



## Survivor Sports Camp

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# JUMP START

## S P O R T S

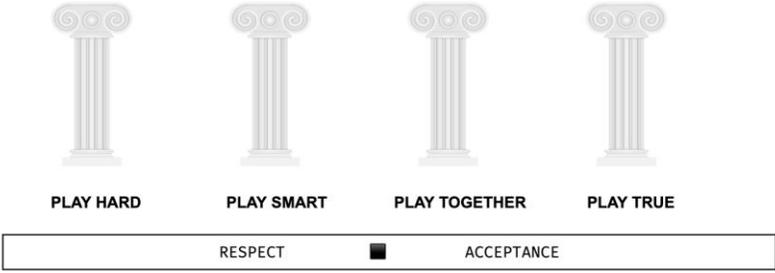
<b><u>Camp Overview</u></b> "Survivor Sports Camp"	
Length of camp	5 days
Hours of each day	9am-3pm (6 hours)
Theme of the camp	"Join us for an unforgettable adventure at Survivor Sports Camp, where teamwork, resilience, and sportsmanship come together in a thrilling outdoor experience! Our camp fosters personal growth and physical fitness through a variety of exciting activities."
Theme of each day	Day 1: Initial games & Tribe Sorting Day 2: Team Building Day 3: Obstacle courses Day 4: Relay Races Day 5: Tournament Day
Sources	Depository of <a href="#">JSS Camp games</a> Final Camp <a href="#">Themes</a>

# JUMP START SPORTS

## Day 1 “Initial games & Tribe Sorting”

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

<b><u>Day 1: Daily Convocation (9:15-9:30am)</u></b>	
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>

	 <p>The diagram shows four pillars representing the Four Pillars of Character: PLAY HARD, PLAY SMART, PLAY TOGETHER, and PLAY TRUE. Below these pillars is a horizontal bar divided into two sections: RESPECT and ACCEPTANCE. A small black square is positioned between the two sections of the bar.</p>
<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</li> </ul>

	<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>

*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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*\*\*Cue the [Survivor Theme Song](#)\*\**

*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!*

*\*\*3 idols should have been hidden around the camp and marked on the agenda for coaches to know where they are\*\**

*Today we will be ....*

- 1) Having fun &*
- 2) Joining our tribes!*
- 3) Looking for hidden idols!*

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

	<p><i>Ball Toss Introduction Game for names</i></p> <ul style="list-style-type: none"> <li>• How to Play: Use a soft ball (like a beach ball or foam ball). Toss it to a camper, who says their name and a fun fact about themselves (e.g., “Hi, I’m Emma, and I love pizza!”). They then throw the ball to someone else.</li> <li>• Why It Works: Encourages active participation and quick thinking.</li> </ul> <p><i>High-Five Huddle Game</i></p> <ul style="list-style-type: none"> <li>• How to Play: Call out a category (e.g., "favorite color is blue" or "likes basketball"). Campers who match must run to the middle and high-five each other before running back.</li> <li>• Why It Works: Promotes quick thinking and energetic movement.</li> </ul>
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<b><u>Day 1; Session 1 (9:30-10:15am):</u></b> (Rock, Paper, Scissors & Robot)	
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>Rock, Paper, Scissors, Tag!</i> (20 minutes)</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>

	<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 (20 minutes)</i></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>
Video clips	<ul style="list-style-type: none"> <li>● <a href="#">Rock, Paper, Scissor Tag</a></li> <li>● <a href="#">Robots</a></li> </ul>

<b><u>Day 1; Session 2 (10:15-11am):</u></b> (Jungle Walk)	
Equipment needed	<ul style="list-style-type: none"> <li>● 5 hula hoops per group</li> <li>● Cones or markers to define the "jungle" area</li> <li>● Whistle for the coach</li> <li>● Clipboards</li> <li>● Pens</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Teamwork and communicate</li> <li>● Problem-solve</li> <li>● Conduct Fine and gross motor skills</li> <li>● Follow instructions</li> <li>● Have Spatial awareness</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Safety</li> <li>● Following instructions</li> <li>● Teamwork</li> <li>● Positive reinforcement</li> <li>● Time management</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Divide the gym into separate "jungle" lanes for each group</li> <li>● Use cones to mark the start and finish lines</li> <li>● Place obstacles (if desired) along the lanes to simulate jungle</li> </ul>

	terrain
Activity description	<p><i>Warm-up</i> (5 minutes):</p> <ul style="list-style-type: none"> <li>● Lead campers in jungle-themed stretches and movements (e.g., monkey walks, snake slithers)</li> </ul> <p><i>Explain the rules</i> (5 minutes):</p> <ul style="list-style-type: none"> <li>● Divide campers into equal groups of 5-8 children</li> <li>● Each group forms a line and holds hands</li> <li>● The goal is to pass 5 hula hoops from the front to the back of the line without breaking hand contact</li> <li>● If hands break, that camper is "lost in the jungle" and must sit out</li> </ul> <p><i>Practice round</i> (5 minutes):</p> <ul style="list-style-type: none"> <li>● Allow groups to practice with one hula hoop</li> </ul> <p><i>Main activity</i> (25 minutes):</p> <ul style="list-style-type: none"> <li>● Start the official "jungle escape" challenge</li> <li>● Groups must pass all 5 hula hoops down their line without breaking hands. <ul style="list-style-type: none"> <li>○ If any of the hands break, they have to start over and one member of their tribe is "lost" forever</li> </ul> </li> <li>● Use their body to move the hula hoops all the way down the line</li> <li>● Coaches monitor progress and enforce rules</li> <li>● If time allows, run multiple rounds or add obstacles</li> <li>● Record which group wins for each age group</li> </ul> <p><i>Recap</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Gather campers for stretching</li> <li>● Discuss teamwork strategies and challenges faced</li> </ul>

<b><u>Day 1; Lunch (11-11:30am)</u></b>	
Activity description	<ul style="list-style-type: none"> <li>● Director and coaches should eat with the campers</li> <li>● Monitor to ensure that no one is left out</li> <li>● Monitor to ensure that no bullying is taking place</li> </ul> <p>During lunch coaches and Director should be working on sorting the campers into tribes of equal size and ability according to the first two games of the day. Continue this sorting with the last two games of the day.</p>

<b><u>Day 1; Session 3 (11:30-12pm):</u></b> (Kickball)	
Equipment needed	<ul style="list-style-type: none"> <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>● Pitch</li> <li>● Run</li> <li>● Kick</li> <li>● Know the rules</li> <li>● Play honestly and honorably</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Director and coaches should observe players to get a sense of athletic level for the players in order to split up the group later in the day.</li> <li>● Fair play</li> <li>● The rules</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Kickball field (laid out like a baseball diamond)</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>Kickball (22 minutes)</i></p> <ul style="list-style-type: none"> <li>● The Director will break the group up into 2 different teams</li> <li>● Tell the campers the rules of the game</li> <li>● Play for 50 minutes, or 9 innings, whichever comes first.</li> <li>● Pitching <ul style="list-style-type: none"> <li>○ The pitcher rolls the ball to home plate from the pitching mound with one foot on the rubber. The ball must bounce or roll twice before reaching home plate to be fair.</li> </ul> </li> <li>● Kicking <ul style="list-style-type: none"> <li>○ The kicker kicks the ball from behind home plate. The kicker must run to first base after kicking the ball.</li> </ul> </li> <li>● Scoring <ul style="list-style-type: none"> <li>○ A run is scored when a base runner touches all four bases in order without being called out.</li> </ul> </li> <li>● Outs <ul style="list-style-type: none"> <li>○ A kicker is out if they get three strikes or four foul balls. A kicker is also out if the fielding team touches a base with the ball before the kicker arrives.</li> </ul> </li> <li>● Runners <ul style="list-style-type: none"> <li>○ Runners must stay within the baseline and cannot slide or run into a fielder. Runners must tag up after a</li> </ul> </li> </ul>

	kicked ball is caught by the defense.
Video clips	<ul style="list-style-type: none"> <li>• Mrs. Lane's Kickball <a href="#">Video</a></li> </ul>

<b><u>Day 1; Session 4 (12-1pm):</u></b> (Dodgeball)	
Equipment needed	<ul style="list-style-type: none"> <li>• 10 nerf type dodgeballs</li> <li>• Cones to separate the two groups</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>• Director and coaches should observe players to get a sense of athletic level for the players in order to split up the group later in the day.</li> <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>• Campers will be split up into groups</li> </ul> <p><i>Warmup (10 minutes)</i></p> <ul style="list-style-type: none"> <li>• 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>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 idols for the NBA teams that are</li> </ul>

	<p>on that team</p> <p><i>Doctor Dodgeball</i> (25 minutes)</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 1; Session 5 (1-2pm)</u></b> (X-circuit Fitness)	
Equipment needed	<ul style="list-style-type: none"> <li>• Agility/fitness ladders</li> <li>• Poly spots</li> <li>• Cones for marking stations</li> <li>• Whistle</li> <li>• Timer</li> <li>• Music player (optional)</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Maintain proper exercise form</li> <li>• Develop cardiovascular endurance</li> <li>• Develop muscular strength and endurance</li> <li>• Follow directions</li> <li>• Pace themselves</li> <li>• Work as a team</li> <li>• Encourage their teammates and competitors</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• Safety monitoring</li> <li>• Demonstrating correct exercise techniques</li> <li>• Encouraging proper form over speed<sup>1</sup></li> <li>• Managing time and rotations</li> <li>• Providing motivation and support</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>• Set up an "X" shape using agility ladders and poly spots<sup>1</sup></li> <li>• Place exercise station markers at key idols along the "X"</li> <li>• Ensure ample space between participants</li> </ul>
Activity description	<p><i>Warmup</i> (8 minutes)</p> <ul style="list-style-type: none"> <li>• 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <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> <p><i>Brief explanation</i> of circuit concept (8 minutes):</p> <ul style="list-style-type: none"> <li>● Exercise Demo and Setup</li> <li>● Demonstrate six chosen exercises</li> <li>● Explain circuit flow and rules</li> <li>● Position campers around the "X"</li> </ul> <p><i>Main Activity</i> (25 minutes):</p> <ul style="list-style-type: none"> <li>● Conduct 2-3 rounds of the X-Circuit <ul style="list-style-type: none"> <li>○ Push-ups</li> <li>○ Squats</li> <li>○ Plank hold</li> <li>○ Jumping jacks</li> <li>○ Lunges</li> <li>○ Mountain climbers</li> </ul> </li> <li>● Each round: 2 minutes of exercise, 30 seconds rest</li> <li>● Rotate starting positions between rounds</li> </ul> <p><i>Cool-down and Reflection</i> (5 minutes):</p> <ul style="list-style-type: none"> <li>● Light stretching</li> <li>● Group discussion on favorite exercises and challenges</li> </ul> <p>Coaches should record how many reps each group gets, combined, in the various stations. The highest score will win this activity.</p>
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<b><u>Day 1: Session 6 (2-2:30pm):</u></b> (Tribe Sorting)	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboard with all the campers names</li> <li>● Director should have split up the campers into 4-6 separate "tribes" of equal sizes and abilities</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Join a tribe with enthusiasm</li> <li>● Clap for their fellow campers</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Fun of the draft experience</li> <li>● Supporting the other teams and campers</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Campers standing in front of the Director</li> <li>● Coaches facing the campers to organize the campers as they are drafted into each team</li> </ul>

Activity description	<ul style="list-style-type: none"> <li>● Director will announce the names of the various tribes with great enthusiasm</li> <li>● Players will then be “drafted” into each tribe</li> <li>● Announce the name and hometown of each player with enthusiasm</li> </ul>
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<b><u>Day 1; Session 7 (2:30-3pm):</u></b> “Tribal council, Kickball gameplay & Parent Pick up”	
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>● Tribal council (could be of all of the campers, or counselors, or a mix of the two) will be conducted to elect “camper of the day”</li> <li>● Director and coaches will check out the campers as their guardians arrive.</li> <li>● Other coaches will maintain supervision of the kickball game.</li> <li>● Director will communicate once all campers have departed.</li> </ul>

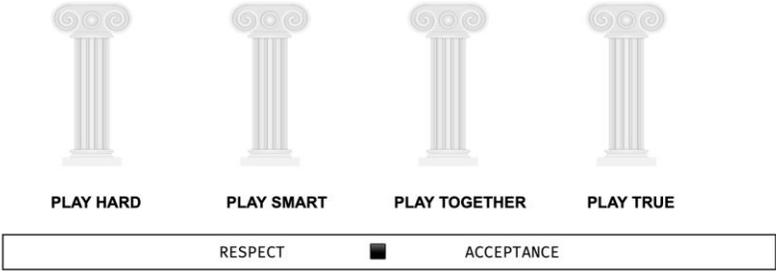


Day 2

“Team Building”

<b><u>Day 2; Arrival (9-9:15am)</u></b> : Staff must arrive 45 minutes prior to the start of the first program (and 30 minutes in advance thereafter) in order to set up the field(s).	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camp agenda, with ending time to communicate with parents if needed</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <li>○ 3 mini soccer nets</li> <li>○ 3 basketballs</li> <li>○ Basketball hoops</li> <li>○ 3 footballs</li> </ul> </li> </ul>
Learning goals/objectives	<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>

	 <p>The diagram shows four pillars representing the Four Pillars of Character: PLAY HARD, PLAY SMART, PLAY TOGETHER, and PLAY TRUE. Below these pillars is a horizontal bar divided into two sections: RESPECT and ACCEPTANCE. A small black square is positioned between the two sections of the bar.</p>
<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</li> </ul>

	<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>

*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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**\*\*Cue the [Survivor Theme Song](#)\*\***

*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!*

**\*\*3 idols should have been hidden around the camp and marked on the agenda for coaches to know where they are\*\***

*Today we will be doing....*

- 1) Team Building and developing our tribe's ability to win!
- 2) Looking for the hidden idols!

**Day 2; Session 1 (9:30-10:15am)** ("Save the Statues")

Equipment needed

- Hula Hoops
- Cones

	<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>● Tribes are split up into groups with each person in the tribe having the role of a thrower or statue....or the tribe as the defenders at first.</li> <li>● You can do alliances of tribes if need be.</li> <li>● Roles <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>
Video clips	<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>

<b><u>Day 2: Session 2 (10:15-11am)</u></b> ("Yoshi")	
Equipment needed	<ul style="list-style-type: none"> <li>● 2 "islands"</li> <li>● Cones to separate the field and designate islands if need be</li> <li>● 20 pinnies</li> <li>● Whistles</li> <li>● Clipboard with tribe names and members</li> <li>● Pen</li> </ul>

<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the rules of Yoshi</li> <li>● Play fairly and ethically</li> </ul>
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● The rules</li> <li>● Fair play</li> </ul>
<p>Field/court layout</p>	<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 size and skill</li> <li>● Give one team pinnies</li> </ul>
<p>Activity description</p>	<ul style="list-style-type: none"> <li>● In this game, 2 teams attempt to be the first to get all of their players on the opposite island.</li> <li>● Campers will be split up into groups by tribes <ul style="list-style-type: none"> <li>○ Emphasize that the tribes have made alliances with each other and are now on the same team</li> </ul> </li> <li>● Director will describe alliances between tribes. Basically countries becoming friends who have each other's back</li> <li>● Similar strategy to that of Capture The Flag, this game requires some thinking, timing, and teamwork to get everyone over first without getting caught. <ul style="list-style-type: none"> <li>○ It's a tag-based game with different variables to consider.</li> </ul> </li> <li>● Players simply try to run to their 'island' (can be a square made out of cones or one of those thick baselines on either side of a basketball court) on the other side without getting tagged.</li> <li>● If they make it, they are safe and stay there. If they get tagged by the other team, they sit down. They can only get tagged when they are on the other team's side.</li> <li>● You may want to make a rule about how close defenders can be to the island <ul style="list-style-type: none"> <li>○ (or else no one will ever successfully make it, like how players have to be a few steps away from their flag in capture the flag)</li> </ul> </li> <li>● Sitting players can be saved by teammates who get to them without getting tagged and then they both get a free walk back to their side. Can only save one teammate at a time.</li> <li>● Players can also leave their 'island' if they want to save someone but then they must take the free walk back to their side and attempt to get to the island again.</li> <li>● If the game is going slow, a counselor can yell out "YOSHI" then all players (even if they are sitting) need to make a run for their island and the first team with all players to their island wins (and then you can move on or do another round of the game).</li> </ul>

	<ul style="list-style-type: none"> <li>• Winning side's tribes get idols</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>• How to play capture the <a href="#">flag</a></li> </ul>

<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>

<b><u>Day 2; Session 3 (11:30-12pm):</u></b> (Team Building research)	
Equipment needed	<ul style="list-style-type: none"> <li>• Laptop or IPAD</li> <li>• Wifi access</li> <li>• Cell phones if no other devices are available</li> <li>• Poster board</li> <li>• Markers</li> <li>• Pens</li> <li>• Colored pencils</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Work together to research about how teams can function well together</li> <li>• Design a poster that has the most important "fun facts"</li> <li>• Color this poster in</li> <li>• Display this poster at the end of the session and explain it to the other groups</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• Accurate sources of information</li> <li>• The importance of teamwork</li> <li>• Respect &amp; Acceptance from Convocation <ul style="list-style-type: none"> <li>○ Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>■ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>• Be nice</li> <li>• Don't be mean</li> <li>• Never bully another person</li> <li>• Be kind</li> </ul> </li> </ul> </li> </ul> </li> </ul>

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

	<p>assembled</p> <ul style="list-style-type: none"> <li>● Campers should aim for 8-12 pieces of information</li> </ul> <p><i>DESIGNING &amp; SKETCHING</i> (10-15 minutes)</p> <ul style="list-style-type: none"> <li>● Campers should design how they want to display this information on their poster board</li> <li>● They can use an extra piece of poster board, or just plain piece of paper, to make a rough mock up of their final presentation</li> <li>● The design should be sketched in pencil on the poster board</li> </ul> <p><i>COLLECTION</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Coaches will collect all the poster boards as these will be finished later in the day</li> </ul>
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<b><u>Day 2; Session 4 (12-1pm):</u></b> (Question gameplay to learn about your teammates)	
Equipment needed	<ul style="list-style-type: none"> <li>● N/A</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Learn about their campmates</li> <li>● Understand why it is important to know your teammates</li> <li>● Understand the importance of teammates</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Being curious about other people</li> <li>● Respecting others</li> <li>● The importance of teamwork</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Normal basketball court</li> </ul>
Activity description	<p><i>Warmup</i> (10 minutes)</p> <ul style="list-style-type: none"> <li>● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>Circle Questions</i> (10 minutes)</p>

	<ul style="list-style-type: none"> <li>● Have each tribe get into a circle</li> <li>● The Director can ask questions like <ul style="list-style-type: none"> <li>○ What is your favorite food?</li> <li>○ What is your favorite movie?</li> <li>○ How many siblings do you have</li> </ul> </li> <li>● Each camper will go around and answer</li> <li>● Then the tribe has to give the answers of a camper that one of the coaches near them idols to</li> <li>● The goal of this is for the tribe to learn about each other</li> </ul> <p><i>Sharks and Minnows with Questions about Campers (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Question Game: Can play this similar to sharks and minnows or submarines, missiles, and mines</li> <li>● The children run when the coaches ask a question and it applies to them.</li> <li>● If they get tagged, you can either have them sit down or become a tagger.</li> <li>● Questions such as.... <ul style="list-style-type: none"> <li>○ Do you have brown hair?</li> <li>○ Do you have an older brother?</li> <li>○ Do you have a birthday in January?</li> </ul> </li> <li>● Players can only run if the question pertains to them.</li> <li>● As more and more players get tagged, more and more become the tagger in the middle and it gets more difficult for the runners OR they sit down and become obstacles.</li> <li>● Try to also come up with creative questions.</li> </ul> <p><i>Sharks and Minnows with Questions about Coaches (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● State a fact about one of the counselors.</li> <li>● The teams have to quickly talk and then decide which counselor the fact applies to.</li> <li>● If they are wrong, then they may have to do a sprint down and back.</li> <li>● If they are correct, they can 'earn a point.'</li> <li>● Keep track of which tribe wins</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Elementary P.E. Games: <a href="#">Sharks &amp; Minnows</a> (Flags)</li> </ul>

<b>Day 2; Session 5 (1-1:30pm):</b> ("Army, Navy, Marines" Fun gameplay)	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboard with tribe names and members</li> <li>● Pen</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the rules</li> <li>● Play fairly and honorably</li> </ul>

Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• The rules</li> <li>• Fair play</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>• Normal basketball court or field</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>• Setup <ul style="list-style-type: none"> <li>○ Army = one baseline. Navy=Half court line. Marines = other baseline.</li> </ul> </li> <li>• The coach yells out a Military branch and the kids have to run to that line.</li> <li>• The last one to the line is out.</li> <li>• BUT, they have to stop right on the line. If they run past it, they have to get back to the line before the last person gets there or they are out.</li> <li>• The coach can say “hit the deck”. <ul style="list-style-type: none"> <li>○ When the coach says this, all the players fall down on their bellies.</li> </ul> </li> <li>• They can not get up until the coach says “all clear”. If they are on the floor and the coach says “Army” and a child gets up, he is out.</li> <li>• Record the winner of each round and give that tribe idols</li> </ul>

<b><u>Day 4; Session 4 (1:30-2pm)</u></b> (Survivor Tug of War)	
Equipment needed	<ul style="list-style-type: none"> <li>• 40’ rope with white electrical tape in the middle</li> <li>• Clipboard with group names and members</li> <li>• Pen</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Understand the rules</li> <li>• Play fairly and honorably</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• The rules</li> <li>• Fair play</li> <li>• Teamwork</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>• Normal basketball court or field</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>• The center of the rope should align with the center marked on the ground.</li> <li>• Director or coaches will act as the judge.</li> <li>• There are 3 different commands that the judge gives to the players.</li> </ul>

	<ul style="list-style-type: none"> <li>○ The judge first announces “Pick up the rope”,</li> <li>○ Then they say “Take the string”,</li> <li>○ Finally they tell the players to “Pull”.</li> <li>○ Once the pull command is said out the teams start pulling the rope. <ul style="list-style-type: none"> <li>■ If a member of the team falls down that member is given a caution.</li> <li>■ Each team is allowed two cautions before getting disqualified.</li> </ul> </li> <li>● As soon as the referee blows the whistle, each team can start pulling the rope into their territory.</li> <li>● The objective of the game is for each team to pull the rope along with the members of the opposition team to their side.</li> <li>● As soon as the second mark on the rope from the center red mark crosses over the centerline, the team to pull the rope to their area wins the game.</li> <li>● Competition <ul style="list-style-type: none"> <li>○ Have multiple rounds</li> <li>○ Each tribe should compete against each other</li> <li>○ Alliances can be made to switch up teams</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● A Beginner's <a href="#">Guide</a> to Tug-of-War</li> </ul>

<b><u>Day 2; Session 6 (2-2:30pm):</u></b> (Team Building research completion)	
Equipment needed	<ul style="list-style-type: none"> <li>● Laptop or IPAD</li> <li>● Wifi access</li> <li>● Cell phones if no other devices are available</li> <li>● Poster board</li> <li>● Markers</li> <li>● Pens</li> <li>● Colored pencils</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together to research about how a team can work well together</li> <li>● Design a poster that has the most important “fun facts”</li> <li>● Color this poster in</li> <li>● Display this poster at the end of the session and explain it to the other groups</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Accurate sources of information</li> <li>● The importance of teamwork</li> </ul>

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

	<p>coloring in</p> <p>Coaches should hand out each team’s poster board that they designed and sketched in the middle of day 1.</p> <p>Coaches should be walking around helping the campers at each stage of the process</p> <p><i>COLORING</i> (15-20 minutes)</p> <ul style="list-style-type: none"> <li>● Using the agreed upon design, campers should color in the poster board according to the pencil sketch</li> <li>● Campers should take turns getting to color in, as this is likely the most fun part of the process</li> </ul> <p><i>PRESENTATION</i> (15 minutes)</p> <ul style="list-style-type: none"> <li>● Campers will present to the rest of the groups</li> <li>● Campers should be respectful and kind to the other tribe’s efforts</li> <li>● Coaches should reinforce the importance of being supportive of each other in all areas</li> </ul>
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<b><u>Day 2; Session 7 (2:30-3pm):</u></b> “Tribal Council, Knockout Basketball & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● 20 youth basketballs</li> <li>● 20 pinnies</li> <li>● At least 6 lowered hoops</li> </ul>
Learning goals/objectives	<p><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>● Tribal council (could be of all of the campers, or counselors, or a mix of the two) will be conducted to elect “camper of the day”</li> <li>● Director and coaches will check out the campers as</li> </ul>

	<p>their guardians arrive.</p> <ul style="list-style-type: none"> <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>

# JUMP START

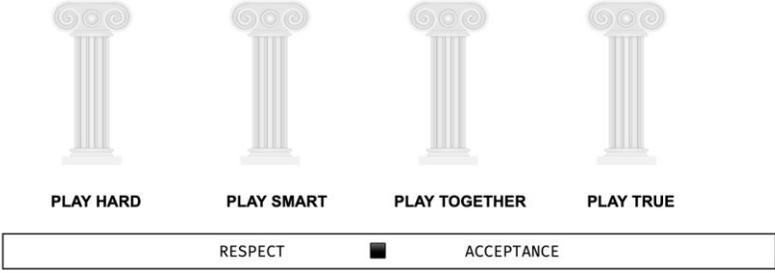
## SPORTS

Day 3

“Obstacle courses”

<p><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).</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>

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

<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>The diagram shows four classical pillars representing the 'Four Pillars of Character': 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>
<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:</li> </ul> </li> </ul>

(i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes"

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

	<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>
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>**Cue the <a href="#">Survivor Theme Song</a>**</i></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>**3 idols should have been hidden around the camp and marked on the agenda for coaches to know where they are**</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> <li>1) Obstacle courses!</li> <li>2) Looking for the hidden idols!</li> </ol>

**Day 3; Session 1 (9:30-10:15am)** (Obstacle courses 1)

Equipment needed	<ul style="list-style-type: none"> <li>● Hurdles</li> <li>● Tires</li> <li>● Mini soccer nets</li> <li>● 20 cones</li> <li>● 20 soccer balls</li> <li>● Balance beam if possible</li> <li>● Kickball bases of poly spots</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Listen to their coaches</li> <li>● Play fairly and enthusiastically</li> <li>● Work as a team</li> <li>● Cheer for the teammates</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Listening to instructions</li> <li>● Teamwork</li> <li>● Fair Play</li> <li>● JSS values</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Set up each 'station' around the field/gym and have an order.</li> <li>● The teams can get idols for time, having everyone complete the course, doing each station correctly (example: not knocking over hurdles) and sportsmanship/cheering on teammates!</li> </ul>
Activity description	<p><i>Warmup</i> (10 minutes)</p> <ul style="list-style-type: none"> <li>● 10 minute warmup with light jog and then dynamic warmup             <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>Stations</i> (35 minutes)- Have the tribes work their way through the station. Coaches should record the tribes OVERALL score for each station and then award idols for the winning tribe of each station.</p> <ul style="list-style-type: none"> <li>● Station 1: Hurdles: jump over with both feet, one foot/hopping,</li> </ul>

	<p>alternating feet</p> <ul style="list-style-type: none"> <li>● Station 2: Tires: using hula hoops, set up like football or for the younger kids just in a straight line, kids have to put one foot in each tire</li> <li>● Station 3: Crawling under something: you can set up two cones/chairs and put a jump rope over the top</li> <li>● Station 4: Balancing: walking along a rope or whatever equipment you may have - or if your facility has benches that are not super high</li> <li>● Station 5: Running a full circle around a cone (or two circles), or hula hoop</li> <li>● Station 6: Weaving in and out of cones and back</li> <li>● Station 7: You could set up two mini soccer goals back to back and they have to crawl through them</li> <li>● Station 8: If you have those flat floor spots (poly spots, or kickball bases) you can place some a foot or so apart and they have to jump onto each spot.</li> </ul>
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<b><u>Day 3; Session 2 (10:15-11am)</u></b> (Playground obstacle course, if available)	
Equipment needed	<ul style="list-style-type: none"> <li>● Playground</li> <li>● Clipboard with tribe and campers names</li> <li>● Pen</li> <li>● White tape</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Listen to</li> <li>● Play fairly and enthusiastically</li> <li>● Work as a team</li> <li>● Cheer for the teammates</li> <li>● Navigate the playground</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Listening to instructions</li> <li>● Teamwork</li> <li>● Fair Play</li> <li>● JSS values</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Use tape to make arrows for the playground obstacle route.</li> </ul>
Activity description	<ul style="list-style-type: none"> <li>● Time each tribe going through all of the different parts of the playground (slide, ladder, bridge, on the swing, across the monkey bar, etc)</li> </ul>

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

<b><u>Day 3; Session 3 (11:30-12pm): (“Snakes”)</u></b>	
Equipment needed	<ul style="list-style-type: none"> <li>● Dodgeballs</li> <li>● Cones</li> <li>● Beanbags</li> <li>● Kickball Mats</li> <li>● Bag for collection</li> <li>● Clipboard</li> <li>● Pen</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Listen to their coaches</li> <li>● Play fairly and enthusiastically</li> <li>● Work as a team</li> <li>● Cheer for the teammates</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Listening to instructions</li> <li>● Teamwork</li> <li>● Fair Play</li> <li>● JSS values</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Spread all of the dodgeballs, cones, and kickball mats around the gym floor</li> <li>● Have cones at the baselines where the tribes have to start from</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 the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring</li> </ul> </li> </ul>

	<p>to the front of body before placing down)</p> <p><i>Snakes</i> (20 minutes)</p> <ul style="list-style-type: none"> <li>● Have groups form snakes (maybe 4 or 5 players per snake – each snake has a head, body, and tail),</li> <li>● Give the last person in line (the tail) the collection bag.</li> <li>● On the starting whistle, all the snakes will travel around trying to collect the objects from the floor.</li> <li>● Only the HEAD (front person) of the snake is allowed to pick up the objects. <ul style="list-style-type: none"> <li>○ Then the object MUST be passed down the snake from player to player all the way to the tail, who can then place the object into the bag.</li> </ul> </li> <li>● Play this game for a specified time limit, or until all objects have been collected.</li> <li>● Create different sizes of snakes. <ul style="list-style-type: none"> <li>○ As usual, think of ways to modify or spice up this game to suit the needs of your players.</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● P.E. Games - <a href="#">Snakes</a></li> </ul>

<b><u>Day 3; Session 4 (12-1pm):</u></b> (Secret Agent Obstacle Course)	
Equipment needed	<ul style="list-style-type: none"> <li>● Chalk</li> <li>● Cones</li> <li>● Balance Beam or 2x4s</li> <li>● Beanbags</li> <li>● Hula Hoops or buckets</li> <li>● Soft gymnastics mats</li> <li>● Cardboard boxes</li> <li>● Agility ladders</li> <li>● Clipboard</li> <li>● Pen</li> <li>● Stopwatches</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Listen to their coaches</li> <li>● Play fairly and enthusiastically</li> <li>● Work as a team</li> <li>● Cheer for the teammates</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Listening to instructions</li> <li>● Teamwork</li> <li>● Fair Play</li> </ul>

	<ul style="list-style-type: none"> <li>● JSS values</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Design a course in an open outdoor area or large indoor space, approximately 30x50 feet.</li> <li>● Divide the course into six distinct mission zones:</li> </ul>
Activity description	<p><i>Introduction:</i> The Director should first Walk the campers through the course so they understand that there are different stations that have different rules. They will be timed at each station and then given an overall time.</p> <p><i>Secret Agent Entrance</i></p> <ul style="list-style-type: none"> <li>● Create a chalk-drawn spy path with various movement instructions</li> <li>● Kids must follow the path exactly: <ul style="list-style-type: none"> <li>○ Hop on one foot</li> <li>○ Crab walk</li> <li>○ Tip-toe</li> <li>○ Giant steps</li> <li>○ Backward walking</li> </ul> </li> </ul> <p><i>Laser Maze</i></p> <ul style="list-style-type: none"> <li>● Use pool noodles and rope to create a "laser" obstacle</li> <li>● Kids must crawl, duck, and weave through the maze without touching the "lasers"</li> <li>● Add complexity by varying noodle heights</li> </ul> <p><i>Balance Beam Challenge</i></p> <ul style="list-style-type: none"> <li>● Use wooden beams or scrap lumber to create balance challenges</li> <li>● Place soft mats on sides for safety</li> <li>● Agents must cross without falling</li> <li>● Include variations like: <ul style="list-style-type: none"> <li>○ Walking forward</li> <li>○ Walking backward</li> <li>○ Carrying a small bean bag</li> </ul> </li> </ul> <p><i>Tunnel Infiltration</i></p> <ul style="list-style-type: none"> <li>● Set up cardboard boxes or fabric tunnels</li> <li>● Agents must crawl through different tunnel configurations</li> <li>● Add a "retrieve the secret document" challenge by placing a small object at the end of the tunnel</li> </ul> <p><i>Agility Ladder</i></p> <ul style="list-style-type: none"> <li>● Create a ground ladder using chalk or rope</li> <li>● Agents perform quick footwork: <ul style="list-style-type: none"> <li>● Side-to-side jumps</li> <li>● Single-leg hops</li> <li>● Zigzag movements</li> </ul> </li> </ul> <p><i>Final Mission: Target Practice</i></p> <ul style="list-style-type: none"> <li>● Set up bean bag throwing station</li> <li>● Agents throw bean bags at targets (hula hoops or buckets)</li> </ul>

	<ul style="list-style-type: none"> <li>• Award idols for accuracy (time taken off the whole event)</li> </ul>
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<b><u>Day 3; Session 5 (1-2pm):</u></b> (Jungle Explorer Obstacle Course)	
Equipment needed	<ul style="list-style-type: none"> <li>• Chalk</li> <li>• Cones</li> <li>• Balance Beam or 2x4s</li> <li>• Beanbags</li> <li>• Hula Hoops or buckets</li> <li>• Soft gymnastics mats</li> <li>• Cardboard boxes</li> <li>• Plastic Cups</li> <li>• Buckets for Water</li> <li>• Water</li> <li>• Towels to clean up spilled water</li> <li>• Agility ladders</li> <li>• Clipboard</li> <li>• Pen</li> <li>• Stopwatches</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Listen to their coaches</li> <li>• Play fairly and enthusiastically</li> <li>• Work as a team</li> <li>• Cheer for the teammates</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• Listening to instructions</li> <li>• Teamwork</li> <li>• Fair Play</li> <li>• JSS values</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>• Outdoor field or large gymnasium, approximately 40x60 feet.</li> <li>• Design course with wilderness/adventure theme.</li> </ul>
Activity description	<p><i>Introduction:</i> The Director should first Walk the campers through the course so they understand that there are different stations that have different rules. They will be timed at each station and then given an overall time.</p> <p><i>Quicksand Crossing</i></p> <ul style="list-style-type: none"> <li>• Create "quicksand" zone using large tarp with scattered rubber stepping stones</li> <li>• Rules:</li> <li>• Must cross without touching ground</li> <li>• Only step on designated stones</li> </ul>

	<ul style="list-style-type: none"> <li>● If they fall, start over</li> <li>● Encourage strategic planning</li> </ul> <p><i>Jungle Vine Swing</i></p> <ul style="list-style-type: none"> <li>● Hang ropes at varying heights</li> <li>● Agents swing from "vine" to "vine"</li> <li>● Place soft mats underneath</li> <li>● Challenge includes: <ul style="list-style-type: none"> <li>○ Swinging without touching ground</li> <li>○ Maintaining balance</li> <li>○ Controlled landings</li> </ul> </li> </ul> <p><i>River Crossing Challenge</i></p> <ul style="list-style-type: none"> <li>● Pretend that the ground is water filled with crocodiles.</li> <li>● Create "floating platforms" using wooden planks or 2x4s.</li> <li>● Agents must cross without falling in</li> <li>● Add complexity with: <ul style="list-style-type: none"> <li>○ Wobbly platforms</li> <li>○ Narrow crossing idols</li> <li>○ Carrying small object</li> </ul> </li> </ul> <p><i>Predator Dodge Zone</i></p> <ul style="list-style-type: none"> <li>● Set up foam noodle "obstacles"</li> <li>● Counselors gently toss soft balls</li> <li>● Agents must dodge "predator" balls</li> <li>● Scoring based on: <ul style="list-style-type: none"> <li>○ Successful dodges</li> <li>○ Agility</li> <li>○ Creative movement</li> </ul> </li> </ul> <p><i>Treasure Map Navigation</i></p> <ul style="list-style-type: none"> <li>● Create ground maze using cones and chalk</li> <li>● Agents follow complex path</li> <li>● Include: <ul style="list-style-type: none"> <li>○ Direction changes</li> <li>○ Problem-solving elements</li> <li>○ Hidden "treasure" markers</li> </ul> </li> </ul> <p><i>Final Survival Challenge</i></p> <ul style="list-style-type: none"> <li>● Water bucket relay</li> <li>● Teams transfer water using small cups</li> <li>● Fill target bucket</li> <li>● Any spilled water is an addition of time</li> </ul>
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<b>Day 3; Session 6 (2-2:30pm):</b> (Cooperative Wall Ball)	
Equipment needed	<ul style="list-style-type: none"> <li>● Dodgeball</li> <li>● Exercise Ball</li> <li>● Clipboard</li> <li>● Pen</li> </ul>
Learning goals/objectives	<i>Campers will be able to...</i>

	<ul style="list-style-type: none"> <li>● Listen to their coaches</li> <li>● Play fairly and enthusiastically</li> <li>● Work as a team</li> <li>● Cheer for the teammates</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Listening to instructions</li> <li>● Teamwork</li> <li>● Fair Play</li> <li>● JSS values</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Walls for tribes to start up against and move around the gym.</li> </ul>
Activity description	<p>Each tribe will start on one wall (or multiple tribes spread out on one wall if necessary).</p> <p>The goal is to get around the room and back to the starting line while passing the ball AND staying on the walls.</p> <p><i>Version 1:</i></p> <ul style="list-style-type: none"> <li>● One ball starts at the first person in line. The idea is: they will pass that ball along, and as they're passing the ball along, the player who just passed it needs to become the new leader. <ul style="list-style-type: none"> <li>○ So, as the ball moves down, so do the players. There's always a new leader. The idea is to try to make it all the way across the four walls and back to the starting point.</li> <li>○ Then they run to the end of the line.</li> <li>○ Line moves around the room.</li> </ul> </li> </ul> <p><i>Version 2:</i></p> <ul style="list-style-type: none"> <li>● The second version is a medium difficulty version. It's the wall-sit version. <ul style="list-style-type: none"> <li>○ Players will do the wall sit.</li> <li>○ They're all doing the wall-sit. They will pass that ball down.</li> <li>○ They will become the new leader once they've passed it.</li> <li>○ Then they run to the end of the line.</li> <li>○ Line moves around the room.</li> </ul> </li> </ul> <p><i>Version 3: (*HARDEST*)</i></p> <ul style="list-style-type: none"> <li>● The last version is the most difficult version. This is the feet up version. It's a hard version and may not be suitable for the youngest campers . <ul style="list-style-type: none"> <li>○ Campers will lay on their back and put their feet up against the wall. You will introduce an exercise ball.</li> <li>○ They will pass the ball down, jump up and run, and then get back down on their back when they get to</li> </ul> </li> </ul>

	the front of the line. Director and coaches should record the winning tribe.
Video clips	<ul style="list-style-type: none"> <li>• Cooperative Wall <a href="#">Ball</a></li> </ul>

<b><u>Day 3; Session 7 (2:30-3pm):</u></b> “Tribal Council, Foursquare & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> <li>• Clipboards</li> <li>• Camp Rosters</li> <li>• 4 bouncy balls</li> <li>• Tape</li> <li>• Cones</li> <li>• Chalk</li> </ul>
Learning goals/objectives	<p><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>• Tribal council (could be of all of the campers, or counselors, or a mix of the two) will be conducted to elect “camper of the day”</li> <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>

	<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> <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>

<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>

<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> <ul style="list-style-type: none"> <li>●</li> </ul> <div style="text-align: center;">  <p>RESPECT      ■      ACCEPTANCE</p> </div>

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> <li>● Introductions: <ul style="list-style-type: none"> <li>○ Have each coach introduce themselves</li> <li>○ Name, favorite sport, favorite team</li> </ul> </li> <li>● Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others by answering your questions about these concepts. <ul style="list-style-type: none"> <li>○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> <li>■ Be nice</li> <li>■ Don't be mean</li> <li>■ Never bully another person</li> <li>■ Be kind</li> <li>■ Treat others the way you would like to be treated</li> </ul> </li> <li>○ Who should we all be respectful of <ul style="list-style-type: none"> <li>■ Other campers - your peers</li> </ul> </li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>■ The staff - we are here to help you learn and take care of you</li> <li>■ The facility and equipment - we are fortunate to be able to use this amazing building/school. We need to be sure we take care of it.</li> <li>■ Treat others the way you would like to be treated</li> <li>■ Yourself - the most important one! You need to love and respect yourself to be able to do the same for others.</li> </ul> <ul style="list-style-type: none"> <li>● What does acceptance mean to you <ul style="list-style-type: none"> <li>○ Be respectful of ALL PEOPLE, even those who are different than you</li> <li>○ Use examples of being respectful of others who look different or have different skill level than you have.</li> </ul> </li> <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 with what we call the Foundation of Character: Respect and Acceptance .</i></p>

	<p><i>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><b>**Cue the <a href="#">Survivor Theme Song</a>**</b></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><b>**3 idols should have been hidden around the camp and marked on the agenda for coaches to know where they are**</b></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> <li>1) Relay Races!</li> <li>2) Looking for the Hidden Idols!</li> </ol>
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<b><u>Day 4; Session 1 (9:30-10:15am)</u></b> (Coconut Carry & Escape)	
Equipment needed	<ul style="list-style-type: none"> <li>● 10 dodgeballs</li> <li>● 40 Cones</li> <li>● Rope or fabric strips</li> <li>● Whistle</li> <li>● Stopwatch or timer</li> <li>● Clipboard</li> <li>● Pens</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> </ul>

	<ul style="list-style-type: none"> <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>● Open gym</li> <li>● Cones at each end of the gym</li> </ul>
Activity description	<p><i>DYNAMIC WARMUP (Campers might be warmed up from previous session)</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>Coconut Carry Relay (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Instructions for campers: <ul style="list-style-type: none"> <li>○ Form two lines within your team</li> <li>○ First pair holds the "coconut" between their foreheads</li> <li>○ On the whistle, carry the ball to the turnaround point and back without using hands</li> <li>○ Pass the "coconut" to the next pair</li> <li>○ If the ball drops, pick it up and continue from that point</li> <li>○ Cheer on your teammates</li> </ul> </li> <li>● Variations: <ul style="list-style-type: none"> <li>○ Increase difficulty by adding obstacles to navigate around</li> <li>○ Try carrying the "coconut" between shoulders or hips</li> </ul> </li> </ul> <p><i>Escape Relay (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Instructions for campers: <ul style="list-style-type: none"> <li>○ Form groups of five within your team (this might be the size of the tribe)</li> <li>○ Stand in a line, side by side</li> <li>○ Coaches should help the campers tie their legs together (right leg to left leg of the person next to you)</li> <li>○ On the whistle, move as a unit to the turnaround point and back</li> <li>○ Pass the ropes to the next group of five</li> <li>○ If you fall, help each other up and continue</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● Variations: <ul style="list-style-type: none"> <li>○ Add a simple task to complete at the turnaround point (e.g., high-five a counselor)</li> <li>○ Try moving sideways or backwards</li> </ul> </li> </ul> <p>Director should record the winning tribe for each game.</p>
Video clips	<ul style="list-style-type: none"> <li>● Physical Education Games - Fitness <a href="#">Relays</a></li> </ul>

<b><u>Day 4; Session 2 (10:15-11am)</u></b> (Olympic Relay Races)	
Equipment needed	<ul style="list-style-type: none"> <li>● Cones</li> <li>● Batons (or campers can just tag each other)</li> <li>● Clipboard</li> <li>● Pens</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Wait until it is their turn to run</li> <li>● Play fairly and safely</li> <li>● Run in a fun but competitive manner</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● The rules</li> <li>● Values of JSS and the Olympics</li> <li>● Proper running technique <ul style="list-style-type: none"> <li>○ Technique and Form <ul style="list-style-type: none"> <li>■ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed.</li> <li>■ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement</li> <li>■ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length.</li> </ul> </li> <li>○ Foot Strike <ul style="list-style-type: none"> <li>■ Contact Time: Teach campers to minimize ground contact time for improved speed and efficiency</li> <li>■ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints.</li> </ul> </li> </ul> </li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Cones should be placed 20 yards away from each other for the shorter back and forth relay race</li> </ul>

Activity description

- Director will announce each tribe as the players assume their positions on the track.
- Each tribe will have one sprinter in each race
- The races will be broken by by ages, starting with the youngest
- Coaches should record the times for their group with the associated clipboard
- Have coaches spread out to ensure that campers are not leaving before they receive the baton (or are tagged by their fellow camper)

*Warmup* (10 minutes)- (If not already warmed up adequately from the previous session)

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

Coaches should record each camper's time in the appropriate column.

*Initial Relays* (20 minutes)

- Short relay Sprints – 100 meters ( $\frac{1}{4}$  of a lap)
  - 4 sprinters will be placed around the track so they can tag the next person in line
  - Run until a tribe completes one full lap first
  - Age groups
    - 9 yo and older (Seniors):
    - 8 yo and younger (Juniors)
- Give time to rest and drink water after each relay.

*Medal Round* (20 minutes)

- Depending on the number of campers, the winner of each race can advance to the “final” if there are enough campers in similar ages.
  - If not, then you can run the race again with the winners from the previous race in the first row and then fanning out.
- Short relay Sprints – 100 meters ( $\frac{1}{4}$  of a lap)
  - 4 sprinters will be placed around the track so they can tag the next person in line
  - Run until a tribe completes one full lap first
  - Age groups
    - 9 yo and older (Seniors):

	<ul style="list-style-type: none"> <li>■ 8 yo and younger (Juniors)</li> <li>● Give time to rest and drink water throughout the event.</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Men's 4x100m Final   Paris <a href="#">Champions</a></li> </ul>

<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>

<b><u>Day 4; Session 3 (11:30-12pm):</u></b> (Hula Hoop rescue)	
Equipment needed	<ul style="list-style-type: none"> <li>● 10 hula hoops</li> <li>● Clipboard</li> <li>● Pens</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Work together as a team</li> <li>● Be positive</li> <li>● Communicate</li> <li>● Have fun!</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Fair play</li> <li>● Team work</li> <li>● Fun</li> <li>● Energy</li> <li>● Enthusiasm</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● There are 6 cones spread out lengthwise of the gym.</li> <li>● There are 6 other cones across the gym.</li> <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</li> </ul>

	<p>across to their teammates and “save” or “rescue” the first person in line by placing the hula hoop over them.</p> <ul style="list-style-type: none"> <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> <li>• Record which tribe wins</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>

<b><u>Day 4; Session 4 (12-1pm):</u></b> (Rice Run to Smoke Signal)	
Equipment needed	<ul style="list-style-type: none"> <li>• Wooden spoons (one per team)</li> <li>• Buckets of rice (one per team)</li> <li>• Red collection cups (one per team)</li> <li>• Parachute/bedsheet (one for each tribe)</li> <li>• 20 dodgeballs</li> <li>• Cones for marking start/finish lines</li> <li>• Whistle</li> <li>• Stopwatch or timer</li> <li>• Measuring cups for rice</li> <li>• Clipboard</li> <li>• Pens</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>• Clear, open space with two parallel lanes for Rice Run</li> </ul>

	<ul style="list-style-type: none"> <li>● Large open area for the parachute game</li> <li>● Start lines marked with cones for both activities</li> </ul>
<p>Activity description</p>	<p><i>Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Gather campers in a circle</li> <li>● Explain the two games and their objectives</li> <li>● Have tribes assemble</li> </ul> <p><i>Warm-up</i> (10 minutes)</p> <ul style="list-style-type: none"> <li>● Lead campers through light stretching exercises</li> <li>● Play a quick game of "Red Light, Green Light" to practice starting and stopping</li> </ul> <p>Rice Run Relay (20 minutes)</p> <ul style="list-style-type: none"> <li>● Instructions for campers: <ul style="list-style-type: none"> <li>○ Form a line behind the start cone</li> <li>○ First player fills the wooden spoon with rice from the bucket</li> <li>○ On the whistle, walk quickly (no running) to the red cup 15 feet away</li> <li>○ Carefully pour rice into the red cup</li> <li>○ Return to your team and hand the spoon to the next player</li> <li>○ Continue until all team members have gone or time is called</li> </ul> </li> <li>● Scoring: <ul style="list-style-type: none"> <li>○ 5 idols for the team that finishes first</li> <li>○ 5 idols for the team with the most rice in their red cup</li> </ul> </li> <li>● Variations: <ul style="list-style-type: none"> <li>○ Add obstacles to navigate around</li> <li>○ Use different utensils (e.g., fork, chopsticks) for added challenge</li> </ul> </li> </ul> <p>Director will announce that a PLANE has been spotted, and we need to signal to them!</p> <p><i>Smoke Signal Game</i> (20 minutes)</p> <ul style="list-style-type: none"> <li>● Instructions for campers: <ul style="list-style-type: none"> <li>○ All teams will gather around their parachute, holding the edges</li> <li>○ Place 3-5 dodgeballs on the parachute</li> <li>○ On the whistle, work together to bounce the balls off the parachute</li> <li>○ Game ends when all balls are off the parachute</li> <li>○ Repeat the game several times, trying to improve speed</li> </ul> </li> <li>● Variations: <ul style="list-style-type: none"> <li>○ Add more balls for increased difficulty</li> <li>○ Designate certain campers who can't use their hands</li> </ul> </li> </ul>

	<p><i>Cool-down and Reflection</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Lead campers through gentle stretches</li> <li>● Discuss teamwork strategies they used</li> <li>● Highlight positive moments observed during the games</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Physical Education Games - Fitness <a href="#">Relays</a></li> </ul>

<b><u>Day 4; Session 5 (1-2pm):</u></b> (Lava Walk Relay)	
Equipment needed	<ul style="list-style-type: none"> <li>● Newspapers or large sheets of construction paper</li> <li>● 20 hula hoops</li> <li>● 20 Cones</li> <li>● Whistle</li> <li>● Measuring tape</li> <li>● Stopwatch</li> <li>● Clipboard</li> <li>● Pens</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>● Two parallel lanes approximately 20-25 feet long</li> <li>● Lanes marked with cones at start and finish</li> <li>● Hoop Alley lane set up with 8 hula hoops in a straight line</li> <li>● Newspaper Relay lane clear and flat</li> </ul>
Activity description	<p><i>Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>● Gather campers in a circle</li> <li>● Explain the two games and their objectives</li> <li>● Demonstrate proper technique for each activity</li> <li>● Divide campers into their tribes</li> </ul> <p><i>Warm-up</i> (10 minutes)</p> <ul style="list-style-type: none"> <li>● Dynamic stretching</li> <li>● "Follow the Leader" movement game</li> <li>● Practice balance and coordination exercises</li> </ul> <p><i>Newspaper Relay</i> (20 minutes)</p> <ul style="list-style-type: none"> <li>● Instructions for Campers:</li> </ul>

	<ul style="list-style-type: none"> <li>○ Receive three pieces of newspaper/construction paper</li> <li>○ Start at beginning of lane</li> <li>○ Place first paper down and step on it</li> <li>○ Place second paper in front of first paper, then pick up the first paper</li> <li>○ Step onto second paper</li> <li>○ Continue moving forward, always placing paper before stepping, and picking up the previous paper when stepping off it</li> <li>○ If paper tears, use a new sheet</li> <li>● Goal is to reach finish line using only papers as walking surface</li> <li>● Scoring: <ul style="list-style-type: none"> <li>○ First team to complete relay wins</li> <li>○ Idols for most creative/careful paper placement</li> <li>○ Bonus idols for least number of paper tears</li> </ul> </li> <li>● Variations: <ul style="list-style-type: none"> <li>○ Increase difficulty by narrowing lane</li> <li>○ Add small obstacles to navigate around</li> <li>○ Use different paper types</li> </ul> </li> </ul> <p><i>Hoop Alley (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Instructions for Campers: <ul style="list-style-type: none"> <li>○ Line up at start of hoop lane</li> <li>○ Step into first hoop</li> <li>○ Lift hoop over head</li> <li>○ Drop hoop behind you</li> <li>○ Step into next hoop</li> <li>○ Repeat until reaching finish line</li> <li>○ Work as a team to complete relay quickly</li> </ul> </li> <li>● Technique Tips: <ul style="list-style-type: none"> <li>○ Keep body centered in hoop</li> <li>○ Lift smoothly over head</li> <li>○ Place hoop carefully behind you</li> <li>○ Maintain steady, controlled movement</li> </ul> </li> <li>● Variations: <ul style="list-style-type: none"> <li>○ Race against another team</li> <li>○ Add small challenges within hoop (e.g., hop on one foot)</li> <li>○ Reverse direction coming back</li> </ul> </li> </ul> <p><i>Cool-down and Reflection (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Gentle stretching</li> <li>● Team discussion about teamwork</li> <li>● Share favorite moments from activities</li> </ul> <p>Director should be recording the tribe's times and allocating idols accordingly.</p>
Video clips	<ul style="list-style-type: none"> <li>● Physical Education Games - Fitness <a href="#">Relays</a></li> </ul>

<b><u>Day 4; Session 6 (2-2:30pm):</u></b> (Sack races)	
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> <li>● Clipboard</li> <li>● Pens</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> </ul>

	<ul style="list-style-type: none"> <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 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> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Potato Sack <a href="#">Race</a> - OFFICE GAMES</li> </ul>

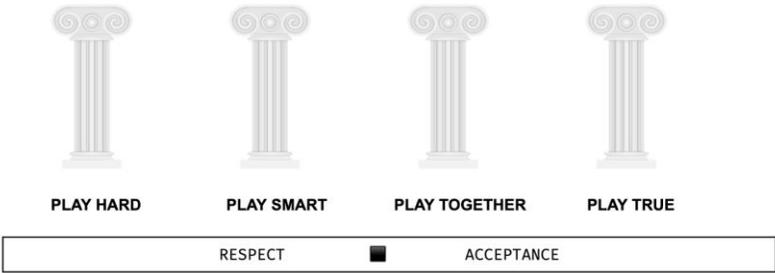
<b><u>Day 4; Session 7 (2:30-3pm):</u></b> “Tribal Council, Handball & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● 3 handballs (smaller nerf type balls)</li> <li>● 4 mini soccer nets</li> </ul>
Learning goals/objectives	<p><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>
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>● Tribal council (could be of all of the campers, or counselors, or a mix of the two) will be conducted to elect “camper of the day”</li> <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>

# JUMP START SPORTS

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

<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).	
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>

**Day 5; Daily Convocation (9:15-9:30am)**

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

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

*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!*

{\*\*3 idols should have been hidden around the camp and marked on the agenda for coaches to know where they are\*\*}

*Today we will be doing....*

- 1) Survivor tournament
- 2) Looking for the hidden idols!

**Day 5; Session 1 (9:30-10:15am)** (Survivor 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><b><i>DYNAMIC WARMUP</i></b>  8 minute warmup with light jog and then dynamic warmup</p> <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> <p><b><i>Warball (35 minutes)</i></b></p> <ul style="list-style-type: none"> <li>● Director will either make alliances between tribes, or make sure that each tribes gets to play the same amount of times as other tribes</li> <li>● Select the rotation of the four tribes that will start and then who will come in and who will come out to rest, etc.</li> <li>● Tell the campers the rules of the game <ul style="list-style-type: none"> <li>○ On the whistle, each team tries to use dodgeballs to knock the other team's pins down.</li> <li>○ Once a pin is down, it stays down.</li> <li>○ Once a team’s pins are all down, they are not the winners but they can still help knock over other pins.</li> <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> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Warball <a href="#">rules</a></li> </ul>

<b><u>Day 5; Session 2 (10:15-11am)</u></b> (Survivor kickball)	
Equipment needed	<ul style="list-style-type: none"> <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>● Pitch</li> <li>● Run</li> <li>● Kick</li> <li>● Know the rules</li> <li>● Play honestly 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>● The rules</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Kickball field (laid out like a baseball diamond)</li> </ul>
Activity description	<p><i>Warmup</i> (8 minutes)</p> <ul style="list-style-type: none"> <li>● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> <li>○ Frankenstein kick</li> <li>○ Open the gate (Lift leg up and bring to the side of the body before placing down)</li> <li>○ Close the gate (light leg up at side and then bring to the front of body before placing down)</li> </ul> </li> </ul> <p><i>Kickball</i> (40 minutes)</p> <ul style="list-style-type: none"> <li>● Director will describe alliances between tribes. Basically tribes becoming friends who have each other's back</li> <li>● The Director will break the group up into 2 different teams where the tribes on the same team now have alliances</li> <li>● Tell the campers the rules of the game</li> <li>● Play for 50 minutes, or 9 innings, whichever comes first.</li> <li>● Winning team receives idols for their tribes.</li> <li>● Pitching <ul style="list-style-type: none"> <li>○ The pitcher rolls the ball to home plate from the pitching mound with one foot on the rubber. The ball must bounce or roll twice before reaching home plate to be fair.</li> </ul> </li> <li>● Kicking <ul style="list-style-type: none"> <li>○ The kicker kicks the ball from behind home plate. The kicker must run to first base after kicking the ball.</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>● Scoring <ul style="list-style-type: none"> <li>○ A run is scored when a base runner touches all four bases in order without being called out.</li> </ul> </li> <li>● Outs <ul style="list-style-type: none"> <li>○ A kicker is out if they get three strikes or four foul balls. A kicker is also out if the fielding team touches a base with the ball before the kicker arrives.</li> </ul> </li> <li>● Runners <ul style="list-style-type: none"> <li>○ Runners must stay within the baseline and cannot slide or run into a fielder. Runners must tag up after a kicked ball is caught by the defense.</li> </ul> </li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Mrs. Lane's Kickball <a href="#">Video</a></li> </ul>

<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> (British Bulldog)	
Equipment needed	<ul style="list-style-type: none"> <li>● Flags and belts (like you would have for flag football)</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the rules of each game</li> <li>● Explain the rules of the games</li> <li>● Apply the rules in fair and honest play</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>● Fun</li> <li>● Fair Play</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>● Normal gym or field with cones at the sides and the middle of the gym</li> </ul>
Activity description	<p><i>Dynamic Warmup (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> <li>○ High knees</li> <li>○ Butt kicks</li> <li>○ Side shuffle</li> <li>○ Lunges</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <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> <p><i>British Bulldog (20 minutes)</i></p> <ul style="list-style-type: none"> <li>● Put all campers against one gym wall</li> <li>● Identify two kids who are the sharks</li> <li>● They say “British Bulldog” and the kids run across to the other side of the field/gym.</li> <li>● If they get their flag pulled they turn into a shark.</li> <li>● If they do not get their flag pulled they are safe</li> <li>● Game continues until one last minnow remains</li> </ul>
Video clips	<ul style="list-style-type: none"> <li>● Elementary P.E. Games: <a href="#">Sharks &amp; Minnows</a> (Flags)</li> </ul>

<b><u>Day 5; Session 4 (12-1pm):</u></b> (Survivor capture the flag)	
Equipment needed	<ul style="list-style-type: none"> <li>● 2 “flags”</li> <li>● Cones to separate the field</li> <li>● 20 pinnies</li> <li>● Whistles</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>● Understand the rules of capture the flag</li> <li>● Know why tribes would make alliances with each other</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 tribes <ul style="list-style-type: none"> <li>○ Emphasize that the tribes 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>● Director will describe alliances between tribes. Basically countries becoming friends who have each other’s back</li> </ul>

- The Director will break the group up into 2 different teams where the tribes on the same team now have alliances
- Tell the campers the rules of the game

*FIRST GAME PLAY (20 minutes)*

- Two teams have a mid line of cones to separate the teams.
- Have a flag (Ball, anything) on each side and cones set up around the flag.
- The team tries to get the flag from the other side safely without getting tagged.
- If you are tagged, you go to "jail"
  - "Jail" is a coned off 10'x10' that needs to be guarded.
- If your teammate runs in and tags anyone in "jail", they are then free and re-join the game.
- First team to run across and grab the flag and return it to their side (without being tagged)--> Wins
- Replay as many times as possible in 20 minutes
- Team with the most flag retrievals in 20 minutes wins.
- Coaches should record the tribes that were on the winning teams and allocate "idols"

*Water Break (5 minutes)*

- Coaches can decide whether they want any tribes to break their alliance and switch sides

*SECOND GAME PLAY (20 minutes)*

- Two teams have a mid line of cones to separate the teams.
- Have a flag (Ball, anything) on each side and cones set up around the flag.
- The team tries to get the flag from the other side safely without getting tagged.
- If you are tagged, you go to "jail"
  - "Jail" is a coned off 10'x10' that needs to be guarded.
- If your teammate runs in and tags anyone in "jail", they are then free and re-join the game.
- First team to run across and grab the flag and return it to their side (without being tagged)--> Wins
- Replay as many times as possible in 20 minutes
- Team with the most flag retrievals in 20 minutes wins.
- Coaches should record the tribes that were on the winning teams and allocate "idols"

*Stretch and RECAP (5 minutes)*

Director will record the winners and adjust the tribe standings.

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 5; Session 5 (1-2pm):</u></b> (The Ultimate Race)	
Equipment needed	<ul style="list-style-type: none"> <li>• Batons (one per team)</li> <li>• Various equipment for stations:</li> <li>• Soccer balls and cones</li> <li>• Hurdles</li> <li>• Bean bags and buckets</li> <li>• Jump ropes</li> <li>• Hula hoops</li> <li>• Frisbees</li> <li>• Basketball and hoop</li> <li>• Agility ladder</li> <li>• Balance beam</li> <li>• Stopwatch for each station</li> <li>• Whistle</li> <li>• Clipboard and pen for scorekeeping</li> <li>• Station markers or signs</li> </ul>
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> <li>• Listen to their coaches</li> <li>• Play fairly and enthusiastically</li> <li>• Work as a team</li> <li>• Cheer for the teammates</li> </ul>
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> <li>• Listening to instructions</li> <li>• Teamwork</li> <li>• Fair Play</li> <li>• JSS values</li> </ul>
Field/court layout	<ul style="list-style-type: none"> <li>• Multiple stations set up around the camp or available space</li> <li>• Mix of indoor and outdoor stations if possible</li> <li>• Clear paths between stations for running</li> <li>• Start/finish line clearly marked</li> </ul>
Activity description	<p><i>Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> <li>• Gather campers in a central area</li> <li>• Explain the relay concept and rules</li> <li>• Divide into tribes</li> </ul> <p><i>Station Tour and Team Planning</i> (10 minutes)</p> <ul style="list-style-type: none"> <li>• Walk teams through all stations</li> <li>• Demonstrate each task</li> </ul>

	<ul style="list-style-type: none"> <li>● Allow teams to strategize and assign members to stations</li> </ul> <p><i>Relay Race (45 minutes)</i></p> <ul style="list-style-type: none"> <li>● Instructions for Campers:</li> <li>● Go to your assigned station</li> <li>● Wait for the baton from your teammate</li> <li>● Complete your station task quickly and accurately</li> <li>● Pass the baton to the next teammate</li> <li>● Cheer on your team from your station</li> </ul> <p><i>Sample Stations:</i></p> <ul style="list-style-type: none"> <li>● Dribble soccer ball through cones</li> <li>● 15 jumping jacks</li> <li>● Jump over 6 hurdles</li> <li>● Toss bean bag into bucket (3 successful tosses)</li> <li>● Skip rope 20 times</li> <li>● Hula hoop for 30 seconds</li> <li>● Frisbee throw through target</li> <li>● Shoot 3 baskets</li> <li>● Run through agility ladder</li> <li>● Walk across balance beam</li> </ul> <p><i>Cool-down and Awards (10 minutes)</i></p> <ul style="list-style-type: none"> <li>● Light stretching</li> <li>● Announce results</li> <li>● Recognize outstanding performances</li> <li>● Discuss favorite stations</li> <li>● Share memorable moments from the race</li> </ul>
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<b><u>Day 5: Session 6 (2-2:30pm):</u></b> (Survivor final council and awards)	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards <ul style="list-style-type: none"> <li>○ With winning tribe</li> <li>○ With names for each tribe</li> </ul> </li> <li>● Camp Rosters</li> <li>● Plastic Medals/awards</li> <li>● Microphone for director</li> <li>● Table</li> </ul>
Learning goals/objectives	<p>Campers will be able to...</p> <ul style="list-style-type: none"> <li>● Be checked out safely</li> <li>● <b>Receive at LEAST one type of each award/recognition</b></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>● Place for the parents (if they are there) to stand sit</li> <li>● Microphone plugged in for director</li> </ul>

	<ul style="list-style-type: none"> <li>● Table with medals/awards laid out</li> </ul>
Activity description	<p><i>CLOSING CEREMONIES (25 minutes)</i></p> <ul style="list-style-type: none"> <li>● Director will congratulate all the campers for their excellent efforts</li> <li>● Announce each tribe, and then each camper who represented that tribe</li> <li>● Events will then be announced</li> <li>● Winning teams will be announced and campers can come up to receive their awards</li> </ul> <p><i>PICTURE (5 minutes)</i></p> <ul style="list-style-type: none"> <li>● Take a picture of the campers in their medals as tribes</li> <li>● Take full camp picture of campers in their medals</li> </ul>

<b><u>Day 5; Session 7 (2:30-3pm):</u></b> “Tribal Council, Picture, unorganized play & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> <li>● Clipboards</li> <li>● Camp Rosters</li> <li>● Camera</li> <li>● Balls and nets <ul style="list-style-type: none"> <li>○ 3 soccer balls</li> <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>● Tribal council (could be of all of the campers, or counselors, or a mix of the two) will be conducted to elect “camper of the WEEK”</li> <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</li> </ul>

	<p>photo in their JSS shirts can be taken.</p> <ul style="list-style-type: none"><li>○ Picture will be taken before the campers begin to be picked up to ensure that full numbers are shown in future marketing materials</li><li>● Director will communicate once all campers have departed.</li></ul>
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