



Ultimate Warrior Camp

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JUMP START

S P O R T S

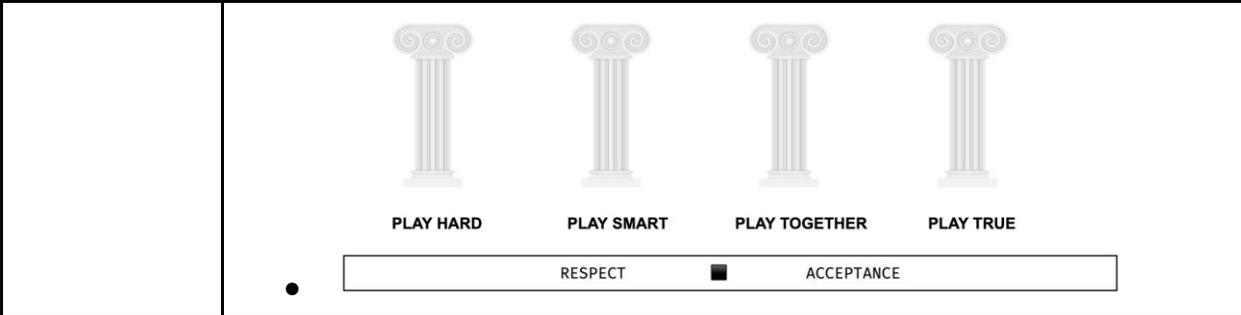
Camp Overview "Ultimate Warrior Camp"	
Length of camp	5 days
Hours of each day	9am-3pm (6 hours)
Theme of the camp	"Are you ready to unleash your inner warrior? Join us at Ultimate Warrior Sports Camp, where athletes K-5 will embark on an exhilarating journey of skill development, teamwork, and personal growth! This action-packed camp is designed to challenge participants physically and mentally while promoting a spirit of camaraderie."
Theme of each day	Day 1: Group Sorting & Initial games Day 2: Water Balloon Day & Tug of War (can be adjusted depending on weather) Day 3: Relay Races Day 4: Obstacle courses Day 5: Ultimate Race & Tournament Day
Sources	Depository of JSS Camp games Final Camp Themes

JUMP START SPORTS

Day 1 “Group Sorting & Initial games”

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

<u>Day 1; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> ● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” ●



Equipment needed

- Script (see below)
- Clipboard for script

Learning goals/objectives

- “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”

Areas of focus

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

Field/court layout

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

Activity description

- Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.
- The Foundation: Respect and Acceptance
- The Four Pillars
 - Physical: Play Hard
 - Mental: Play Smart
 - Social: Play Together
 - Emotional: Play True
- Coaches will use the following speech at each convocation:
- Welcome:
 - High energy greeting of all the kids
 - Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes”
- Introductions:
 - Have each coach introduce themselves
 - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others

	<p>by answering your questions about these concepts.</p> <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ 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 <ul style="list-style-type: none"> ■ 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 <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ Play Hard: always try your best to win or succeed ○ Play Smart: always pay attention and try to make the "right" play (use specific examples from sports they know or have seen recently. ○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.) ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
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."

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

Today we will be learning...

- 1) Group Sorting
- 2) & Initial games

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

Equipment needed	<ul style="list-style-type: none"> ● Hula Hoops ● Cones ● Volleyballs ● Nerf dodgeballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Listen ● Work together ● Play fairly and honorably
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Fair play ● Teamwork ● Communication
Field/court layout	<ul style="list-style-type: none"> ● Hula Hoops around the edge of the court or field ● Dodgeballs within the center of the basketball court or field
Activity description	<p><i>Directors introduction: (10 minutes)</i></p> <ul style="list-style-type: none"> ● Divide the campers three separate age groups <ul style="list-style-type: none"> ○ Then divide each age group into 2-3 teams ○ The teams will compete throughout the week (against their same age group) and accumulate points for all activities they do. ○ Keep track of the scores for each of the competing age groups, with a simple point system. ○ Emphasize the fun and participation. <p><i>Gameplay: (35 minutes)</i></p> <ul style="list-style-type: none"> ● Save The Statues is a throwing, catching, blocking, and defending game. ● groups are split up into group with each person in the group having the role of a thrower or statue....or the group as the defenders at first. ● You can do alliances of groups if need be. ● Roles <ul style="list-style-type: none"> ○ 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. ○ The other team consists of defenders who are trying to prevent the statues from catching balls thrown by the throwers. ○ When a statue catches a ball that was thrown, he is freed and becomes a thrower in the middle. ○ Play until all statues are freed, or for a certain time limit.
Video clips	<ul style="list-style-type: none"> ● http://physedgames.com/category/fun/ (2nd from the bottom)

<u>Day 1; Session 2 (10:15-11am):</u> (Kangaroo Hop)	
Equipment needed	<ul style="list-style-type: none"> ● 8-10 gator skin balls or soft playground balls (I.E. Dodgeballs) ● 8-10 cones ● Whistle ● Stopwatch
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Run with Balance and coordination ● Maintain Teamwork and encouragement ● Follow instructions ● Persevere
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety ● Following instructions ● Teamwork ● Positive reinforcement ● Time management
Field/court layout	<ul style="list-style-type: none"> ● Divide the gym into 4-5 parallel lanes, each with a start line and a cone placed 15-20 meters away
Activity description	<p><i>Warm-up</i> (8 minutes)</p> <ul style="list-style-type: none"> ● Kangaroo hops in place ● Arm circles ● Light jogging with high knees ● Stretching focusing on legs and core ● Simon Says with kangaroo-themed actions <p><i>Skill Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Demonstrate the proper technique for the Kangaroo Hop: ● Ball placement between knees ● Hopping motion with arms in proper position ● Turning around the cone safely <p><i>Practice Rounds</i> (10 minutes)</p> <ul style="list-style-type: none"> ● Allow campers to practice the Kangaroo Hop in small groups: ● Each team practices on their lane ● Coaches provide feedback and encouragement <p><i>Kangaroo Hop Challenge</i> (15 minutes)</p> <ul style="list-style-type: none"> ● Conduct the main activity: ● Explain the rules clearly ● Run multiple rounds of the race ● Keep track of winning groups for added excitement <p><i>Cool-down and Reflection</i> (5 minutes)</p> <ul style="list-style-type: none"> ● End the session with a gentle cool-down and brief discussion: ● Light stretching ● Ask campers what they enjoyed most ● Highlight examples of good sportsmanship observed

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

<u>Day 1; Session 3 (11:30-12pm): (Marshmallow Tower)</u>	
Equipment needed	<p>Each group needs a table with the following items on it→</p> <ul style="list-style-type: none"> • 1 large marshmallow • 20 strands of spaghetti • 1 yard of tape • 1 yard of string
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Work as a team • Follow instructions • Work fairly and honorably
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • The rules • JSS values
Field/court layout	<ul style="list-style-type: none"> • There will be tables with the materials that each group needs on them
Activity description	<p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> • Director will have the campers split up into their groups • Director will explain the rules BEFORE the campers are allowed to approach their tables • Coaches should be moving around making sure that campers are working together and understand the rules <p><i>Activity (25 minutes)</i></p> <ul style="list-style-type: none"> • Campers need to work together in a group to create the tallest freestanding structure with only the given materials. • They are allowed to use some or all of the materials, however, they may not receive extras. • The tower must feature the whole marshmallow at the very top.
Video clips	<ul style="list-style-type: none"> • https://thecolorfulapple.com/team-building-activities-for-back-to/

<u>Day 1; Session 4 (12-1pm):</u> (Jungle Walk)	
Equipment needed	<ul style="list-style-type: none"> ● 5 hula hoops per group ● Cones or markers to define the "jungle" area ● Whistle for the coach ● Clipboards ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Teamwork and communicate ● Problem-solve ● Conduct Fine and gross motor skills ● Follow instructions ● Have Spatial awareness
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety ● Following instructions ● Teamwork ● Positive reinforcement ● Time management
Field/court layout	<ul style="list-style-type: none"> ● Divide the gym into separate "jungle" lanes for each group ● Use cones to mark the start and finish lines ● Place obstacles (if desired) along the lanes to simulate jungle terrain ●
Activity description	<p><i>Warm-up</i> (10 minutes):</p> <ul style="list-style-type: none"> ● Lead campers in jungle-themed stretches and movements (e.g., monkey walks, snake slithers) <p><i>Explain the rules</i> (10 minutes):</p> <ul style="list-style-type: none"> ● Divide campers into equal groups of 5-8 children ● Each group forms a line and holds hands ● The goal is to pass 5 hula hoops from the front to the back of the line without breaking hand contact ● If hands break, that camper is "lost in the jungle" and must sit out <p><i>Practice round</i> (10 minutes):</p> <ul style="list-style-type: none"> ● Allow groups to practice with one hula hoop <p><i>Main activity</i> (25 minutes):</p> <ul style="list-style-type: none"> ● Start the official "jungle escape" challenge ● Groups must pass all 5 hula hoops down their line without breaking hands. <ul style="list-style-type: none"> ○ If any of the hands break, they have to start over and one member of their group is "lost" forever

	<ul style="list-style-type: none"> ● Use their body to move the hula hoops all the way down the line ● Coaches monitor progress and enforce rules ● If time allows, run multiple rounds or add obstacles ● Record which group wins for each age group <p><i>Recap</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Gather campers for stretching ● Discuss teamwork strategies and challenges faced
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<u>Day 1; Session 5 (1-2pm):</u> (Island Flip)	
Equipment needed	<ul style="list-style-type: none"> ● Large shower curtains/tablecloths (1 per team) ● Large floor markers ● Whistle ● Timer ● Backup large fabric/paper sheets ● Soft floor mats (optional for safety) ● Clipboard ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work well in teams ● Use Spatial problem-solving ● Communicate ● Balance ● Work together to develop Collaborative strategy ● Maintain Patience ● Listen
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety monitoring ● Encouraging positive team dynamics ● Providing strategic hints ● Observing team interaction ● Ensuring fair play
Field/court layout	<ul style="list-style-type: none"> ● Divide gym into 3-4 designated team zones ● Each zone has 6-8 feet of clear space ● Mark boundaries with colored tape/cones ● Ensure adequate spacing between team areas
Activity description	<p><i>Warm-Up</i> (7 minutes)</p> <ul style="list-style-type: none"> ● Balance games ● Team coordination exercises ● "Freeze dance" with teamwork challenges <p><i>Rules Explained</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Demonstrate island flipping technique ● Explain safety guidelines

	<ul style="list-style-type: none"> ● Show successful and unsuccessful attempts ● Answer camper questions <p><i>Main Challenge (35 minutes)</i></p> <ul style="list-style-type: none"> ● Divide into their preassigned groups ● Place large fabric/curtain on ground ● Teams must: <ul style="list-style-type: none"> ○ Stand entirely on fabric ○ Flip fabric without touching ground ○ Restart if anyone steps off ○ Fastest team wins <p><i>Cool-Down (5 minutes)</i></p> <ul style="list-style-type: none"> ● Team reflection ● Discuss strategies ● Stretch and celebrate
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<u>Day 1; Session 6 (2-2:30pm):</u> (Tag and Robots)	
Equipment needed	<ul style="list-style-type: none"> ● 20 Beanbags
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Play energetically ● Play fairly ● Understand the rules of each game
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The fun that we want to have ● The attitude that we want to maintain ● The friendships that we want to develop
Field/court layout	<ul style="list-style-type: none"> ● Wide open field
Activity description	<p><i>Rock, Paper, Scissors, Tag! (15 minutes)</i></p> <ul style="list-style-type: none"> ● Ensure that everyone knows how to play Rock, Paper, Scissors. ● Everyone is "It". ● On "go" the kids run around the gym or designated outdoor play area and try and tag each other. ● 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"> ○ The person (A) who loses the game sits down. ○ The person (B) who won the game keeps running. ● A sits on the floor or grass and carefully watches B. ● As soon as B loses a game of Rock, Paper, Scissors and sits down, then A can jump up again and play. ● If the coach sees that there are too many kids sitting down he/she just yells, "Rock, Paper, Scissors" and everyone

	<p>jumps back up and starts running around again.</p> <p>Source</p> <p><i>Robots</i> (15 minutes)</p> <ul style="list-style-type: none"> ● ROBOTS→ ● Players are scattered throughout the gym and each is given a beanbag to balance on their head (their battery pack). ● One or two campers are chosen to be the mechanics. ● On the signal, players walk around like robots. ● 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). ● 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.
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<u>Day 1; Session 7 (2:30-3pm):</u> "Kickball gameplay & Parent Pick up"	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● Kickball ● 4 square bases and one home base if no field is easily accessible
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked out safely ● Play kickball
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> ● Kickball field (laid out like a baseball diamond) ● 2 teams. <ul style="list-style-type: none"> ○ Coaches split up players as equally as possible without being obvious about skill and size discrepancies of the campers
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check out the campers as their guardians arrive. ● Other coaches will maintain supervision of the kickball game. ● Director will communicate once all campers have departed.

JUMP START

SPORTS

Day 2

“Water Balloon Day & Tug of War”

<p><u>Day 2; Arrival (9-9:15am)</u>: 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"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 soccer balls ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check in the campers as they arrive. ● Other coaches will maintain supervision of unorganized play. ● Director will communicate once all campers have arrived.

<u>Day 2: Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> • “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” • <div style="text-align: center;"> <p>The diagram shows four classical columns representing the pillars of character. From left to right, they are labeled: PLAY HARD, PLAY SMART, PLAY TOGETHER, and PLAY TRUE. Below these columns 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> </div> <ul style="list-style-type: none"> •
Equipment needed	<ul style="list-style-type: none"> • Script (see below) • Clipboard for script
Learning goals/objectives	<ul style="list-style-type: none"> • “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
Areas of focus	<ul style="list-style-type: none"> • Campers will be introduced to the convocation and four pillars on Day 1. • These principles will then be reiterated in the following days of the camp.
Field/court layout	<ul style="list-style-type: none"> • Campers are lined up in rows. • Coaches will be at the front of the rows. • Coaches will be dispersed amongst the rows of campers.
Activity description	<ul style="list-style-type: none"> • Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. • The Foundation: Respect and Acceptance • The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True • Coaches will use the following speech at each convocation: • Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes”

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

Script	<p><i>“Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!</i></p> <p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we “lay the foundation” of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> <i>1) Water Balloons</i> <i>2) & Tug of War</i>
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Day 2; Session 1 (9:30-10:15am) (Warmup; Normal Dodgeball)

Equipment needed	<ul style="list-style-type: none"> • Cones • 10 Dodgeballs • Whistles
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Play dodgeball ethically and safely • Understand the rules of the games
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • The rules • Fair play
Field/court layout	<ul style="list-style-type: none"> • Cones down the middle of the court/field • 10 dodgeballs along the midline • Baseline where campers cannot leave from until whistle
Activity description	<p><i>Warmup (8 minutes)</i></p> <ul style="list-style-type: none"> • 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ 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) <p><i>Intro and throwing warmup (5 minutes)</i></p> <ul style="list-style-type: none"> • Director will go over safety and rules of the game • Campers can do partner throw in order to warm up their arms <p><i>Dodgeball (32 minutes)</i></p> <ul style="list-style-type: none"> • You get hit or someone catches your ball, you are out. • You come back in when someone on your team catches a ball. • Coaches can make the area smaller to make it more likely that someone gets hit
Video clips	<ul style="list-style-type: none"> • How To Play Dodgeball OFFICIAL RULES

<u>Day 2; Session 2 (10:15-11am)</u> (Fire Drill)	
Equipment needed	<ul style="list-style-type: none"> • 1 large garbage can (water source) per team

	<ul style="list-style-type: none"> ● 1 bucket per team ● 1 large bucket or container per team (for collecting water) ● Cones or markers to define the course ● Whistle ● Timer ● Towels for cleanup
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work in teams and coordinate ● Move quickly but efficiently ● Follow instructions ● Problem-solve
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety supervision ● Encouraging teamwork ● Monitoring fair play ● Time-keeping ● Enthusiasm and motivation
Field/court layout	<ul style="list-style-type: none"> ● Set up a straight line course for each team ● Place the "water source" (large garbage can) at one end ● Position the "campfire" (large bucket) at the other end ● Mark team lines with cones or tape
Activity description	<p><i>Warm-up (5 minutes)</i></p> <ul style="list-style-type: none"> ● Light Jogging . ● Arm Circles and Stretches ● Guide them through some dynamic stretches, such as reaching for the sky, toe touches, and side bends. <p><i>Practice Passing Motions (2 minutes)</i></p> <ul style="list-style-type: none"> ● Without water, demonstrate how to hold and pass the bucket. ● Allow campers to practice passing the empty bucket down their line to get comfortable with the motion. <p><i>Explain Rules and Demo (6 minutes)</i></p> <ul style="list-style-type: none"> ● Demonstrate the Full Process: ● Show how one person runs to the garbage can, fills the bucket with water, and returns to their team. ● Illustrate how to pass the bucket down the line without spilling. ● Explain Safety Rules: <ul style="list-style-type: none"> ○ Emphasize that campers should walk quickly but not run with water to prevent spills or accidents. ○ Remind them to be aware of their surroundings and not bump into others. ● Answer Questions: <p><i>Team Practice (5minutes)</i></p> <ul style="list-style-type: none"> ● Allow Teams to Practice Passing: <ul style="list-style-type: none"> ○ Give each team an empty bucket and have them practice passing it down their line without water.

	<ul style="list-style-type: none"> ● Coach Proper Technique: <ul style="list-style-type: none"> ○ Walk around and observe each team, providing tips on how to pass effectively. ○ Encourage teamwork by having them communicate during practice. <p><i>Main Activity (25 minutes)</i></p> <ul style="list-style-type: none"> ● Conduct Rounds of the Game: <ul style="list-style-type: none"> ○ Start the first round by having all teams ready at their starting lines with empty buckets. ● Round Structure: <ul style="list-style-type: none"> ○ Start (0 minutes): On your signal (whistle), the first player runs to fill their bucket from the garbage can. ○ Passing (1 minute): Once back, they pass it down their line. Emphasize careful passing to avoid spills. ○ If a player spills water, they must continue passing until they reach the end of the line before returning for more water. ○ Filling the Campfire Bucket: <ul style="list-style-type: none"> ■ The last person in line empties the water into a larger bucket designated as the "campfire." ■ After emptying, they run back with the empty bucket to fill it again at the garbage can. ● Time Management: <ul style="list-style-type: none"> ○ Use a timer for each round (5-7 minutes) and encourage teams to keep track of how much water they fill in that time. ● Encourage Team Spirit: <ul style="list-style-type: none"> ○ Cheer for teams as they compete, emphasizing fun and teamwork over competition. <p><i>Cool-down and Clean-up (5 minutes)</i></p> <ul style="list-style-type: none"> ● Light Stretching: ● Lead campers in gentle stretches focusing on arms, legs, and back to cool down after physical activity. ● Help Dry any spills <ul style="list-style-type: none"> ○ Assign campers with towels to help clean up any spills on the floor for safety. ● Discuss Teamwork Strategies: <ul style="list-style-type: none"> ○ Gather campers in a circle and ask them what strategies worked well for their teams. ○ Encourage sharing of ideas on how they could improve in future rounds or similar activities.
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Day 2; Lunch (11-11:30am)

Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place
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Day 2; Session 3 (11:30-12pm): (Tug of War)

Equipment needed	<ul style="list-style-type: none">● 40' rope with white electrical tape in the middle● Clipboard with group names and members● Pen
Learning goals/objectives	<i>Campers will be able to...</i> <ul style="list-style-type: none">● Understand the rules● Play fairly and honorably
Areas of focus	<i>Coaches will emphasize...</i> <ul style="list-style-type: none">● The rules● Fair play● Teamwork
Field/court layout	<ul style="list-style-type: none">● Normal basketball court or field
Activity description	<ul style="list-style-type: none">● The center of the rope should align with the center marked on the ground.● Director or coaches will act as the judge.● There are 3 different commands that the judge gives to the players.<ul style="list-style-type: none">○ The judge first announces "Pick up the rope",○ Then they say "Take the string",○ Finally they tell the players to "Pull".○ Once the pull command is said out the teams start pulling the rope.<ul style="list-style-type: none">■ If a member of the team falls down that member is given a caution.■ Each team is allowed two cautions before getting disqualified.● As soon as the referee blows the whistle, each team can start pulling the rope into their territory.● The objective of the game is for each team to pull the rope along with the members of the opposition team to their side.● As soon as the second mark on the rope from the center red mark crosses over to the center line, the team that pulls the rope to their area wins the game.● Competition<ul style="list-style-type: none">○ Have multiple rounds○ Each group in each age bracket should compete against each other○ Alliances can be made to switch up teams

Video	<ul style="list-style-type: none"> • A Beginner's Guide to Tug-of-War

<u>Day 2; Session 4 (12-1pm):</u> (Water Balloon games)	
Equipment needed	<ul style="list-style-type: none"> • Bunch O Balloons - 420 Rapid-Fill Water Balloons • Water balloons (approximately 100) • Buckets (2-4) • Hula hoops or cones for marking areas • Chalk • Towels for drying off • Normal balloons if it is too cold
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Follow directions • Play with water balloons responsibly
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Following the rules • Safe gameplay
Field/court layout	<ul style="list-style-type: none"> • See below for each station
Activity description	<p>This can be adjusted for normal balloons if it is too cold to use water balloons.</p> <p><i>Water Balloon Relay Race</i> (15 minutes)</p> <ul style="list-style-type: none"> • Objective: Teams race to pop all their water balloons first. • Setup: <ul style="list-style-type: none"> ○ Divide campers into two or more teams. ○ Set up a start line and place buckets filled with water balloons at one end. ○ Each team has a designated chair at the opposite end. • Instructions: <ul style="list-style-type: none"> ○ Each player takes turns running to their chair, sitting on a water balloon to pop it, and then running back to tag the next player. ○ Once a balloon is popped, they must return to the starting point and tag the next teammate. ○ The first team to pop all their balloons wins. <p><i>Water Balloon Toss</i> (15 minutes)</p> <ul style="list-style-type: none"> • Objective: Work on coordination while having fun. • Setup: <ul style="list-style-type: none"> ○ Pair up players and have them stand about 5 feet apart.

	<ul style="list-style-type: none"> ○ Each pair gets one water balloon. ● Instructions: <ul style="list-style-type: none"> ○ Players toss the balloon back and forth, taking a step back after each successful catch. ○ If a balloon pops, that pair is out, but they can rejoin the game with a new balloon if time allows. ○ The last pair remaining with an unpoped balloon wins. <p><i>Water Balloon Target Splash (15 minutes)</i></p> <ul style="list-style-type: none"> ● Objective: Aim and throw accuracy. ● Setup: <ul style="list-style-type: none"> ○ Create targets using hula hoops or draw circles on the ground with chalk. ○ Place them at varying distances from the throwing line. ● Instructions: <ul style="list-style-type: none"> ○ Campers take turns throwing water balloons at the targets. ○ Assign points based on how many targets they hit (e.g., 3 points for hitting inside the hoop, 1 point for hitting outside). ○ After everyone has had their turn, tally up the points to declare a winner.
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<u>Day 2; Session 5 (1-2pm):</u> (Water Balloon games)	
Equipment needed	<ul style="list-style-type: none"> ● Bunch O Balloons - 420 Rapid-Fill Water Balloons ● Water balloons (approximately 100) ● Buckets (2-4) ● Hula hoops or cones for marking areas ● Chalk ● Towels for drying off ● Normal balloons if it is too cold
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Follow directions ● Play with water balloons responsibly
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Following the rules ● Safe gameplay
Field/court layout	<ul style="list-style-type: none"> ● See below for each station
Activity description	<p><i>Water Balloon Tag (20 minutes)</i></p> <ul style="list-style-type: none"> ● Similar to regular tag, but with water balloons

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

<u>Day 2; Session 6 (2-2:30pm):</u> (Dry off and change period)	
Equipment needed	<ul style="list-style-type: none"> ● Towels ● Dry clothes ● Safe and appropriate area for the campers to get changed
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Change safely ● Listen to rules ● Behave appropriately
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Where is acceptable to change ● Rules and protocol for changing after water events ● Monitor the areas appropriately where campers would potentially be misbehaving
Activity description	<ul style="list-style-type: none"> ● Campers will dry off and change in anticipation of parent

	pick up
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<u>Day 2; Session 7 (2:30-3pm):</u> “Knockout Basketball & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards ● Camp Rosters ● 20 youth basketballs ● 20 pinnies ● At least 6 lowered hoops
Learning goals/objectives	<i>Campers will be able to...</i> <ul style="list-style-type: none"> ● Be checked out safely ● Shoot ● Play respectfully and ethically
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> ● Multiple balls at the foul line in front of each lowered hoop
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check out the campers as their guardians arrive. ● Other coaches will maintain supervision of the knockout games ● Director will communicate once all campers have departed.
	<ul style="list-style-type: none"> ● How to play knockout



Day 3
 “Relay Races”

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

<u>Day 3; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> ● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” ● <div style="text-align: center;">  <p>PLAY HARD PLAY SMART PLAY TOGETHER PLAY TRUE</p> </div> <ul style="list-style-type: none"> ● <div style="text-align: center;">  <p>RESPECT ■ ACCEPTANCE</p> </div>
Equipment needed	<ul style="list-style-type: none"> ● Script (see below) ● Clipboard for script

<p>Learning goals/objectives</p>	<ul style="list-style-type: none"> ● “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.”
<p>Areas of focus</p>	<ul style="list-style-type: none"> ● Campers will be introduced to the convocation and four pillars on Day 1. ● These principles will then be reiterated in the following days of the camp.
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Campers are lined up in rows. ● Coaches will be at the front of the rows. ● Coaches will be dispersed amongst the rows of campers.
<p>Activity description</p>	<ul style="list-style-type: none"> ● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. ● The Foundation: Respect and Acceptance ● The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True ● Coaches will use the following speech at each convocation: ● Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes” ● Introductions: <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ 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 <ul style="list-style-type: none"> ■ 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

	<p>able to use this amazing building/school. We need to be sure we take care of it.</p> <ul style="list-style-type: none"> ■ 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. <ul style="list-style-type: none"> ● What does acceptance mean to you <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ Play Hard: always try your best to win or succeed ○ Play Smart: always pay attention and try to make the “right” play (use specific examples from sports they know or have seen recently. ○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don’t worry about who scores or makes the big play.) ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
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</i></p>

	<p><i>we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <p>1) Relay Races</p>
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<u>Day 3; Session 1 (9:30-10:15am)</u> (Rice Run to Smoke Relay)	
Equipment needed	<ul style="list-style-type: none"> ● Wooden spoons (one per team) ● Buckets of rice (one per team) ● Red collection cups (one per team) ● Parachute/bedsheet (one for each group) ● 20 dodgeballs ● Cones for marking start/finish lines ● Whistle ● Stopwatch or timer ● Measuring cups for rice ● Clipboard ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work together ● Follow instructions ● Have fun ● Abide by the JSS values
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Teamwork

	<ul style="list-style-type: none"> ● Fun ● Following instructions ● The JSS values
Field/court layout	<ul style="list-style-type: none"> ● Clear, open space with two parallel lanes for Rice Run ● Large open area for the parachute game ● Start lines marked with cones for both activities
Activity description	<p><i>Introduction</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Gather campers in a circle ● Explain the two games and their objectives ● Have groups assemble <p><i>Warm-up</i> (10 minutes)</p> <ul style="list-style-type: none"> ● Lead campers through light stretching exercises ● Play a quick game of "Red Light, Green Light" to practice starting and stopping <p>Rice Run Relay (20 minutes)</p> <ul style="list-style-type: none"> ● Instructions for campers: <ul style="list-style-type: none"> ○ Form a line behind the start cone ○ First player fills the wooden spoon with rice from the bucket ○ On the whistle, walk quickly (no running) to the red cup 15 feet away ○ Carefully pour rice into the red cup ○ Return to your team and hand the spoon to the next player ○ Continue until all team members have gone or time is called ● Scoring: <ul style="list-style-type: none"> ○ 5 points for the team that finishes first ○ 5 points for the team with the most rice in their red cup ● Variations: <ul style="list-style-type: none"> ○ Add obstacles to navigate around ○ Use different utensils (e.g., fork, chopsticks) for added challenge <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"> ● Instructions for campers: <ul style="list-style-type: none"> ○ All teams will gather around their parachute, holding the edges ○ Place 3-5 dodgeballs on the parachute ○ On the whistle, work together to bounce the balls off the parachute ○ Game ends when all balls are off the parachute ○ Repeat the game several times, trying to improve speed ● Variations:

	<ul style="list-style-type: none"> ○ Add more balls for increased difficulty ○ Designate certain campers who can't use their hands <p><i>Cool-down and Reflection (5 minutes)</i></p> <ul style="list-style-type: none"> ● Lead campers through gentle stretches ● Discuss teamwork strategies they used ● Highlight positive moments observed during the games
Video clips	<ul style="list-style-type: none"> ● Physical Education Games - Fitness Relays

<u>Day 3; Session 2 (10:15-11am)</u> (Sack Races)	
Equipment needed	<ul style="list-style-type: none"> ● 30 Sacks: burlap or large pillowcases work well ● 30 cones ● 2 Stopwatch ● Whistles ● Clipboard ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work together ● Follow instructions ● Have fun ● Abide by the JSS values
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Teamwork ● Fun ● Following instructions ● The JSS values
Field/court layout	<ul style="list-style-type: none"> ● 4-6 lines with cones at the front ● Burlap sacks at each cone ● Cones across from the front of each line, with 10-15 feet in between them
Activity description	<p><i>Warmup (5 minutes)</i></p> <ul style="list-style-type: none"> ● 5 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges ○ Frankenstein kick ○ Open the gate (Lift leg up and bring to the side of the body before placing down)

	<ul style="list-style-type: none"> ○ Close the gate (light leg up at side and then bring to the front of body before placing down) <p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> ● Explain the rules of the sack race. ● Divide participants into teams of 4-5 campers ● Distribute one sack per participant, or have them retrieve from behind the cones ● Instruct teams to line up behind the starting line. <p><i>Relay Races (20 minutes)</i></p> <ul style="list-style-type: none"> ● Format: <ul style="list-style-type: none"> ○ Each team will compete in relay format. ○ 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. ● Rounds: <ul style="list-style-type: none"> ○ Round 1: All teams race simultaneously. ○ Round 2: Winners from Round 1 face off in a final race. ○ Round 3: Participants must hop backward or use one leg! ○ Round 4: 3 legged race. 2 campers put one leg each in a sack and have to hop together.
Video clips	<ul style="list-style-type: none"> ● Potato Sack Race - OFFICE GAMES

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

<u>Day 3; Session 3 (11:30-12pm):</u> (“Pin Knockover” fun gameplay)	
Equipment needed	<ul style="list-style-type: none"> ● 20 pins ● 10 dodgeballs ● Tape
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Play pin knock over according to the rules and with good spirit

Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • The skills of cricket bowling while playing this game
Field/court layout	<ul style="list-style-type: none"> • Gym will be separated in half by cones • 10 pins will be arranged in the end of each half • Tape a line in front of the pins so that players cannot “guard” their pins
Activity description	<p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> • Director will explain that cricket is also one of the most popular sports in the world. • Emphasize the JSS principles. <p><i>Pin Knock Over (25 minutes)</i></p> <ul style="list-style-type: none"> • Two teams match-up on each side of the gym • Be the first team to knock over all of the opposing teams pins • Create a line/space in front of pins so players can’t “puppy guard” the pins • Use dodgeballs to try to knock over the other teams pins • Players need to stay on their side, behind the cones in the middle of the gym
Video clips	<ul style="list-style-type: none"> • Crazy 10 pin knockdown game Phys ed games

<u>Day 3; Session 4 (12-1pm):</u> (Lava Walk Relay)	
Equipment needed	<ul style="list-style-type: none"> • Newspapers or large sheets of construction paper • 20 hula hoops • 20 Cones • Whistle • Measuring tape • Stopwatch • Clipboard • Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Work together • Follow instructions • Have fun • Abide by the JSS values
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> • Teamwork • Fun • Following instructions

	<ul style="list-style-type: none"> ● The JSS values
Field/court layout	<ul style="list-style-type: none"> ● Two parallel lanes approximately 20-25 feet long ● Lanes marked with cones at start and finish ● Hoop Alley lane set up with 8 hula hoops in a straight line ● Newspaper Relay lane clear and flat
Activity description	<p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> ● Gather campers in a circle ● Explain the two games and their objectives ● Demonstrate proper technique for each activity ● Divide campers into their groups <p><i>Warm-up (10 minutes)</i></p> <ul style="list-style-type: none"> ● Dynamic stretching ● "Follow the Leader" movement game ● Practice balance and coordination exercises <p><i>Newspaper Relay (20 minutes)</i></p> <ul style="list-style-type: none"> ● Instructions for Campers: <ul style="list-style-type: none"> ○ Receive three pieces of newspaper/construction paper ○ Start at beginning of lane ○ Place first paper down and step on it ○ Place second paper in front of first paper, then pick up the first paper ○ Step onto second paper ○ Continue moving forward, always placing paper before stepping, and picking up the previous paper when stepping off it ○ If paper tears, use a new sheet ● Goal is to reach finish line using only papers as walking surface ● Scoring: <ul style="list-style-type: none"> ○ First team to complete relay wins ○ Points for most creative/careful paper placement ○ Bonus points for least number of paper tears ● Variations: <ul style="list-style-type: none"> ○ Increase difficulty by narrowing lane ○ Add small obstacles to navigate around ○ Use different paper types <p><i>Hoop Alley (20 minutes)</i></p> <ul style="list-style-type: none"> ● Instructions for Campers: <ul style="list-style-type: none"> ○ Line up at start of hoop lane ○ Step into first hoop ○ Lift hoop over head ○ Drop hoop behind you ○ Step into next hoop ○ Repeat until reaching finish line ○ Work as a team to complete relay quickly ● Technique Tips: <ul style="list-style-type: none"> ○ Keep body centered in hoop

	<ul style="list-style-type: none"> ○ Lift smoothly over head ○ Place hoop carefully behind you ○ Maintain steady, controlled movement ● Variations: <ul style="list-style-type: none"> ○ Race against another team ○ Add small challenges within hoop (e.g., hop on one foot) ○ Reverse direction coming back <p><i>Cool-down and Reflection (5 minutes)</i></p> <ul style="list-style-type: none"> ● Gentle stretching ● Team discussion about teamwork ● Share favorite moments from activities <p>Director should be recording the group's times and allocating points accordingly.</p>
Video clips	<ul style="list-style-type: none"> ● Physical Education Games - Fitness Relays

<u>Day 3; Session 5 (1-2pm):</u> (“Olympic” Relay Races)	
Equipment needed	<ul style="list-style-type: none"> ● Cones ● Batons (or campers can just tag each other) ● Clipboard ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Wait until it is their turn to run ● Play fairly and safely ● Run in a fun but competitive manner
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The rules ● Values of JSS and the Olympics ● Proper running technique <ul style="list-style-type: none"> ○ Technique and Form <ul style="list-style-type: none"> ■ Posture: Encourage campers to maintain a straight, relaxed upper body with the head up and shoulders relaxed. ■ Arm Movement: Teach proper arm swing technique, emphasizing a 90-degree elbow bend and opposition to leg movement ■ Leg Movement: Focus on coordinated leg action, appropriate knee lift, and efficient stride length. ○ Foot Strike <ul style="list-style-type: none"> ■ Contact Time: Teach campers to minimize ground contact time for improved speed

	<ul style="list-style-type: none"> and efficiency <ul style="list-style-type: none"> ■ Foot Placement: Emphasize midfoot or forefoot striking to reduce impact forces on joints.
Field/court layout	<ul style="list-style-type: none"> ● Cones should be placed 20 yards away from each other for the shorter back and forth relay race
Activity description	<ul style="list-style-type: none"> ● Director will announce each group as the players assume their positions on the track. ● Each group 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) <p><i>Warmup (10 minutes)- (If not already warmed up adequately from the previous session)</i></p> <ul style="list-style-type: none"> ● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ 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) <p>Coaches should record each camper's time in the appropriate column.</p> <p><i>Initial Relays (20 minutes)</i></p> <ul style="list-style-type: none"> ● Short relay Sprints – 100 meters (¼ of a lap) <ul style="list-style-type: none"> ○ 4 sprinters will be placed around the track so they can tag the next person in line ○ Run until a group completes one full lap first ○ Age groups <ul style="list-style-type: none"> ■ 9 yo and older (Seniors): ■ 8 yo and younger (Juniors) ● Give time to rest and drink water after each relay. <p><i>Medal Round (20 minutes)</i></p> <ul style="list-style-type: none"> ● Depending on the number of campers, the winner of each race can advance to the “final” if there are enough campers in similar ages.

	<ul style="list-style-type: none"> ○ 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 (¼ of a lap) <ul style="list-style-type: none"> ○ 4 sprinters will be placed around the track so they can tag the next person in line ○ Run until a group completes one full lap first ○ Age groups <ul style="list-style-type: none"> ■ 9 yo and older (Seniors): ■ 8 yo and younger (Juniors) ● Give time to rest and drink water throughout the event.
Video clips	<ul style="list-style-type: none"> ● Men's 4x100m Final Paris Champions

<u>Day 3; Session 6 (2-2:30pm):</u> (Coconut Carry & Escape)	
Equipment needed	<ul style="list-style-type: none"> ● 10 dodgeballs ● 40 Cones ● Rope or fabric strips ● Whistle ● Stopwatch or timer ● Clipboard ● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Work together ● Follow instructions ● Have fun ● Abide by the JSS values
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Teamwork ● Fun ● Following instructions ● The JSS values
Field/court layout	<ul style="list-style-type: none"> ● Open gym ● Cones at each end of the gym
Activity description	<p><i>DYNAMIC WARMUP (Campers might be warmed up from previous session)</i></p> <ul style="list-style-type: none"> ● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ High knees ○ Butt kicks ○ Side shuffle ○ Lunges

	<ul style="list-style-type: none"> ○ 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) <p><i>Coconut Carry Relay (15 minutes)</i></p> <ul style="list-style-type: none"> ● Instructions for campers: <ul style="list-style-type: none"> ○ Form two lines within your team ○ First pair holds the "coconut" between their foreheads ○ On the whistle, carry the ball to the turnaround point and back without using hands ○ Pass the "coconut" to the next pair ○ If the ball drops, pick it up and continue from that point ○ Cheer on your teammates ● Variations: <ul style="list-style-type: none"> ○ Increase difficulty by adding obstacles to navigate around ○ Try carrying the "coconut" between shoulders or hips <p><i>Escape Relay (15 minutes)</i></p> <ul style="list-style-type: none"> ● Instructions for campers: <ul style="list-style-type: none"> ○ Form groups of five within your team (this might be the size of the group) ○ Stand in a line, side by side ○ Coaches should help the campers tie their legs together (right leg to left leg of the person next to you) ○ On the whistle, move as a unit to the turnaround point and back ○ Pass the ropes to the next group of five ○ If you fall, help each other up and continue ● Variations: <ul style="list-style-type: none"> ○ Add a simple task to complete at the turnaround point (e.g., high-five a counselor) ○ Try moving sideways or backwards <p>Director should record the winning group for each game.</p>
Video clips	<ul style="list-style-type: none"> ● Physical Education Games - Fitness Relays

Day 3; Session 7 (2:30-3pm): "Foursquare & Parent Pick up"

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

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


JUMP START
 SPORTS

Day 4
 "Obstacle courses"

<p><u>Day 4; Arrival (9-9:15am):</u> 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"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 soccer balls ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs

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

<u>Day 4; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> ● “The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter.” ● <div style="text-align: center;"> <p>The diagram shows four classical columns representing the pillars of character: PLAY HARD, PLAY SMART, PLAY TOGETHER, and PLAY TRUE. Below these columns 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"> ●
Equipment needed	<ul style="list-style-type: none"> ● Script (see below) ● Clipboard for script
Learning goals/objectives	<ul style="list-style-type: none"> ● “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”
Areas of focus	<ul style="list-style-type: none"> ● Campers will be introduced to the convocation and four pillars on Day 1. ● These principles will then be reiterated in the following days of the camp.

<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Campers are lined up in rows. ● Coaches will be at the front of the rows. ● Coaches will be dispersed amongst the rows of campers.
<p>Activity description</p>	<ul style="list-style-type: none"> ● Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars. ● The Foundation: Respect and Acceptance ● The Four Pillars <ul style="list-style-type: none"> ○ Physical: Play Hard ○ Mental: Play Smart ○ Social: Play Together ○ Emotional: Play True ● Coaches will use the following speech at each convocation: ● Welcome: <ul style="list-style-type: none"> ○ High energy greeting of all the kids ○ Use positive reinforcement to get all of the kids to settle down: (i.e. "I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes" ● Introductions: <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ 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 <ul style="list-style-type: none"> ■ 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 <ul style="list-style-type: none"> ○ 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.

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

	<p><i>in the classroom.”</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <p>1) Obstacle courses</p>
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<u>Day 4; Session 1 (9:30-10:15am)</u> (Playground obstacle course)	
Equipment needed	<ul style="list-style-type: none"> ● Playground ● Clipboard with group and campers names ● Pen ● White tape
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Listen to ● Play fairly and enthusiastically ● Work as a team ● Cheer for the teammates ● Navigate the playground
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Listening to instructions ● Teamwork ● Fair Play ● JSS values
Field/court layout	<ul style="list-style-type: none"> ● Use tape to make arrows for the playground obstacle route.
Activity description	<ul style="list-style-type: none"> ● Time each group going through all of the different parts of the playground (slide, ladder, bridge, on the swing, across the monkey bar, etc)

Day 4; Session 2 (10:15-11am) (Secret Agent Obstacle Course)

Equipment needed	<ul style="list-style-type: none">● Chalk● Cones● Balance Beam or 2x4s● Beanbags● Hula Hoops or buckets● Soft gymnastics mats● Cardboard boxes● Agility ladders● Clipboard● Pen● Stopwatches
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none">● Listen to their coaches● Play fairly and enthusiastically● Work as a team● Cheer for the teammates
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none">● Listening to instructions● Teamwork● Fair Play● JSS values
Field/court layout	<ul style="list-style-type: none">● Design a course in an open outdoor area or large indoor space, approximately 30x50 feet.● Divide the course into six distinct mission zones:
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">● Create a chalk-drawn spy path with various movement instructions● Kids must follow the path exactly:<ul style="list-style-type: none">○ Hop on one foot○ Crab walk○ Tip-toe○ Giant steps○ Backward walking <p><i>Laser Maze</i></p> <ul style="list-style-type: none">● Use pool noodles and rope to create a "laser" obstacle● Kids must crawl, duck, and weave through the maze without touching the "lasers"● Add complexity by varying noodle heights

	<p><i>Balance Beam Challenge</i></p> <ul style="list-style-type: none"> ● Use wooden beams or scrap lumber to create balance challenges ● Place soft mats on sides for safety ● Agents must cross without falling ● Include variations like: <ul style="list-style-type: none"> ○ Walking forward ○ Walking backward ○ Carrying a small bean bag <p><i>Tunnel Infiltration</i></p> <ul style="list-style-type: none"> ● Set up cardboard boxes or fabric tunnels ● Agents must crawl through different tunnel configurations ● Add a "retrieve the secret document" challenge by placing a small object at the end of the tunnel <p><i>Agility Ladder</i></p> <ul style="list-style-type: none"> ● Create a ground ladder using chalk or rope ● Agents perform quick footwork: ● Side-to-side jumps ● Single-leg hops ● Zigzag movements <p><i>Final Mission: Target Practice</i></p> <ul style="list-style-type: none"> ● Set up bean bag throwing station ● Agents throw bean bags at targets (hula hoops or buckets) ● Award points for accuracy (time taken off the whole event)
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<u>Day 4; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 4; Session 3 (11:30-12pm):</u> (Cooperative Wall Ball)	
Equipment needed	<ul style="list-style-type: none"> ● Dodgeball ● Exercise Ball ● Clipboard ● Pen
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Listen to their coaches ● Play fairly and enthusiastically ● Work as a team ● Cheer for the teammates

Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Listening to instructions ● Teamwork ● Fair Play ● JSS values
Field/court layout	<ul style="list-style-type: none"> ● Walls for groups to start up against and move around the gym.
Activity description	<p>Each group will start on one wall (or multiple groups 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"> ● 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"> ○ 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. ○ Then they run to the end of the line. ○ Line moves around the room. <p><i>Version 2:</i></p> <ul style="list-style-type: none"> ● The second version is a medium difficulty version. It's the wall-sit version. <ul style="list-style-type: none"> ○ Players will do the wall sit. ○ They're all doing the wall-sit. They will pass that ball down. ○ They will become the new leader once they've passed it. ○ Then they run to the end of the line. ○ Line moves around the room. <p><i>Version 3: (*HARDEST*)</i></p> <ul style="list-style-type: none"> ● 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"> ○ Campers will lay on their back and put their feet up against the wall. You will introduce an exercise ball. ○ They will pass the ball down, jump up and run, and then get back down on their back when they get to the front of the line. <p>Director and coaches should record the winning group.</p>
Video clips	<ul style="list-style-type: none"> ● Cooperative Wall Ball

Day 4; Session 4 (12-1pm): (Bean Bag Memory Game)

Equipment needed	<ul style="list-style-type: none">● 16 colored beanbags (4 of each color: red, purple, yellow, green)● 16 frisbees (to cover the beanbags)● Cones or markers to define team lines and boundaries● Whistle● Timer● Clipboard● Pens
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none">● Listen to their coaches● Play fairly and enthusiastically● Work as a team● Cheer for the teammates● Utilize memory and recall● Use both speed and agility
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none">● Listening to instructions● Teamwork● Fair Play● JSS values
Field/court layout	<ul style="list-style-type: none">● Divide the gym into two sections:<ul style="list-style-type: none">○ Team Lines: Mark areas for each of the four teams to line up relay-style.○ Beanbag Area: Set up a central area where the frisbees and beanbags will be placed. Ensure this area is clearly marked and accessible.
Activity description	<p><i>Explain Rules and Setup</i> (10 minutes)</p> <ul style="list-style-type: none">● Team Formation:<ul style="list-style-type: none">○ Divide campers into their groups○ Alliances can be made if need be● Have each team line up relay-style behind their designated starting line.● Beanbag Setup:<ul style="list-style-type: none">○ Place the same number of colored beanbags (4 of each color) in the center area.○ Cover each beanbag with a frisbee, ensuring that teams do not see where their colored beanbags are hidden.

	<ul style="list-style-type: none"> ○ You can either have them close their eyes or set up the game beforehand. ● Game Objective: <ul style="list-style-type: none"> ○ Explain that the goal is for each team to find and bring back all of their colored beanbags as quickly as possible. <p><i>Game Play (45 minutes)</i></p> <ul style="list-style-type: none"> ● Round Structure: ● On Coaches signal (whistle), the first player from each team runs to the central area. ● Searching Under Frisbees: <ul style="list-style-type: none"> ○ Players lift a frisbee to check for their team's colored beanbag. ○ If they find their color, they pick it up and run back to their team. ○ If they do not find their color, they return empty-handed. ● Team Rotation: <ul style="list-style-type: none"> ○ Once a player returns, the next player in line goes until one team has collected all four of their colored beanbags. ● Winning Team: <ul style="list-style-type: none"> ○ The first team to collect all their colored beanbags wins the round. Celebrate their victory! ● Switch up alliances <p><i>Variations</i></p> <ul style="list-style-type: none"> ● You can add obstacles ● make the players do it blindfolded with their teammates instructing ● or have to walk backwards and search with just their hands while their teammates give instructions
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Day 4; Session 5 (1-2pm): (Jungle Explorer Obstacle Course)	
Equipment needed	<ul style="list-style-type: none"> ● Chalk ● Cones ● Balance Beam or 2x4s ● Beanbags ● Hula Hoops or buckets ● Soft gymnastics mats ● Cardboard boxes ● Plastic Cups ● Buckets for Water ● Water ● Towels to clean up spilled water ● Agility ladders ● Clipboard

	<ul style="list-style-type: none"> ● Pen ● Stopwatches
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Listen to their coaches ● Play fairly and enthusiastically ● Work as a team ● Cheer for the teammates
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Listening to instructions ● Teamwork ● Fair Play ● JSS values
Field/court layout	<ul style="list-style-type: none"> ● Outdoor field or large gymnasium, approximately 40x60 feet. ● Design course with wilderness/adventure theme.
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"> ● Create "quicksand" zone using large tarp with scattered rubber stepping stones ● Rules: ● Must cross without touching ground ● Only step on designated stones ● If they fall, start over ● Encourage strategic planning <p><i>Jungle Vine Swing</i></p> <ul style="list-style-type: none"> ● Hang ropes at varying heights ● Agents swing from "vine" to "vine" ● Place soft mats underneath ● Challenge includes: <ul style="list-style-type: none"> ○ Swinging without touching ground ○ Maintaining balance ○ Controlled landings <p><i>River Crossing Challenge</i></p> <ul style="list-style-type: none"> ● Pretend that the ground is water filled with crocodiles. ● Create "floating platforms" using wooden planks or 2x4s. ● Agents must cross without falling in ● Add complexity with: <ul style="list-style-type: none"> ○ Wobbly platforms ○ Narrow crossing points ○ Carrying small object <p><i>Predator Dodge Zone</i></p>

	<ul style="list-style-type: none"> ● Set up foam noodle "obstacles" ● Counselors gently toss soft balls ● Agents must dodge "predator" balls ● Scoring based on: <ul style="list-style-type: none"> ○ Successful dodges ○ Agility ○ Creative movement <p><i>Treasure Map Navigation</i></p> <ul style="list-style-type: none"> ● Create ground maze using cones and chalk ● Agents follow complex path ● Include: <ul style="list-style-type: none"> ○ Direction changes ○ Problem-solving elements ○ Hidden "treasure" markers <p><i>Final Survival Challenge</i></p> <ul style="list-style-type: none"> ● Water bucket relay ● Teams transfer water using small cups ● Fill target bucket ● Any spilled water is an addition of time
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<u>Day 4; Session 6 (2-2:30pm):</u> ("Army, Navy, Marines" Fun gameplay)	
Equipment needed	<ul style="list-style-type: none"> ● Clipboard with group names and members ● Pen
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand the rules ● Play fairly and honorably
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The rules ● Fair play
Field/court layout	<ul style="list-style-type: none"> ● Normal basketball court or field
Activity description	<ul style="list-style-type: none"> ● Setup <ul style="list-style-type: none"> ○ Army = one baseline. Navy=Half court line. Marines = other baseline. ● The coach yells out a Military branch and the kids have to run to that line. ● The last one to the line is out. ● 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. ● The coach can say "hit the deck". <ul style="list-style-type: none"> ○ When the coach says this, all the players fall down

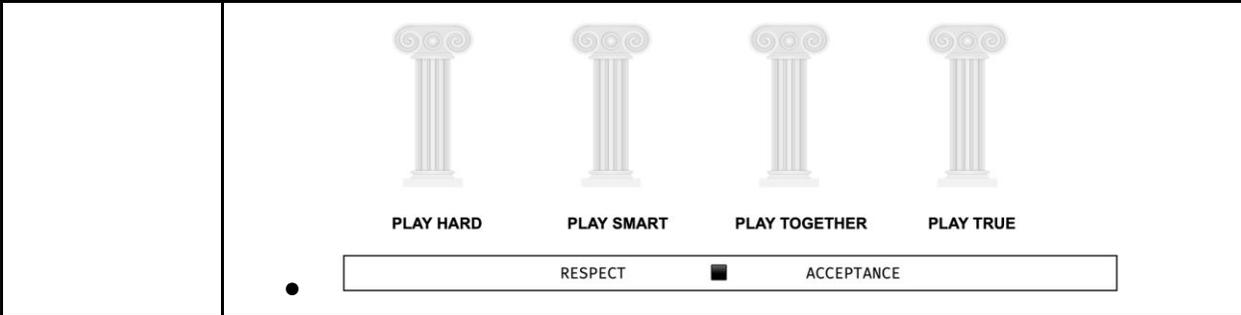
	<p>on their bellies.</p> <ul style="list-style-type: none"> • They can not get up until the coach says “all clear”. If they are on the floor and the coach says “Army” and a child gets up, he is out. • Record the winner of each round and give that group points
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<u>Day 4; Session 7 (2:30-3pm):</u> “Handball & Parent Pick up”	
Equipment needed	<ul style="list-style-type: none"> • Clipboards • Camp Rosters • 3 handballs (smaller nerf type balls) • 4 mini soccer nets
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> • Be checked out safely • Play handball until they are picked up
Areas of focus	<ul style="list-style-type: none"> • Professional demeanor • Courteous manner • Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> • 2 smaller handball courts with 2 mini soccer nets set up across the court.
Activity description	<ul style="list-style-type: none"> • Director and coaches will check out the campers as their guardians arrive. • Other coaches will maintain supervision of the handball games. <ul style="list-style-type: none"> ○ Players can only take two steps before they have to pass the ball to their teammate. ○ It is a turnover if the ball is dropped on a pass. • Director will communicate once all campers have departed.

Day 5
 "Jump Start Sports T Shirt Day"
 "Ultimate Race & Tournament Day"

<u>Day 5; Arrival (9-9:15am)</u> : 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"> ● Clipboards ● Camp Rosters ● Camp agenda, with ending time to communicate with parents if needed ● Balls and nets <ul style="list-style-type: none"> ○ 3 soccer balls ○ 3 mini soccer nets ○ 3 basketballs ○ Basketball hoops ○ 3 footballs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Be checked in ● Conduct unorganized play as all other campers arrive
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have arrived already
Field/court layout	<ul style="list-style-type: none"> ● Balls and nets available for unorganized play
Activity description	<ul style="list-style-type: none"> ● Director and coaches will check in the campers as they arrive. ● Other coaches will maintain supervision of unorganized play. ● Director will communicate once all campers have arrived.

<u>Day 5; Daily Convocation (9:15-9:30am)</u>	
Daily Convocation	<ul style="list-style-type: none"> ● "The Convocation is presented in the morning on the first day of camp, then repeated every morning thereafter." ●



Equipment needed

- Script (see below)
- Clipboard for script

Learning goals/objectives

- “The purpose of the Convocation is to energize and organize the campers and to get the day started on the right foot. Each day, you will want to reiterate the “Foundation and Four Pillars of Character”. This will help children learn these values and set expectations for behavior throughout the week.”

Areas of focus

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

Field/court layout

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

Activity description

- Reiterate the Foundation of Respect and Acceptance every day; Then repeat discussion of Four Pillars.
- The Foundation: Respect and Acceptance
- The Four Pillars
 - Physical: Play Hard
 - Mental: Play Smart
 - Social: Play Together
 - Emotional: Play True
- Coaches will use the following speech at each convocation:
- Welcome:
 - High energy greeting of all the kids
 - Use positive reinforcement to get all of the kids to settle down: (i.e. “I see that Johnny is listening to me... good job Johnny. Suzy is listening. Good job Suzy. Remember... listen with your eyes AND your ears. When someone is talking to you, always look at them with your eyes”
- Introductions:
 - Have each coach introduce themselves
 - Name, favorite sport, favorite team
- Respect and Acceptance - the Foundation of Character. Once you have taught this to the kids, let them help learn and teach to others

	<p>by answering your questions about these concepts.</p> <ul style="list-style-type: none"> ○ What does RESPECT mean to you? Ask kids to raise their hands to answer <ul style="list-style-type: none"> ■ 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 <ul style="list-style-type: none"> ■ 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 <ul style="list-style-type: none"> ○ 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. <ul style="list-style-type: none"> ○ Play Hard: always try your best to win or succeed ○ Play Smart: always pay attention and try to make the "right" play (use specific examples from sports they know or have seen recently. ○ Play Together: Be a good teammate: What are good examples of good teamwork (pass to your teammates, congratulate them when they make a good play. Don't worry about who scores or makes the big play.) ○ Play True: do what you know in your heart is the right thing. Follow the rules. Be a good sport ● Win with Grace, Lose with Dignity ● Throughout the discussion, give examples of good behavior that demonstrated good character from the day before.
Script	<p><i>"Good morning, campers! Wow, I see all of your smiling faces ready for another exciting day ahead! Let's start by giving a big round of applause for everyone being here and ready to learn and play together! Johnny, great job focusing, and Suzy, fantastic listening skills!"</i></p>

	<p><i>Now, let's get to know each other a bit better. I'll kick things off. I'm Coach Alex, and my favorite sport is basketball. I'm a huge fan of the Cleveland Cavaliers! Next up, let's hear from each of our coaches. Remember, share your name, favorite sport, and your favorite team!</i></p> <p><i>Character:</i></p> <p><i>One of the values we want you all to learn this summer is what makes good character. We look at building character the way you build a house. It starts with what we call the Foundation of Character: Respect and Acceptance . What does respect mean to you? Raise your hand if you'd like to share. Great answers, everyone! Being kind, not bullying others, treating others as you'd like to be treated, and don't forget to respect yourself. And who should we all be respectful of? That's right, our fellow campers, our amazing staff, our facility, and most importantly, ourselves.</i></p> <p><i>Now, let's talk about Acceptance. What does acceptance mean to you? Let's hear your thoughts.</i></p> <p><i>Excellent responses! Acceptance is about respecting ALL PEOPLE, even if they're different from us. We're all unique, and that's something to celebrate! Once we "lay the foundation" of character, we want to build the house. We start with what we call the Four Pillars of Character. As we move through the week, we'll focus on four important pillars: Play Hard, Play Smart, Play Together, and Play True. Today, we're highlighting "Play Hard." Remember, always give your best effort to succeed, whether you're on the field, court, or in the classroom."</i></p> <p>-----</p> <p><i>Get ready for another fun-filled day of learning, teamwork, and growth! We've got exciting activities planned, so let's make today awesome together! Now, let's break into our groups and kick off another fantastic day at camp!</i></p> <p><i>Today we will be doing....</i></p> <ol style="list-style-type: none"> 1) X circle Fitness 2) & Ultimate Race
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<u>Day 5; Session 1 (9:30-10:15am)</u> (X-circuit Fitness)	
Equipment needed	<ul style="list-style-type: none"> ● Agility/fitness ladders ● Poly spots ● Cones for marking stations ● Whistle ● Timer ● Music player (optional)

<p>Learning goals/objectives</p>	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Maintain proper exercise form ● Develop cardiovascular endurance ● Develop muscular strength and endurance ● Follow directions ● Pace themselves ● Work as a team ● Encourage their teammates and competitors
<p>Areas of focus</p>	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Safety monitoring ● Demonstrating correct exercise techniques ● Encouraging proper form over speed¹ ● Managing time and rotations ● Providing motivation and support
<p>Field/court layout</p>	<ul style="list-style-type: none"> ● Set up an "X" shape using agility ladders and poly spots¹ ● Place exercise station markers at key points along the "X" ● Ensure ample space between participants
<p>Activity description</p>	<p><i>Warmup</i> (8 minutes)</p> <ul style="list-style-type: none"> ● 8 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ 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) <p><i>Brief explanation</i> of circuit concept (8 minutes):</p> <ul style="list-style-type: none"> ● Exercise Demo and Setup ● Demonstrate six chosen exercises ● Explain circuit flow and rules ● Position campers around the "X" <p><i>Main Activity</i> (25 minutes):</p> <ul style="list-style-type: none"> ● Conduct 2-3 rounds of the X-Circuit <ul style="list-style-type: none"> ○ Push-ups ○ Squats ○ Plank hold ○ Jumping jacks ○ Lunges ○ Mountain climbers ● Each round: 2 minutes of exercise, 30 seconds rest ● Rotate starting positions between rounds <p><i>Cool-down and Reflection</i> (5 minutes):</p> <ul style="list-style-type: none"> ● Light stretching

	<ul style="list-style-type: none"> ● Group discussion on favorite exercises and challenges <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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<u>Day 5; Session 2 (10:15-11am)</u> (Capture the Flag)	
Equipment needed	<ul style="list-style-type: none"> ● 2 “flags” ● Cones to separate the field ● 20 pinnies ● Whistles
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Understand the rules of capture the flag ● Play fairly and ethically ● Know why groups would make alliances with each other
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● The rules ● Fair play
Field/court layout	<ul style="list-style-type: none"> ● The field will be cut in half by cones <ul style="list-style-type: none"> ○ Each half will have a 10’x10’ “jail” which is designated by cones. ● Campers will be split up into groups by size and skill ● Give one team pinnies
Activity description	<p><i>INSTRUCTIONS and SETUP</i> (10 minutes)</p> <ul style="list-style-type: none"> ● The Director will break the group up into 2 different teams of equal size and ability as much as possible <ul style="list-style-type: none"> ○ Make alliances between the groups ● Tell the campers the rules of the game <p><i>FIRST GAME PLAY</i> (20 minutes)</p> <ul style="list-style-type: none"> ● 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” <ul style="list-style-type: none"> ○ “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

	<ul style="list-style-type: none"> ● Replay as many times as possible in 20 minutes ● Team with the most flag retrievals in 20 minutes wins. <p><i>Water Break</i> (5 minutes)</p> <ul style="list-style-type: none"> ● Coaches can decide whether they need to switch up teams <p>SECOND GAME PLAY (20 minutes)</p> <ul style="list-style-type: none"> ● 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" <ul style="list-style-type: none"> ○ "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. <p><i>Stretch</i> (5 minutes)</p>
Video clips	<ul style="list-style-type: none"> ● How to play capture the flag

<u>Day 5; Lunch (11-11:30am)</u>	
Activity description	<ul style="list-style-type: none"> ● Director and coaches should eat with the campers ● Monitor to ensure that no one is left out ● Monitor to ensure that no bullying is taking place

<u>Day 5; Session 3 (11:30-12pm):</u> (Snakes)	
Equipment needed	<ul style="list-style-type: none"> ● Dodgeballs ● Cones ● Beanbags ● Kickball Mats ● Bag for collection ● Clipboard ● Pen
Learning goals/objectives	<i>Campers will be able to...</i>

	<ul style="list-style-type: none"> ● Listen to their coaches ● Play fairly and enthusiastically ● Work as a team ● Cheer for the teammates
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Listening to instructions ● Teamwork ● Fair Play ● JSS values
Field/court layout	<ul style="list-style-type: none"> ● Spread all of the dodgeballs, cones, and kickball mats around the gym floor ● Have cones at the baselines where the groups have to start from
Activity description	<p><i>Warmup (10 minutes)</i></p> <ul style="list-style-type: none"> ● 10 minute warmup with light jog and then dynamic warmup <ul style="list-style-type: none"> ○ 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) <p><i>Snakes (20 minutes)</i></p> <ul style="list-style-type: none"> ● Have groups form snakes (maybe 4 or 5 players per snake – each snake has a head, body, and tail), ● Give the last person in line (the tail) the collection bag. ● On the starting whistle, all the snakes will travel around trying to collect the objects from the floor. ● Only the HEAD (front person) of the snake is allowed to pick up the objects. <ul style="list-style-type: none"> ○ 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. ● Play this game for a specified time limit, or until all objects have been collected. ● Create different sizes of snakes. <ul style="list-style-type: none"> ○ As usual, think of ways to modify or spice up this game to suit the needs of your players.
Video clips	<ul style="list-style-type: none"> ● P.E. Games - Snakes

Day 5; Session 4 (12-1pm): (Longball fun gameplay)

Equipment needed	<ul style="list-style-type: none">● Kickball● 2 square bases● 20 cones
Learning goals/objectives	<i>Campers will be able to...</i> <ul style="list-style-type: none">● Pitch● Run● Kick● Know the rules● Play honestly and honorably
Areas of focus	<i>Coaches will emphasize...</i> <ul style="list-style-type: none">● Fair play● The rules
Field/court layout	<ul style="list-style-type: none">● There are two bases<ul style="list-style-type: none">○ Square out of cones or designated spot on the field/court
Activity description	<p><i>Warmup (8 minutes)</i></p> <ul style="list-style-type: none">● 8 minute warmup with light jog and then dynamic warmup<ul style="list-style-type: none">○ 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) <p><i>Intro and throwing warmup (5 minutes)</i></p> <ul style="list-style-type: none">● Director will go over safety and rules of the game● Campers can do partner throw in order to warm up their arms <p><i>Longball: (45 minutes)</i></p> <ul style="list-style-type: none">● Play for 45 minutes, or 9 innings, whichever comes first.● Pitching<ul style="list-style-type: none">○ 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.● Kicking<ul style="list-style-type: none">○ The kicker kicks the ball from behind home plate.○ When a player kicks, they attempt to get to the other base without getting tagged by the ball from

	<p>the fielding team.</p> <ul style="list-style-type: none"> ● Scoring <ul style="list-style-type: none"> ○ When the next kicker goes, the first player can choose to stay on the base or run back home to score a point. ○ If they score a point, they stay on home base and keep trying to earn points until they get out. ○ Once everyone from the kicking team has had a turn to kick then the inning is over. ● Outs <ul style="list-style-type: none"> ○ 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. ○ If a player gets out (either by being tagged from the ball or by the other team catching it, they go to the end of their kicking line and are no longer able to earn points for their team). ● Runners <ul style="list-style-type: none"> ○ 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.
Video clips	<ul style="list-style-type: none"> ● Mrs. Lane's Kickball Video

<u>Day 5: Session 5 (1-2pm):</u> (The Ultimate Race)	
Equipment needed	<ul style="list-style-type: none"> ● Batons (one per team) ● Various equipment for stations: ● Soccer balls and cones ● Hurdles ● Bean bags and buckets ● Jump ropes ● Hula hoops ● Frisbees ● Basketball and hoop ● Agility ladder ● Balance beam ● Stopwatch for each station ● Whistle ● Clipboard and pen for scorekeeping ● Station markers or signs
Learning goals/objectives	<p><i>Campers will be able to...</i></p> <ul style="list-style-type: none"> ● Listen to their coaches ● Play fairly and enthusiastically

	<ul style="list-style-type: none"> ● Work as a team ● Cheer for the teammates
Areas of focus	<p><i>Coaches will emphasize...</i></p> <ul style="list-style-type: none"> ● Listening to instructions ● Teamwork ● Fair Play ● JSS values
Field/court layout	<ul style="list-style-type: none"> ● Multiple stations set up around the camp or available space ● Mix of indoor and outdoor stations if possible ● Clear paths between stations for running ● Start/finish line clearly marked
Activity description	<p><i>Introduction (5 minutes)</i></p> <ul style="list-style-type: none"> ● Gather campers in a central area ● Explain the relay concept and rules ● Divide into groups <p><i>Station Tour and Team Planning (10 minutes)</i></p> <ul style="list-style-type: none"> ● Walk teams through all stations ● Demonstrate each task ● Allow teams to strategize and assign members to stations <p><i>Relay Race (45 minutes)</i></p> <ul style="list-style-type: none"> ● Instructions for Campers: ● Go to your assigned station ● Wait for the baton from your teammate ● Complete your station task quickly and accurately ● Pass the baton to the next teammate ● Cheer on your team from your station <p><i>Sample Stations:</i></p> <ul style="list-style-type: none"> ● Dribble soccer ball through cones ● 15 jumping jacks ● Jump over 6 hurdles ● Toss bean bag into bucket (3 successful tosses) ● Skip rope 20 times ● Hula hoop for 30 seconds ● Frisbee throw through target ● Shoot 3 baskets ● Run through agility ladder ● Walk across balance beam <p><i>Cool-down and Awards (10 minutes)</i></p> <ul style="list-style-type: none"> ● Light stretching ● Announce results ● Recognize outstanding performances ● Discuss favorite stations ● Share memorable moments from the race

<u>Day 5; Session 6 (2-2:30pm):</u> (Ultimate Warrior Camp awards)	
Equipment needed	<ul style="list-style-type: none"> ● Clipboards <ul style="list-style-type: none"> ○ With winning groups ○ With names for each group ● Camp Rosters ● Plastic Medals/awards ● Microphone for director ● Table
Learning goals/objectives	Campers will be able to... <ul style="list-style-type: none"> ● Be checked out safely ● Receive at LEAST one type of each award/recognition
Areas of focus	<ul style="list-style-type: none"> ● Professional demeanor ● Courteous manner ● Maintaining awareness & supervision of campers who have not been picked up yet.
Field/court layout	<ul style="list-style-type: none"> ● Place for the parents (if they are there) to stand sit ● Microphone plugged in for director ● Table with medals/awards laid out
Activity description	<p><i>CLOSING CEREMONIES (25 minutes)</i></p> <ul style="list-style-type: none"> ● Director will congratulate all the campers for their excellent efforts ● Announce each group, and then each camper who represented that group ● Events will then be announced ● Winning group will be announced and campers can come up to receive their awards <p><i>PICTURE (5 minutes)</i></p> <ul style="list-style-type: none"> ● Take a picture of the campers in their medals as group ● Take full camp picture of campers in their medals

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

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