to their chair, sitting on a water balloon to pop it, and then running back to tag the next player.</li> <li>○ Once a balloon is popped, they must return to the starting point and tag the next teammate.</li> <li>○ The first team to pop all their balloons wins.</li> </ul> </li> </ul> <p><i>Water Balloon Toss (15 minutes)</i></p> <ul style="list-style-type: none"> <li>● Objective: Work on coordination while having fun.</li> <li>● Setup: <ul style="list-style-type: none"> <li>○ Pair up players and have them stand about 5 feet apart.</li> <li>○ Each pair gets one water balloon.</li> </ul> </li> <li>● Instructions: <ul style="list-style-type: none"> <li>○ Players toss the balloon back and forth, taking a step back after each successful catch.</li> <li>○ If a balloon pops, that pair is out, but they can rejoin the game with a new balloon if time allows.</li> <li>○ The last pair remaining with an unpopped balloon wins.</li> </ul> </li> </ul> <p><i>Water Balloon Target Splash (15 minutes)</i></p> <ul style="list-style-type: none"> <li>● Objective: Aim and throw accuracy.</li> <li>● Setup: <ul style="list-style-type: none"> <li>○ Create targets using hula hoops or draw circles on the ground with chalk.</li> <li>○ Place them at varying distances from the throwing line.</li> </ul> </li> <li>● Instructions: <ul style="list-style-type: none"> <li>○ Campers take turns throwing water balloons at the targets.</li> <li>○ Assign points based on how many targets they hit (e.g., 3 points for hitting inside the hoop, 1 point for hitting outside).</li> <li>○ After everyone has had their turn, tally up the points to declare a winner.</li> </ul> </li> </ul> |
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| <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> |

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| <b><u>Day 1; Session 3 (11:30-12pm):</u></b> (“Save the Statues” Fun gameplay) |   |
| Equipment needed   | <ul style="list-style-type: none"> <li>● Hula Hoops</li> <li>● Cones</li> </ul> |

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|                           | <ul style="list-style-type: none"> <li>● Volleyballs</li> <li>● Nerf dodgeballs</li> </ul>   |
| Learning goals/objectives | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Listen</li> <li>● Work together</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>● Fair play</li> <li>● Teamwork</li> <li>● Communication</li> </ul>   |
| Field/court layout        | <ul style="list-style-type: none"> <li>● Hula Hoops around the edge of the court or field</li> <li>● Dodgeballs within the center of the basketball court or field</li> </ul>  |
| Activity description      | <ul style="list-style-type: none"> <li>● Save The Statues is a throwing, catching, blocking, and defending game.</li> <li>● There are two teams: <ul style="list-style-type: none"> <li>○ 1 consists of statues who are 'stuck' in hula hoops around the perimeter of the basketball or volleyball court lines, as well as throwers in the center circle.</li> <li>○ The other team consists of defenders who are trying to prevent the statues from catching balls thrown by the throwers.</li> <li>○ When a statue catches a ball that was thrown, he is freed and becomes a thrower in the middle.</li> <li>○ Play until all statues are freed, or for a certain time limit.</li> </ul> </li> </ul> |
| Source                    | <ul style="list-style-type: none"> <li>● <a href="http://physedgames.com/category/fun/">http://physedgames.com/category/fun/</a> (2nd from the bottom)</li> </ul>  |

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| <b><u>Day 1; Session 4 (12-1pm):</u></b> (Sprinkler games) |   |
| Equipment needed   | <ul style="list-style-type: none"> <li>● 2 Sprinklers</li> <li>● 40 plastic cups</li> <li>● Towels</li> </ul>   |
| Learning goals/objectives                                  | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Have fun with the sprinklers</li> <li>● Follow instructions</li> <li>● Play friendly and according to JSS values</li> </ul> |
| Areas of focus   | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Safety</li> <li>● Fun</li> </ul>   |

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|                      | <ul style="list-style-type: none"> <li>● Camaraderie</li> </ul>  |
| Field/court layout   | <ul style="list-style-type: none"> <li>● Sprinkler in the middle of a large lawn</li> </ul>  |
| Activity description | <p>Allow the campers to play in the sprinklers as they would normally at their homes and other camps.</p> <p><i>Game 1: PLAY SIMON SAYS</i></p> <ul style="list-style-type: none"> <li>● Give “Simon Says” a fun makeover by playing the game in a sprinkler!</li> <li>● Make sure you add some water commands in addition to the typical moves, such as, Simon says: <ul style="list-style-type: none"> <li>○ “Jump over the sprinkler.”</li> <li>○ “Dance in the water.”</li> <li>○ “Pretend to swim.”</li> <li>○ “Do a somersault.”</li> </ul> </li> </ul> <p><i>Game 2: PLAY FILL THE CUP</i></p> <ul style="list-style-type: none"> <li>● Have each player hold a plastic cup and stand on opposite sides of a sprinkler.</li> <li>● The object of the game is to be the first to fill your cup.</li> <li>● The trick? You must catch all that water without moving your feet.</li> <li>● If your feet do move, you must dump the water on your head and start again</li> </ul> <p><i>Game 3: PLAY SPRINKLER FREEZE TAG</i></p> <ul style="list-style-type: none"> <li>● While you dance or run around the sprinkler, crimp the hose or turn off the faucet.</li> <li>● Then turn the water back on to signal that all the players must freeze in place.</li> <li>● They can’t move a muscle until you turn the water off again.</li> <li>● Anyone who moves is eliminated.</li> <li>● The last player left wins the game.</li> </ul> |
| Source               | <ul style="list-style-type: none"> <li>● Play Sprinkler <a href="#">Games</a></li> </ul>   |

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| <b><u>Day 1; Session 5 (1-2pm):</u></b> (Water balloon games) |   |
| Equipment needed  | <ul style="list-style-type: none"> <li>● Bunch O Balloons - 420 Rapid-Fill Water <a href="#">Balloons</a></li> <li>● Water balloons (approximately 100)</li> <li>● Buckets (2-4)</li> <li>● Hula hoops or cones for marking areas</li> <li>● Chalk</li> </ul> |

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|                           | <ul style="list-style-type: none"> <li>• Towels for drying off</li> <li>• Normal balloons if it is too cold</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 with water balloons responsibly</li> </ul>  |
| Areas of focus            | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• Following the rules</li> <li>• Safe gameplay</li> </ul>  |
| Field/court layout        | <ul style="list-style-type: none"> <li>• See below for each station</li> </ul>  |
| Activity description      | <p><i>Water Balloon Tag (20 minutes)</i></p> <ul style="list-style-type: none"> <li>• Similar to regular tag, but with water balloons</li> <li>• Whoever is “it” carries the water balloon.</li> <li>• They try to hit other players with the water balloons.</li> <li>• If you get hit and the balloon breaks then, you’re it!</li> <li>• Variations: <ul style="list-style-type: none"> <li>○ Decide before you start playing if the water balloon has to break in order for the person to be out.</li> </ul> </li> </ul> <p><i>Water Balloon Shot Put (20 minutes)</i></p> <ul style="list-style-type: none"> <li>• Line of cones where campers will throw from</li> <li>• Hula Hoops that the water balloon has to get into (this is probably best for older and more advanced throwers) <ul style="list-style-type: none"> <li>○ You can just have the distance and not have to land in the hoop</li> </ul> </li> <li>• Record the longest throws at each age group</li> </ul> <p><i>Water Balloon Basketball Shootout (20 minutes)</i></p> <ul style="list-style-type: none"> <li>• Use an empty bucket as the basketball hoop.</li> <li>• If you don’t have a bucket, any basket or box will suffice.</li> <li>• Take turns trying to toss the balloon into the bucket.</li> <li>• If you make the shot, step back another foot and try again.</li> <li>• Who can make a basket from the furthest distance away?</li> <li>• Variations: <ul style="list-style-type: none"> <li>○ Try it from different heights! You can place it on a higher chair, or even on a low-height roof, if you’re safely able to do that.</li> </ul> </li> </ul> |
| Sources                   | <ul style="list-style-type: none"> <li>• 25 Fun Water Balloon Games For <a href="#">Kids</a> (2024)</li> </ul>  |

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| <b><u>Day 1; Session 6 (2-2:30pm):</u></b> (Dry off and change period) |  |
| Equipment needed   | <ul style="list-style-type: none"> <li>• Towels</li> </ul> |

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|                           | <ul style="list-style-type: none"> <li>• Dry clothes</li> <li>• Safe and appropriate area for the campers to get changed</li> </ul>   |
| Learning goals/objectives | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Change safely</li> <li>• Listen to rules</li> <li>• Behave appropriately</li> </ul>   |
| Areas of focus            | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• Where is acceptable to change</li> <li>• Rules and protocol for changing after water events</li> <li>• Monitor the areas appropriately where campers would potentially be misbehaving</li> </ul> |
| Activity description      | <ul style="list-style-type: none"> <li>• Campers will dry off and change in anticipation of parent pick up</li> </ul>   |

| <b><u>Day 1; Session 7 (2:30-3pm): "Kickball gameplay &amp; Parent Pick up"</u></b> |  |
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| 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><i>Campers will be able to...</i></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> <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>                           |

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# JUMP START

## SPORTS

### Day 2 "Dodgeball Day"

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| <p><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).</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  | <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   | <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 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>•</li> </ul> <div style="text-align: center;"> <p style="text-align: center;"> <span>PLAY HARD</span>      <span>PLAY SMART</span>      <span>PLAY TOGETHER</span>      <span>PLAY TRUE</span> </p> <p style="text-align: center;"> <span>RESPECT</span>      <span>ACCEPTANCE</span> </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>   |
| 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> <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> </ul> |

- 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" play (use specific examples from sports they know or have seen recently.
  - 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.)
  - Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport
- Win with Grace, Lose with Dignity
- Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.

|        |  |
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| Script | <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> <ol style="list-style-type: none"> <li><i>1) Capture the Flag &amp;</i></li> <li><i>2) Ultimate Dodgeball games!</i></li> </ol> |
|--------|--|

**Day 2; Session 1 (9:30-10:15am)** (Warmup; Normal Dodgeball)

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|---------------------------|--|
| Equipment needed          | <ul style="list-style-type: none"> <li>● Cones</li> <li>● 10 Dodgeballs</li> <li>● Whistles</li> </ul>   |
| Learning goals/objectives | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Play dodgeball ethically and safely</li> <li>● Understand the rules of the games</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>● Cones down the middle of the court/field</li> <li>● 10 dodgeballs along the midline</li> <li>● Baseline where campers cannot leave from until whistle</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>Intro and throwing warmup (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Director will go over safety and rules of the game</li> <li>● Campers can do partner throw in order to warm up their arms</li> </ul> <p><i>Dodgeball (32 minutes)</i></p> <ul style="list-style-type: none"> <li>● You get hit or someone catches your ball, you are out.</li> <li>● You come back in when someone on your team catches a ball.</li> <li>● Coaches can make the area smaller to make it more likely that someone gets hit</li> </ul> |
| Video clips               | <ul style="list-style-type: none"> <li>● How To Play <a href="#">Dodgeball</a>   OFFICIAL RULES</li> </ul>   |

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| <b><u>Day 2; Session 2 (10:15-11am)</u></b> (Capture the Flag ) |   |
| Equipment needed  | <ul style="list-style-type: none"> <li>● 2 “flags”</li> </ul> |

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|                           | <ul style="list-style-type: none"> <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 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>● 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 by NBA teams <ul style="list-style-type: none"> <li>○ Emphasize that the teams have made alliances with each other and are now on the same team</li> </ul> </li> <li>● Give one team pinnies</li> </ul>  |
| Activity description      | <p><i>INSTRUCTIONS and SETUP (10 minutes)</i></p> <ul style="list-style-type: none"> <li>● The Director will break the group up into 2 different teams where the NBA teams on the same team now have alliances</li> <li>● Tell the campers the rules of the game</li> </ul> <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> <li>● Coaches should record the nations that were on the winning teams and allocate "points"</li> </ul> <p><i>Water Break (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Coaches can decide whether they want any NBA teams to break their alliance and switch sides</li> </ul> <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</li> </ul> |

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|             | <p>around the flag.</p> <ul style="list-style-type: none"> <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 NBA teams 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>  |

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| <b><u>Day 2; 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> |

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| <b><u>Day 2; Session 3 (11:30-12pm): (“Marshmallow Tower”)</u></b> |  |
| Equipment needed   | <p>Each group needs a table with the following items on it→</p> <ul style="list-style-type: none"> <li>● 1 large marshmallow</li> <li>● 20 strands of spaghetti</li> <li>● 1 yard of tape</li> <li>● 1 yard of string</li> </ul> |
| Learning goals/objectives  | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work as a team</li> <li>● Follow instructions</li> <li>● Work 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>● JSS values</li> </ul>  |

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| Field/court layout   | <ul style="list-style-type: none"> <li>• There will be tables with the materials that each group needs on them</li> </ul>   |
| Activity description | <p>Director will split up the campers into groups of equal abilities, if possible</p> <p>Director will explain the rules BEFORE the campers are allowed to approach their tables</p> <p>Coaches should be moving around making sure that campers are working together and understand the rules</p> <ul style="list-style-type: none"> <li>• Campers need to work together in a group to create the tallest freestanding structure with only the given materials.</li> <li>• They are allowed to use some or all of the materials, however, they may not receive extras.</li> <li>• The tower must feature the whole marshmallow at the very top.</li> </ul> |
| Source               | <ul style="list-style-type: none"> <li>• <a href="https://thecolorfulapple.com/team-building-activities-for-back-to/">https://thecolorfulapple.com/team-building-activities-for-back-to/</a></li> </ul>   |

| <b><u>Day 2; Session 4 (12-1pm):</u></b> (Adjusted dodgeball rules) |   |
|---|---|
| Equipment needed  | <ul style="list-style-type: none"> <li>• 10 nerf type dodgeballs</li> <li>• Cones to separate the two groups</li> <li>• Whistles</li> </ul>   |
| Learning goals/objectives   | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Play dodgeball ethically and safely</li> <li>• Understand the rules of the games</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>• Coaches should space out an area on the field/gym that is approximately 40-50 yards wide</li> <li>• Place cones halfway down the total space</li> <li>• Place the dodgeballs between the cones</li> </ul>  |
| Activity description  | <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</li> </ul> </li> </ul> |

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|             | <p>the body before placing down)</p> <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>Army Dodgeball (25 minutes)</i></p> <ul style="list-style-type: none"> <li>● If you get hit in the arm, you cannot use that arm.</li> <li>● Hit in the leg, have to hop on one foot.</li> <li>● If you get hit in the chest or back you are out.</li> <li>● The coach can yell “first aid” and you get all your parts back</li> <li>● The winning team wins points for the NBA teams that are on that team</li> </ul> <p><i>Doctor Dodgeball (25 minutes)</i></p> <ul style="list-style-type: none"> <li>● You pick someone on your team to be the doctor (it is a secret to the other team).</li> <li>● If you get out, you sit down.</li> <li>● If your doctor tags you you can get back up, but you do not want the other team to know who your doctor is.</li> <li>● Once the doctor gets hit, they are unable to get back up.</li> </ul> |
| Video clips | <ul style="list-style-type: none"> <li>● How To Play <a href="#">Dodgeball</a>   OFFICIAL RULES</li> </ul>   |

| <b><u>Day 2; Session 5 (1-2pm):</u></b> (Dodgeball tournament) |   |
|--|---|
| Equipment needed   | <ul style="list-style-type: none"> <li>● Clipboard with players names <ul style="list-style-type: none"> <li>○ Teams will be allocated for equal size and skill</li> </ul> </li> <li>● 20 cones</li> <li>● 10 dodgeballs</li> <li>● Whistles</li> </ul> |
| Learning goals/objectives                                      | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Play dodgeball ethically and safely</li> <li>● Understand the rules of the games</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>● Coaches should space out an area on the field/gym that is approximately 40-50 yards wide</li> <li>● Place cones halfway down the total space</li> <li>● Place the dodgeballs between the cones</li> </ul>      |
| Activity description   | <ul style="list-style-type: none"> <li>● Director will have created a bracket with all of the dodgeball teams listed</li> <li>● Director will announce the names of the players and teams</li> </ul>  |

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|             | <p>while warmup music is playing</p> <ul style="list-style-type: none"> <li>● Players will run on to the court before the game begins, like an NBA team would</li> <li>● Games will be 10 minutes long.</li> <li>● Winner advances to the next round</li> <li>● There can be a loser bracket to keep those teams engaged for another play in <ul style="list-style-type: none"> <li>○ Teams that have lost can play knockout basketball and/or foursquare with other coaches if they are getting bored and antsy</li> </ul> </li> <li>● Bracket can be designed/adjusted as the Director sees fit.</li> <li>● Champion will be crowned at the end of the tournament</li> </ul> |
| Video clips | <ul style="list-style-type: none"> <li>● How To Play <a href="#">Dodgeball</a>   OFFICIAL RULES</li> </ul>   |

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| <b><u>Day 2; Session 6 (2-2:30pm):</u></b> (Warball) |  |
| 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>Warball (30 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</li> </ul> </li> </ul> |

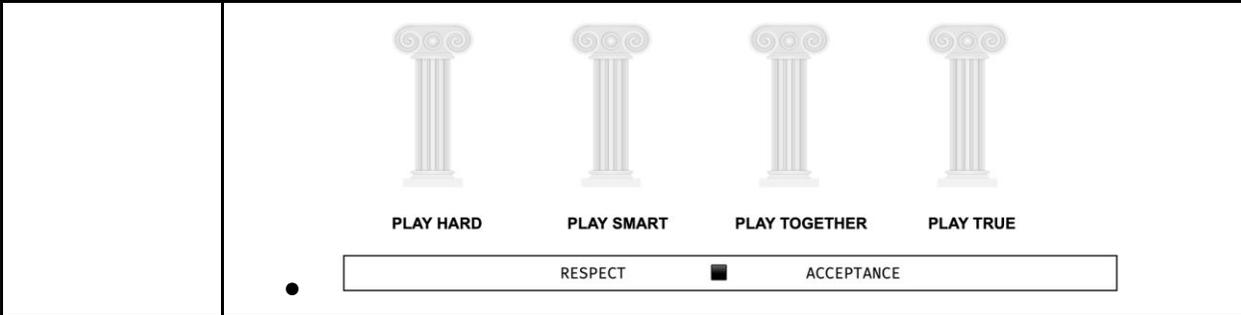
|             |  |
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|             | <p>winner but they can still help knock over other pins.</p> <ul style="list-style-type: none"> <li>○ The last team with pins up wins. If you are running low on time, the team with the most pins at the end wins.</li> </ul> |
| Video clips | <ul style="list-style-type: none"> <li>● Warball <a href="#">rules</a></li> </ul>  |

| <b><u>Day 2; Session 7 (2:30-3pm): “Knockout Basketball &amp; Parent Pick up”</u></b> |  |
|---|--|
| 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><i>Campers will be able to...</i></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>● Director will communicate once all campers have departed.</li> </ul> |
|   | <ul style="list-style-type: none"> <li>● How to play <a href="#">knockout</a></li> </ul>   |

Day 3  
 “Pro Sports Day”  
 (Campers can wear their favorite pro or college sports jersey)

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| <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  | <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   | <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>  |

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| <b><u>Day 3; 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**

- Script (see below)
- Clipboard for script

**Learning goals/objectives**

- “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.”

**Areas of focus**

- Campers will be introduced to the convocation and four pillars on Day 1.
- These principles will then be reiterated in the following days of the camp.

**Field/court layout**

- Campers are lined up in rows.
- Coaches will be at the front of the rows.
- Coaches will be dispersed amongst the rows of campers.

**Activity description**

- Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.
- The Foundation: Respect and Acceptance
- The Four Pillars
  - Physical: Play Hard
  - 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

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|        | <p>by answering your questions about these concepts.</p> <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> <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> |
| Script | <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>  |

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|  | <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> <ol style="list-style-type: none"> <li>1) Pro Sports Day</li> </ol> |
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| <b><u>Day 3; Session 1 (9:30-10:15am)</u></b> (Handball) |  |
| 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> |

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| <p>Learning goals/objectives</p> | <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>  |
| <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>○ "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> <li>○ "Talk to your teammates and call for the ball"</li> </ul> </li> </ul> |
| <p>Field/court layout</p>        | <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>   |
| <p>Activity description</p>      | <p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Director will explain that handball is a professional sport in a number of countries throughout Europe and Asia.</li> <li>● Emphasize the JSS principles.</li> </ul> <p><i>Handball (40 minutes)</i></p> <ul style="list-style-type: none"> <li>● Coaches will break up the teams</li> </ul>   |

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|             | <ul style="list-style-type: none"> <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 or the time runs out on the session</li> </ul> |
| Video clips | <ul style="list-style-type: none"> <li>● The <a href="#">rules</a> of handball explained</li> </ul>   |

| <b><u>Day 3: Session 2 (10:15-11am)</u></b> (Basketball) |  |
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| Equipment needed   | <ul style="list-style-type: none"> <li>● 20 youth basketballs</li> <li>● 20 pinnies</li> <li>● At least 4 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</li> </ul> </li> </ul> |

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|                      | <p>player is open.</p> <ul style="list-style-type: none"> <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 two full court games going at the same time. <ul style="list-style-type: none"> <li>○ If this is not possible, have two cross court games.</li> <li>○ If this is not possible, have two half court touch up games.</li> <li>○ Maximize the amount of game play that campers receive.</li> </ul> </li> <li>● 2 coaches/coaches to ref and supervise each game while reinforcing the teaching points.</li> </ul>   |
| Activity description | <p>Start with a fun <i>warmup</i> that brings together the skills that the players have just worked 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 (40 minutes)</p> <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 dribbling, passing, shooting, and defense</li> <li>● Have the coaches spread out to monitor each game</li> <li>● Play two 20 minute halves</li> <li>● Give a 5 minute water break halfway through session <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>● 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>  |

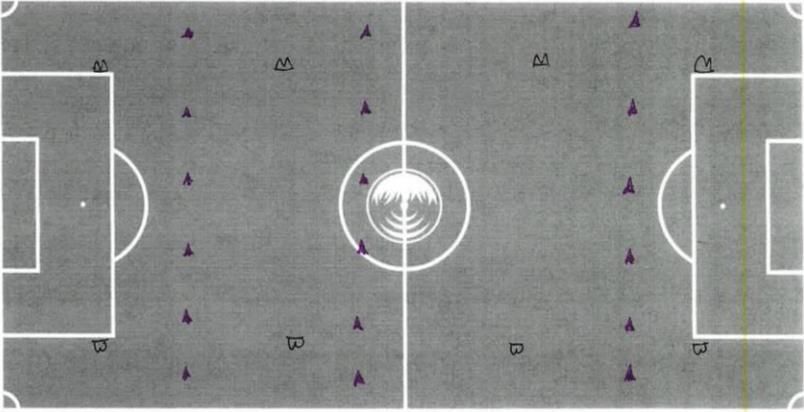
| <b><u>Day 3; Lunch (11-11:30am)</u></b> |   |
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| Activity description                    | <ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor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

| <b><u>Day 3; Session 3 (11:30-12pm):</u></b> (Dribble Knockout fun gameplay) |   |
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| Equipment needed   | <ul style="list-style-type: none"> <li>● 20 youth basketballs</li> <li>● 20 pinnies</li> <li>● At least 6 lowered hoops</li> <li>● 20 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>● Protect their dribble</li> <li>● Dribble in movement</li> <li>● Dribble under pressure</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> </ul> |
| Field/court layout   | <ul style="list-style-type: none"> <li>● Setup cones around the area the players will be dribbling in.</li> <li>● This will depend on the amount of players you have but will usually be the three-point line or the 1/3 court line.</li> <li>● All players must have a basketball.</li> </ul>  |

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|                             |  <p>Playing Area is the 3-Point Line</p>  |
| <p>Activity description</p> | <p><i>Dribbling Knockout</i> (30 minutes)</p> <ul style="list-style-type: none"> <li>● This drill works on ball-handling and protecting the dribble.</li> <li>● All players dribble around in a small area and the goal is to knock other players' basketball out of the area while keeping your own basketball alive.</li> <li>● On the coach's call, all players begin dribbling and attempt to knock each other's basketball out of the playing area.</li> <li>● As more and more players get out, the coach must pause the game and make the playing area smaller. This continues until you have a winner.</li> </ul> <p>Coaching Points:</p> <ul style="list-style-type: none"> <li>● If a player fouls someone else, travels, or double dribbles, they're out. It's the coach's job to keep an eye out for these things.</li> <li>● Constantly remind players to keep their head up.</li> <li>● Have a designated area for players that get out or you'll end up with kids everywhere!</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> </ul>  |

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| <p><b><u>Day 3; Session 4 (12-1pm):</u></b> (Soccer)</p> |  |
| <p>Equipment needed</p>                                  | <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> |

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| <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</li> </ul> </li> </ul> </li> </ul> |

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|                             | <p>of following through after making contact with the ball. The kicking foot should continue in the direction of the target.</p>   |
| <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>   |
| <p>Activity description</p> | <p><i>Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Director will explain that soccer is the most popular sport in the world.</li> <li>● Emphasize the JSS principles.</li> </ul> <p><i>Soccer</i> (50 minutes)</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 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> |
| <p>Video clips</p>          | <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>   |

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| <p><b><u>Day 3; Session 5 (1-2pm):</u></b> (Flag Football)</p> |  |
| <p>Equipment needed</p>  | <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>  |
| <p>Learning goals/objectives</p> | <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>  |
| <p>Areas of focus</p>            | <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> |
| <p>Field/court layout</p>        | <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 lengthwise the width of the field (about 74 yards)</li> </ul>  |

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|                      | <ul style="list-style-type: none"> <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 25 minute halves</li> <li>● Give a 5 minute water break halfway through session <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>  |

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| <b><u>Day 3; Session 6 (2-2:30pm):</u></b> (“Pin Knockover” Fun gameplay) |   |
| Equipment needed  | <ul style="list-style-type: none"> <li>● 20 pins</li> <li>● 10 dodgeballs</li> <li>● Tape</li> </ul>  |
| Learning goals/objectives   | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Play pin knock over according to the rules and with good spirit</li> </ul>  |
| Areas of focus  | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● The skills of cricket bowling while playing this game</li> </ul>   |
| Field/court layout  | <ul style="list-style-type: none"> <li>● Gym will be separated in half by cones</li> <li>● 10 pins will be arranged in the end of each half</li> <li>● Tape a line in front of the pins so that players cannot “guard” their pins</li> </ul>  |
| Activity description  | <p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Director will explain that cricket is also one of the most popular sports in the world.</li> <li>● Emphasize the JSS principles.</li> </ul> <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</li> </ul> |

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|             | <p>pins</p> <ul style="list-style-type: none"> <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> |
| Video clips | <ul style="list-style-type: none"> <li>● Crazy 10 pin <a href="#">knockdown</a> game   Phys ed games</li> </ul>   |

| <b><u>Day 3; Session 7 (2:30-3pm):</u></b> "Foursquare & Parent Pick up" |  |
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| 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><i>Campers will be able to...</i></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> </ul> </li> </ul> </li> </ul> |

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|                        | <ul style="list-style-type: none"> <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> <ul style="list-style-type: none"> <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: <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> </li> <li>● Director will communicate once all campers have departed.</li> </ul> |
| Images of the activity | <ul style="list-style-type: none"> <li>● How to Play <a href="#">Four Square</a>   A PE Lesson   Rules of the Game</li> </ul>   |



Day 4  
 "Craft Day"

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| <b><u>Day 4; 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   | <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>  |

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| <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> <div style="text-align: center;">  <p>PLAY HARD      PLAY SMART      PLAY TOGETHER      PLAY TRUE</p> </div> <div style="text-align: center; margin-top: 10px;">  <p>RESPECT      ■      ACCEPTANCE</p> </div> <ul style="list-style-type: none"> <li>●</li> </ul> |

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| <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> <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</li> </ul> </li> </ul> |

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|        | <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> <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> <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> |
| Script | <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</i></p>   |

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|  | <p><i>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> <ol style="list-style-type: none"> <li>1) Some craft work</li> <li>2) And some fun games together!</li> </ol> |
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| <b><u>Day 4; Session 1 (9:30-10:15am)</u></b> (Paper Plate Animals) |  |
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| Equipment needed  | <ul style="list-style-type: none"> <li>● Paper plates</li> <li>● Colored construction paper</li> <li>● Scissors</li> <li>● Glue sticks</li> <li>● Googly eyes</li> <li>● Markers or crayons</li> <li>● Pipe cleaners (for whiskers or tails)</li> <li>● Feathers or pom-poms (optional)</li> </ul> |
| Learning goals/objectives   | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together</li> <li>● Follow instructions</li> <li>● Have fun</li> <li>● Abide by the JSS values</li> </ul>   |

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| Areas of focus       | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Teamwork</li> <li>● Fun</li> <li>● Following instructions</li> <li>● The JSS values</li> </ul>   |
| Field/court layout   | <ul style="list-style-type: none"> <li>● Tables will have all of the equipment needed so that the campers can stay at their assigned tables</li> <li>● Coaches can float around the room giving the campers help when they need it most</li> <li>● There can be a main table with extra supplies if campers need it, but the coaches should be the only ones who go to that table</li> </ul>  |
| Activity description | <p><i>Introduction (5 minutes):</i></p> <ul style="list-style-type: none"> <li>● Director will explain the activity and show examples of different animal faces.</li> <li>● "Today, we're going to create our favorite animals using paper plates!"</li> </ul> <p><i>Team Discussion (5 minutes):</i></p> <ul style="list-style-type: none"> <li>● Have teams brainstorm which animal they want to create.</li> <li>● Encourage them to discuss colors and features.</li> <li>● Make sure each member of the team is being heard.</li> </ul> <p><i>Crafting Time (30 minutes):</i></p> <ul style="list-style-type: none"> <li>● Distribute materials and let teams start crafting.</li> <li>● Remind them to share materials and help each other.</li> <li>● Circulate among teams to offer assistance and encouragement.</li> </ul> <p><i>Presentation (5 minutes):</i></p> <ul style="list-style-type: none"> <li>● Each team presents their animal and explains their creative choices.</li> <li>● "What animal did you create, and why did you choose it?"</li> </ul> |

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| <b><u>Day 4; Session 2 (10:15-11am)</u></b> (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> </ul>                             |

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|                      | <ul style="list-style-type: none"> <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> <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> |
| Video clips          | <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>   |

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| <b><u>Day 4; 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> |

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| <b><u>Day 4; Session 3 (11:30-12pm):</u></b> (It is wet outside...but we are going to the Ocean!) |   |
| Equipment needed  | <ul style="list-style-type: none"> <li>● N/A</li> </ul>   |
| Learning goals/objectives   | <i>Campers will be able to...</i> <ul style="list-style-type: none"> <li>● Follow directions</li> </ul> |

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|                      | <ul style="list-style-type: none"> <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 (15 minutes)</i></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 pretend to eat</li> <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 4; Session 4 (12-1pm):</u></b> (Handball) |  |
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| 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</li> </ul> </li> </ul> |

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|                      | <ul style="list-style-type: none"> <li>ball" <ul style="list-style-type: none"> <li>o "Talk to your teammates and call for the ball"</li> </ul> </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 | <p><i>Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>• Director will explain that handball is a professional sport in a number of countries throughout Europe and Asia.</li> <li>• Emphasize the JSS principles.</li> </ul> <p><i>Handball</i> (40 minutes)</p> <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 or the time runs out on the session</li> </ul> |
| Video clips          | <ul style="list-style-type: none"> <li>• The <a href="#">rules</a> of handball explained</li> </ul>   |

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| <b><u>Day 4; Session 5 (1-1:45pm):</u></b> (Arts & crafts) |  |
| Equipment needed   | <ul style="list-style-type: none"> <li>• Coffee filters</li> <li>• Watercolor paints</li> <li>• Paintbrushes</li> <li>• Water cups</li> <li>• Paper towels</li> <li>• Markers (for outlines)</li> </ul>  |
| Learning goals/objectives                                  | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Work together</li> <li>• Follow instructions</li> <li>• Have fun</li> <li>• Abide by the JSS values</li> <li>• Leave the day with a bracelet for a friend, sibling, or guardian</li> </ul> |
| Areas of focus   | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Fun</li> <li>• Following instructions</li> <li>• The JSS values</li> </ul>  |
| Field/court layout   | <ul style="list-style-type: none"> <li>• Tables will have all of the equipment needed so that the</li> </ul>   |

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|                      | <p>campers can stay at their assigned tables</p> <ul style="list-style-type: none"> <li>● Coaches can float around the room giving the campers help when they need it most</li> <li>● There can be a main table with extra supplies if campers need it, but the coaches should be the only ones who go to that table</li> </ul>  |
| Activity description | <p><i>Introduction</i> (5 minutes):</p> <ul style="list-style-type: none"> <li>● Explain the process of creating watercolor art.</li> <li>● "We'll use coffee filters to make colorful art today!"</li> </ul> <p><i>Team Discussion</i> (5 minutes):</p> <ul style="list-style-type: none"> <li>● Teams brainstorm designs they want to create on their coffee filters.</li> <li>● "Think about what colors you want to use!"</li> </ul> <p><i>Crafting Time</i> (30 minutes):</p> <ul style="list-style-type: none"> <li>● Distribute materials and demonstrate how to paint on coffee filters.</li> <li>● Encourage teams to experiment with blending colors.</li> <li>● Allow drying time; they can use markers once dry for outlines or details.</li> </ul> <p><i>Presentation</i> (5 minutes):</p> <ul style="list-style-type: none"> <li>● Teams display their artwork and share what inspired their designs.</li> <li>● "What techniques did you use, and what do you like most about your piece?"</li> </ul> |

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| <b><u>Day 4; Session 6 (1:45-2:30pm):</u></b> (Friendship bracelet) |  |
| Equipment needed  | <ul style="list-style-type: none"> <li>● Colorful beads (various shapes and sizes)</li> <li>● Elastic string or embroidery floss</li> <li>● Scissors</li> <li>● Tape (to hold the string in place while working)</li> </ul>  |
| Learning goals/objectives   | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together</li> <li>● Follow instructions</li> <li>● Have fun</li> <li>● Abide by the JSS values</li> <li>● Leave the day with a bracelet for a friend, sibling, or guardian</li> </ul> |
| Areas of focus  | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Teamwork</li> <li>● Fun</li> <li>● Following instructions</li> <li>● The JSS values</li> </ul>  |

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| Field/court layout   | <ul style="list-style-type: none"> <li>• Tables will have all of the equipment needed so that the campers can stay at their assigned tables</li> <li>• Coaches can float around the room giving the campers help when they need it most</li> <li>• There can be a main table with extra supplies if campers need it, but the coaches should be the only ones who go to that table</li> </ul>  |
| Activity description | <p><i>Introduction (5 minutes):</i></p> <ul style="list-style-type: none"> <li>• Director will explain the activity and show examples of different bracelets.</li> <li>• Each camper will leave with a bracelet</li> <li>• Show examples of friendship bracelets.</li> <li>• "Today we'll make friendship bracelets to share with our friends!"</li> </ul> <p><i>Think/Pair/Share (5 minutes):</i></p> <ul style="list-style-type: none"> <li>• Campers can think about patterns or color schemes for their bracelets.</li> <li>• They then share with other campers at their table</li> <li>• "Discuss what colors represent your friendship!"</li> </ul> <p><i>Crafting Time (30 minutes):</i></p> <ul style="list-style-type: none"> <li>• Distribute materials and demonstrate how to string beads.</li> <li>• Encourage campers to help each other with designs and patterns.</li> <li>• Remind them to tie knots securely at the end.</li> </ul> <p><i>Presentation (5 minutes):</i></p> <ul style="list-style-type: none"> <li>• Teams show their finished bracelets and explain their designs.</li> <li>• "Who will you give your bracelet to, and why?"</li> </ul> |

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| <b><u>Day 4; Session 7 (2:30-3pm): "Handball &amp; Parent Pick up"</u></b> |  |
| Equipment needed   | <ul style="list-style-type: none"> <li>• Clipboards</li> <li>• Camp Rosters</li> <li>• 3 handballs (smaller nerf type balls)</li> <li>• 4 mini soccer nets</li> </ul>                                |
| Learning goals/objectives  | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Be checked out safely</li> <li>• Play handball until they are picked up</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> |

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| Field/court layout   | <ul style="list-style-type: none"> <li>• 2 smaller handball courts with 2 mini soccer nets set up across the court.</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 handball games. <ul style="list-style-type: none"> <li>○ Players can only take two steps before they have to pass the ball to their teammate.</li> <li>○ It is a turnover if the ball is dropped on a pass.</li> </ul> </li> <li>• Director will communicate once all campers have departed.</li> </ul> |



Day 5  
 "Jump Start Sports T Shirt Day"  
 "Tournament Day"

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| <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> |   |
| 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   | <ul style="list-style-type: none"> <li>• Professional demeanor</li> <li>• Courteous manner</li> </ul>   |

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|                      | <ul style="list-style-type: none"> <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> |

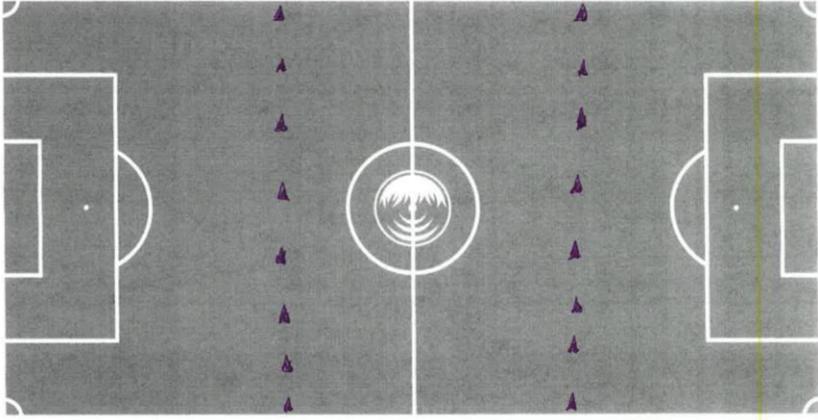
| <b><u>Day 5; Daily Convocation (9:15-9:30am)</u></b> |   |
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| Daily Convocation                                    | <ul style="list-style-type: none"> <li>● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.”</li> <li>●</li> </ul> <div style="text-align: center;"> <p>The diagram shows four classical pillars representing the 'Four Pillars of Character'. From left to right, they are labeled: PLAY HARD, PLAY SMART, PLAY TOGETHER, and PLAY TRUE. Below these pillars is a horizontal bar divided into two sections: RESPECT and ACCEPTANCE, with a small black square in the center of the bar.</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>   |
| 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> </ul>   |

- The Foundation: Respect and Acceptance
- The Four Pillars
  - Physical: Play Hard
  - 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

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|               | <p>about what that means.</p> <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> <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!</i></p> |

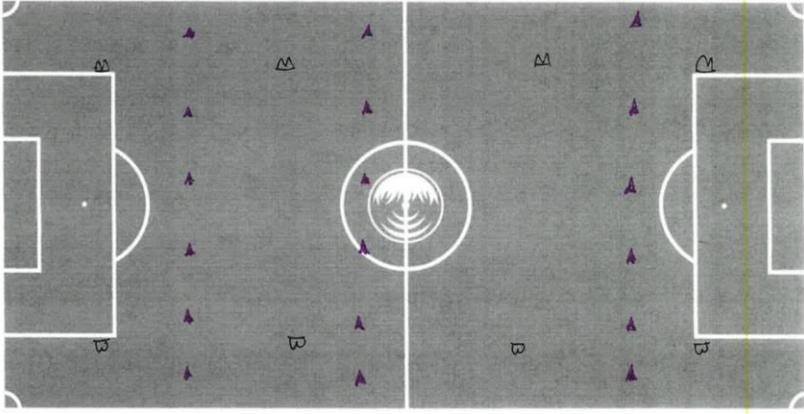
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|  | <p><i>Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <p>1) A tournament day!</p> |
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| <b><u>Day 5; Session 1 (9:30-10:15am)</u></b> (Flag Football tournament) |   |
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| 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> </ul> |

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|                             | <ul style="list-style-type: none"> <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>  |
| <p>Field/court layout</p>   | <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>   |
| <p>Activity description</p> | <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 25 minute halves</li> <li>● Give a 5 minute water break halfway through session <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> |
| <p>Video clips</p>          | <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>  |

**Day 5; Session 2 (10:15-11am)** (Soccer tournament)

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| 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<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</li></ul></li></ul> |

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|                      | <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>  |
| 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>   |

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| <b><u>Day 5; 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 5; Session 3 (11:30-12pm):</u></b> (Sack races) |   |
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| Equipment needed  | <ul style="list-style-type: none"> <li>● 30 Sacks: burlap or large pillowcases work well</li> <li>● 30 cones</li> <li>● 2 Stopwatch</li> <li>● Whistles</li> </ul>  |
| Learning goals/objectives                                 | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together</li> <li>● Follow instructions</li> <li>● Have fun</li> <li>● Abide by the JSS values</li> </ul>  |
| Areas of focus  | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Teamwork</li> <li>● Fun</li> <li>● Following instructions</li> <li>● The JSS values</li> </ul>   |
| Field/court layout  | <ul style="list-style-type: none"> <li>● 4-6 lines with cones at the front</li> <li>● Burlap sacks at each cone</li> <li>● Cones across from the front of each line, with 10-15 feet in between them</li> </ul>   |
| Activity description                                      | <p><i>Warmup</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● 5 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>Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Explain the rules of the sack race.</li> <li>● Divide participants into teams of 4-5 campers</li> <li>● Distribute one sack per participant, or have them retrieve from behind the cones</li> <li>● Instruct teams to line up behind the starting line.</li> </ul> <p><i>Relay Races</i> (20 minutes)</p> <ul style="list-style-type: none"> <li>● Format: <ul style="list-style-type: none"> <li>○ Each team will compete in relay format.</li> <li>○ The first participant from each team will hop to the designated turnaround point (10-15 feet away), turn around, and hop back to tag the next teammate.</li> </ul> </li> <li>● Rounds: <ul style="list-style-type: none"> <li>○ Round 1: All teams race simultaneously.</li> <li>○ Round 2: Winners from Round 1 face off in a final</li> </ul> </li> </ul> |

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|             | <ul style="list-style-type: none"> <li>○ race.</li> <li>○ Round 3: Participants must hop backward or use one leg!</li> <li>○ Round 4: 3 legged race. 2 campers put one leg each in a sack and have to hop together.</li> </ul> |
| Video clips | <ul style="list-style-type: none"> <li>● Potato Sack <a href="#">Race</a> - OFFICE GAMES</li> </ul>  |

| <b><u>Day 5: Session 4 (12-1pm):</u></b> (Basketball tournament) |  |
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| Equipment needed   | <ul style="list-style-type: none"> <li>● 20 youth basketballs</li> <li>● 20 pinnies</li> <li>● At least 4 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</li> </ul> </li> </ul> |

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|                             | <p>a player is open.</p> <ul style="list-style-type: none"> <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>   |
| <p>Field/court layout</p>   | <ul style="list-style-type: none"> <li>● If possible, have two full court games going at the same time. <ul style="list-style-type: none"> <li>○ If this is not possible, have two cross court games.</li> <li>○ If this is not possible, have two half court touch up games.</li> <li>○ Maximize the amount of game play that campers receive.</li> </ul> </li> <li>● 2 coaches/coaches to ref and supervise each game while reinforcing the teaching points.</li> </ul>   |
| <p>Activity description</p> | <p>Start with a fun <i>warmup</i> that brings together the skills that the players have just worked 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 (40 minutes)</p> <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 dribbling, passing, shooting, and defense</li> <li>● Have the coaches spread out to monitor each game</li> <li>● Play two 20 minute halves</li> <li>● Give a 5 minute water break halfway through session <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> |
| <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> </ul>  |

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|  | <ul style="list-style-type: none"> <li>Defensive <a href="#">stance</a></li> </ul> |
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| <b><u>Day 5; Session 5 (1-2pm):</u></b> (Water balloon tournament) |   |
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| Equipment needed   | <ul style="list-style-type: none"> <li>Bunch O Balloons - 420 Rapid-Fill Water <a href="#">Balloons</a></li> <li>Water balloons (approximately 100)</li> <li>Buckets (2-4)</li> <li>Hula hoops or cones for marking areas</li> <li>Chalk</li> <li>Towels for drying off</li> <li>Normal balloons if it is too cold</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 with water balloons responsibly</li> </ul>  |
| Areas of focus   | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>Following the rules</li> <li>Safe gameplay</li> </ul>  |
| Field/court layout   | <ul style="list-style-type: none"> <li>See below for each station</li> </ul>  |
| Activity description   | <p>This can be adjusted for normal balloons if it is too cold to use water balloons.</p> <p><b><i>Water Balloon Relay Race (20 minutes)</i></b></p> <ul style="list-style-type: none"> <li>Objective: Teams race to pop all their water balloons first.</li> <li>Setup: <ul style="list-style-type: none"> <li>Divide campers into two or more teams.</li> <li>Set up a start line and place buckets filled with water balloons at one end.</li> <li>Each team has a designated chair at the opposite end.</li> </ul> </li> <li>Instructions: <ul style="list-style-type: none"> <li>Each player takes turns running to their chair, sitting on a water balloon to pop it, and then running back to tag the next player.</li> <li>Once a balloon is popped, they must return to the starting point and tag the next teammate.</li> <li>The first team to pop all their balloons wins.</li> </ul> </li> </ul> <p><b><i>Water Balloon Toss (20 minutes)</i></b></p> <ul style="list-style-type: none"> <li>Objective: Work on coordination while having fun.</li> <li>Setup: <ul style="list-style-type: none"> <li>Pair up players and have them stand about 5 feet apart.</li> <li>Each pair gets one water balloon.</li> </ul> </li> <li>Instructions: <ul style="list-style-type: none"> <li>Players toss the balloon back and forth, taking a</li> </ul> </li> </ul> |

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|  | <p>step back after each successful catch.</p> <ul style="list-style-type: none"> <li>○ If a balloon pops, that pair is out, but they can rejoin the game with a new balloon if time allows.</li> <li>○ The last pair remaining with an unpopped balloon wins.</li> </ul> <p><i>Water Balloon Target Splash (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Objective: Aim and throw accuracy.</li> <li>● Setup: <ul style="list-style-type: none"> <li>○ Create targets using hula hoops or draw circles on the ground with chalk.</li> <li>○ Place them at varying distances from the throwing line.</li> </ul> </li> <li>● Instructions: <ul style="list-style-type: none"> <li>○ Campers take turns throwing water balloons at the targets.</li> <li>○ Assign points based on how many targets they hit (e.g., 3 points for hitting inside the hoop, 1 point for hitting outside).</li> <li>○ After everyone has had their turn, tally up the points to declare a winner.</li> </ul> </li> </ul> |
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| <b><u>Day 5; Session 6 (2-2:30pm):</u></b> (Dry off and change period) |   |
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| Equipment needed   | <ul style="list-style-type: none"> <li>● Towels</li> <li>● Dry clothes</li> <li>● Safe and appropriate area for the campers to get changed</li> </ul>   |
| Learning goals/objectives  | <p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Change safely</li> <li>● Listen to rules</li> <li>● Behave appropriately</li> </ul>   |
| Areas of focus   | <p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Where is acceptable to change</li> <li>● Rules and protocol for changing after water events</li> <li>● Monitor the areas appropriately where campers would potentially be misbehaving</li> </ul> |
| Activity description   | <ul style="list-style-type: none"> <li>● Campers will dry off and change in anticipation of parent pick up</li> </ul>   |

**Day 5; Session 7 (2:30-3pm):** “Picture, unorganized play & Parent Pick up”

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| 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><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 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> |