

SPORTS EXTRAVAGANZA CAMPTIVITY

10 and Under

GOALS OUTCOMES

- To provide an encouraging, creative and fun sports experience
- To develop multiple sports skills
- To provide recreation and exercise
- To work with positive role models

ACTIVITY SPACE / EQUIPMENT

- Outside Grassy Area
- Ball Field
- First Aid kit

DELIVERY PROTOCOL

- Set up area before campers get there, engage campers as they arrive
- Train rules promptly upon arrival
- Teach basic skills for each sport
 - Soccer, Basketball, Kickball, Ultimate Frisbee, etc.
- Children should be equipped with proper closed toed shoes
- Work with each child individually on their individual skills
- Consistently manage safety
- Communicate with each kid to develop their personal skills
- Use campers names when teaching them
- Add creative twists to all activities
- Use progression such as:
 - Learning a new sport every day
 - Adjusting the rules to make the game more challenging at the end of the hour
- Use questions such as:
 - How did that feel when you shot? Did the ball veer to the left or to the right?
 - What was different from your first shot to your second shot?
 - Can I give you a suggestion?
- Engage all youngsters; encourage the smallest effort with positive feedback
- Talk with the group and individuals, expect counselors to actively contribute
- Stop activity with time for all to assist in clean up and care of equipment

RAINY DAY PROTOCOL

- Board games in the DH
- Sports trivia game
- Small group indoor games

SEQUENTIAL SKILLS

- Basic Rules
- Skills
- Scrimmages

SAFETY RULES

- Wear proper clothing and closed-toe shoes
- Treat equipment gently
- Follow rules for games - play fair
- Put away equipment when finished

CAMPTIVITY LESSON PLAN OUTLINE

MONDAY

Focus: Basketball

Possible activities: shooting drills, passing drills, dribbling drills, bump, horse, relays, scrimmage

By the end of today, my campers can:

- ☐ shoot with improved technique
- ☐ execute a bounce and chest pass
- ☐ dribble the basketball

TUESDAY

Focus: Soccer

Possible activities: shooting drills, passing drills, dribbling drills, world cup, scrimmage

By the end of today, my campers can:

- ☐ make a proper shot on goal
- ☐ pass the ball properly
- ☐ dribble the ball around cones

WEDNESDAY

Focus: Ultimate Frisbee

Possible activities: passing drills, catching drills, gator ball, scrimmage

By the end of today, my campers can:

- ☐ pass the Frisbee
- ☐ catch a Frisbee

THURSDAY

Focus: Kickball

Possible activities: practice "batting," practice passing the ball, scrimmage

By the end of today, my campers can:

- ☐ play kick ball within the rules of the game (know how to run bases, know how to get others out, understand how to score)