



# KinderTown Summer Camp: Sports of All Sorts

July 17<sup>th</sup>–July 23<sup>rd</sup>

Focus: Language Arts, Physical Education, Problem Solving



## Overview

### Family Activity

- ➔ **Obstacle Course:** Test your skills in a friendly family fitness activity. The whole family can participate in gathering items and setting up the course in your backyard or at a local park. Try some of the ideas from our list or make up your own. (Physical Education, Problem Solving) ➔ See Activity Guide | Page 2-3

### Pre-Kindergarden – Early Elementary Activities

- ➔ **Alphabet Race:** Lay out the letters of the alphabet (use magnetic or foam letters or write them on index cards). Race to find at least one item around the house or backyard that begins with each letter. If possible, place the item with the corresponding letter. For a twist, perform a particular movement for certain letters, such as bounce for B, crawl for C, fly for F, hop for H, etc. (Language Arts)
- ➔ **Tightrope challenge:** Tape different colors of painter's tape to the floor in a straight line, zigzag line, and curvy line, overlapping the lines in areas. Have your child follow the path of each tightrope. Challenge him to use teeny-tiny steps, walk backward, walk in slow motion, take giant leaps, hop on one foot, walk sideways, walk on tiptoe, etc. Alternative: Use colored chalk to draw lines outside on a sidewalk or driveway. (Physical Education)
- ➔ **Giant Water Bed:** Make a giant squishy water bed for young children to roll, crawl, and step on. Use two clear plastic shower curtain liners, a roll of duct tape, and water from a hose. Lay the liners on top of each other and tape up the sides like a giant pocket. Be certain the seal is tight. Leave an opening at the corner for the hose. Turn on the hose and let the liners fill up. Roll and seal the opening securely with duct tape. Optional: add a bottle of food coloring to the water. (Physical Education)

### Elementary Activities

- ➔ **Tarp Target:** Cut holes of different shapes and sizes in a plastic tarp. Seal the edges of the openings with duct tape. Assign different point values (if you choose to do so) to each hole. Select different size balls (baseball, golf ball, foam ball, tennis ball, beach ball, or ping-pong ball) to throw through the targets. (Art)
- ➔ **Mission Impossible String Maze:** Create a string maze to follow indoors or outdoors. Use string, crepe paper, or, for an extra challenge, use fishing line. (Physical Education, Problem Solving)
- ➔ **Animal Yoga:** Research online to find poses or ask your child to create a pose for animals such as a hedgehog, lizard, snake, giraffe, owl, eagle, lion, elephant, dog, cat, or butterfly. (Physical Education, Problem Solving)

### Upper Elementary Activities

- ➔ **Balloon Play:** Try some of the twenty different ways you can get your kids moving with balloons and items from around the home. (Physical Education, Problem Solving) ➔ See Activity Guide | Page 4-5
- ➔ **Jump Rope Challenge:** Two people twirl a rope. See how many times you can jump holding a cup of water without spilling it. Spin the rope on the ground like a helicopter propeller. See how many times you can jump holding a cup of water without spilling it. Learn jump rope rhymes, how to jump double-dutch, or jump rope tricks. (Physical Education, Problem Solving)
- ➔ **Sport Smashing:** Make up a new game by combining the equipment and rules from a variety of sports. Alternately, develop your own piece of sporting equipment and create an original game no one has ever heard about or played before. (Physical Education, Problem Solving)

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## Family Obstacle Course Menu

- A backyard obstacle course does not have to be complicated or expensive to be fun and provide exercise for the whole family. Be creative!
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### Balance

- Use a board for a balance beam.
  - Walk a “tightrope” by laying a jump rope or garden hose on the ground.
  - Balance on one foot for a count of ten.
  - Lay plastic discs, hula hoops, or foam mats down to use as stepping stones.
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### Strength

- Include the wheelbarrow, lawn mower, push cart, wagon, and whatever else you have with wheels. Don’t use the motors! Push one item to a predetermined spot and back.
  - Lay down towels or blankets and have a push up and sit up station.
  - Use a bocce ball or other ball for a shot put.
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### Crawling

- Place four chairs on opposing sides. Run rope so it crisscrosses, tying it to the chairs. Crawl under the rope to move ahead.
  - “Army crawl” across a blanket or sheet.
  - Place a broomstick across two chairs and crawl under.
  - Crawl under a table or bench.
  - Crawl through a large box or pop-up tunnel.
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### Hand-Eye Coordination

- Throw beanbags into a laundry basket or bucket.
  - Toss paper plate rings (cut out the center), hula hoops, or rope tied in a circle onto a water bottle for a homemade ring toss.
  - Shoot a basketball.
  - Jump to touch balloons hanging from a tree branch.
  - Toss a water balloon or ball at a target.
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## Agility

- Give each contestant two sheets of newspaper. The contestant must move from a starting line to a finish line, placing a sheet of newspaper under his feet each time he takes a step. (He will need to turn around to get the previous sheet before taking the next step, but his feet must remain on newspaper at all times.)
  - Weave through a course of hats, shoes, or other markers placed on the ground.
  - Walk heel-to-toe in a straight line (use chalk, string, or rope).
  - Hop the “tires” (tied-up pool noodles, chalk rings, hula hoops, inflatable swim rings).
  - Lay down a ladder or make your own from a chalk drawing or with sticks. Hop through the rungs to get from one end to the other.
  - Run across an air mattress.
  - Create a string maze by tying or wrapping string or yarn in a zig-zag pattern between two trees or sturdy items. Work your way through a string maze to the other side.
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## Endurance

- Take a lap on a tricycle, scooter, or pogo stick.
  - Run through the sprinkler.
  - Slosh through a wading pool.
  - Stand in a designated space and do jumping jacks.
  - Jump over hurdles. Set up two equal rows of buckets or crates turned upside down on opposing sides. Prop a pool noodle or stick between each set.
  - Roll across a blanket or the grass.
  - Run a race using an animal walk, such as a crab walk, bear walk, frog hop, bunny hop, inchworm, or duck walk.
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1. Balloon Bop—See how many times you can hit a balloon to keep it in the air before it hits the ground.
2. Wobbly Balloon—Put a marble in a balloon before inflating it. Inflate the balloon. Bat the balloon around. Have fun trying to predict where it will land next.
3. Spoon Balloon—Try carrying a balloon on a cooking or serving spoon. Do different sizes of balloons make a difference? Do different shapes of balloons make a difference?
4. How long can you make a balloon float in the air by only blowing air from your mouth to keep the balloon floating?
5. Set up a predetermined course and a goal (goal, plate, or cup). Fill a balloon with air. Slowly let the air out of the balloon, using the air to move a cotton ball across the course and toward the goal. When all the air in the balloon has been used, then it must be “reloaded” to continue play.
6. Who can hold the most balloons with one/both hands/feet/chin?
7. Bat balloons with table tennis paddles (or make your own paddles with paper plates, craft sticks, and tape), tennis racquets, swim fins, rolled-up newspapers, or foam pool noodles. Which item makes it travel the farthest?
8. Set up a towel balloon race. Each player sets a balloon on a towel, holding the towel taut (not slung in the towel like a hammock). The players race to a set goal. If the balloon is dropped, the runner must stop in place and retrieve the balloon. The first player to reach the goal with the balloon on the towel wins. Variation: have a relay race in which the balloon must be tossed from one towel and caught on the other person’s towel.
9. Hang 3 inflated balloons of different sizes on a branch. Try to hit each target by throwing chestnuts, pebbles, acorns, or other small items. Make up your own point system, if desired.
10. Hold a blown-up balloon in one hand (don’t put a knot in it). Use a marker to draw as many stick men as you can on the balloon.
11. Use long balloons as hockey sticks and round balloons as “pucks”. Hit the round balloon (or several) with the long balloons into the goal (ex., a box or laundry basket).
12. Create a predetermined “race track” with a goal at the end (box, laundry basket, or bucket). Move an inflated a balloon along the race track by gently tapping it up in the air with your hand, finger, or fist. When you reach the end of the track, tap the balloon into the goal.
13. Set up a course with a starting line and a finish line. Blow up a balloon (no knot tied) on the starting line and then let go. At the point where the balloon lands, blow it up again and let it go again. This procedure is repeated until the balloon flies over the finish line.
14. Try balancing a balloon on the end of a finger. The balloon must not be held or tapped-- only balanced. The finger must be in direct contact with the balloon at all times. Time this activity to see who can keep the balloon balanced for the longest amount of time.
15. Herding Sheep—provide a large container to act as the sheep pen. Release inflated balloons into the backyard and have your child ‘round up the sheep’ (get them into the pen) with his hands behind his back. This game works well with a few people, as they can work together to find the best strategies to get the “sheep” into the pen.
16. See how many times you can jump with a balloon between your ankles.
17. Build the tallest structure possible with balloons and masking tape.



18. Keep 3 balloons off the floor for 1 minute, using just static electricity and your hand.
19. Attach slightly-inflated balloons to a peg board, foam wreath, or a sheet of cardboard. Throw darts to see how many you can pop.
20. Inflate several balloons and scatter them on the ground outside. Try to pop the balloons by stomping on them with your feet, sitting on them, or trying to jump on one with two feet. Alternatively, you can place a balloon in between two people standing (or sitting) back to back and have them lean into one another to try to pop it.