

Sports Camp



Learning objectives:

- Be active and creative during the summer
- Read and learn about different sports and fitness activities.
- Maintain academic skills by reading, writing, and doing some math!

Daily Habit Tracker

- Keep a Habit Tracker like the one attached or make one in your journal to turn these healthy practices into daily habits!
 - **WALK!** Get up and walk or run or play! Make sure you are active! You can walk outside or inside. You can challenge yourself by keeping track of your steps to add up each week. Try to walk more steps each week!
 - **DRINK WATER!** Try to drink half your body weight in oz. each day!
 - **BRUSH YOUR TEETH!** Brush your teeth twice a day – after breakfast and before bed!
 - **SLEEP!** Get at least 8-10 hours of sleep each night!
 - **WASH YOUR HANDS!** Always wash your hands with soap and water before eating, after playing, after going to the bathroom, and after coughing or sneezing.

Exploration 1 - Fitness

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the “Getting Ready” flyer.

Journal/Observation Writing – Make a fitness plan using the alphabet or spelling your name.

Activities – fitness

- Design an exercise court after visiting an exercise court near you!
- Become an advanced jump roper by watching a video and practicing.

Exploration 2 - Soccer

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the “Getting Ready” flyer.

Journal/Observation Writing – Write about your day, Write about your feelings, Draw or doodle

Activities – soccer

- Design a soccer field using graph paper or a 3D model.
- Challenge a family member or friend to a friendly match.
- Participate in the perseverance challenge by learning how to juggle a soccer ball.

Exploration 3 – Lacrosse

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the “Getting Ready” flyer.

Activities – lacrosse

- Read and watch videos about lacrosse, a sport created by the Native Americans.
- Play Milk Jug Lacrosse!
- Design and make a lacrosse stick by getting creative.

Exploration 4 – Track and Field

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the “Getting Ready” flyer.

Activities – track and field

- Hold a Decathlon in your yard or home

Exploration 5 – Splish-Splash Fitness

Reading – Pick a text to read independently or with a family member for at least 20 minutes per day.

Math – Choose a math Activity for your grade level from the “Getting Ready” flyer.

Activities – splish- splash fitness

Create a backyard water park by: · Making a bottle sprinkler · Making an aluminum foil river ·
Playing the sponge bullseye game · Playing the frozen t-shirt game

Practice mindfulness every day by trying out Some Garden Yoga Poses.



Get up and move every day! Make a fitness plan using any of these resources. Have fun creating a fitness plan for yourself and/or your family. Keep a journal of your fitness plan and progress. Have fun!!!

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ALPHA CHALLENGE

START ON THE LETTER A. KEEP GOING, REST WHEN NEEDED.
HOW FAR CAN YOU GET? COMMENT BELOW WITH YOUR LETTER ;)

- | | |
|------------------------------------|--------------------------------|
| A: 15 BURPEES | N: 50 CRUNCHES |
| B: 30 SEC PLANK | O: 20 BURPEES |
| C: 15 PUSH UPS | P: 15 DIAMOND PUSH UPS |
| D: 60 SEC MOUNTAIN CLIMBERS | Q: 60 SEC HIGH KNEES |
| E: 30 SQUATS | R: 60 SEC PLANK |
| F: 15 CHAIR DIPS | S: 20 SQUAT JUMPS |
| G: 60 SEC HIGH KNEES | T: 20 CHAIR DIPS |
| H: 15 BURPEES | U: 10 HINDU PUSH UPS |
| I: 20 PUSH UPS | V: 30 SEC FLUTTER KICKS |
| J: 60 SEC PLANK | W: 20 SQUAT JUMPS 180 |
| K: 15 V UPS | X: 25 BURPEES |
| L: 15 LUNGES (EACH LEG) | Y: 20 PUSH UPS |
| M: 15 DECLINE PUSH UPS | Z: 50 SQUATS |

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SPELL YOUR NAME WORKOUT

SET 1 - SPELL YOUR FIRST NAME EVAN

SET 2 - SPELL YOUR MIDDLE NAME

SET 3 - SPELL YOUR LAST NAME

- | | |
|------------------------|--------------------------|
| A = 25 JUMPING JACKS | N = 40 JUMPING JACKS |
| B = 20 TOE RAISES | O = 25 MOUNTAIN CLIMBERS |
| C = 30 SQUATS | P = 15 INVERTED PUSH-UPS |
| D = 15 PUSH-UPS | Q = 30 CRUNCHES |
| E = 1 MINUTE WALL-SIT | R = 15 PUSH-UPS |
| F = 10 BURPEES | S = 30 SECOND PLANK |
| G = 20 JUMP TUCKS | T = 15 SQUATS |
| H = 20 LUNGES | U = 20 BICYCLE KICKS |
| I = 10 JUMP SQUATS | V = 20 DIPS |
| J = 15 CRUNCHES | W = 20 BURPEES |
| K = 1 MINUTE PLANK | X = 50 JUMPING JACKS |
| L = 30 SECOND WALL-SIT | Y = 10 CRUNCHES |
| M = 20 LEG LIFTS | Z = 20 PUSH-UPS |

Create an exercise court in your house or backyard by making different stations for different activities such as jumping jacks, push-ups, lunges, etc. Practice counting and skip-counting! Add music to each station to make it fun.



- Visit an Exercise Court in Your Local Area
- Canyon Creek Park, 1485 Robb Drive
 - Crystal Lake Park, 1190 Country Estates Cir.
 - Horizon View Park, 9675 Wilbur May PKWY
 - Huffaker Park and Trail, 1160 E. Huffaker Ln.
 - Idlewild Park, 1900 Idlewild Dr.
 - Manzanita Park, 630 Manzanita Ln.
 - Mira Loma Park, 3000 S. McCarren
 - Panther Valley Park, 850 Link Lane
 - Pat Baker Park, 1910 Bishop Street
 - Pickett Park, 250 Kirman Ave.
 - Silver Lake Park, 8755 Red Baron Blvd.
 - Teglia's Paradise Park, 2745 Elementary Dr.

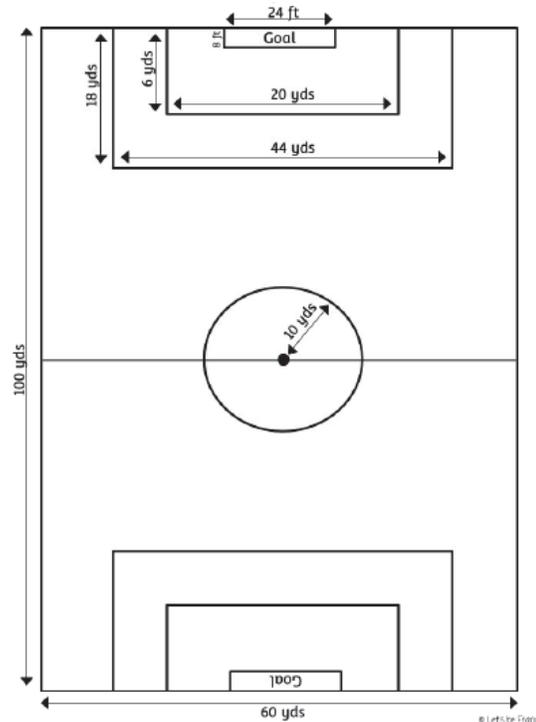
Jump rope every day! If you don't have a jump rope then you can make one using anything you have in the house! Be sure to ask your parents first.



Soccer



Soccer, or football as most of the world calls it, is a sport played between two teams. Many schools in Washoe County School District have a soccer team. So, your task is to design a soccer field for your school! Below are dimensions of a soccer field. Use graph paper to design a model of your dream field. You can even make a 3-D model using materials you have in your house! After you design your school's new field, go outside, and play a game or practice your moves!



K-2 – Plan a field

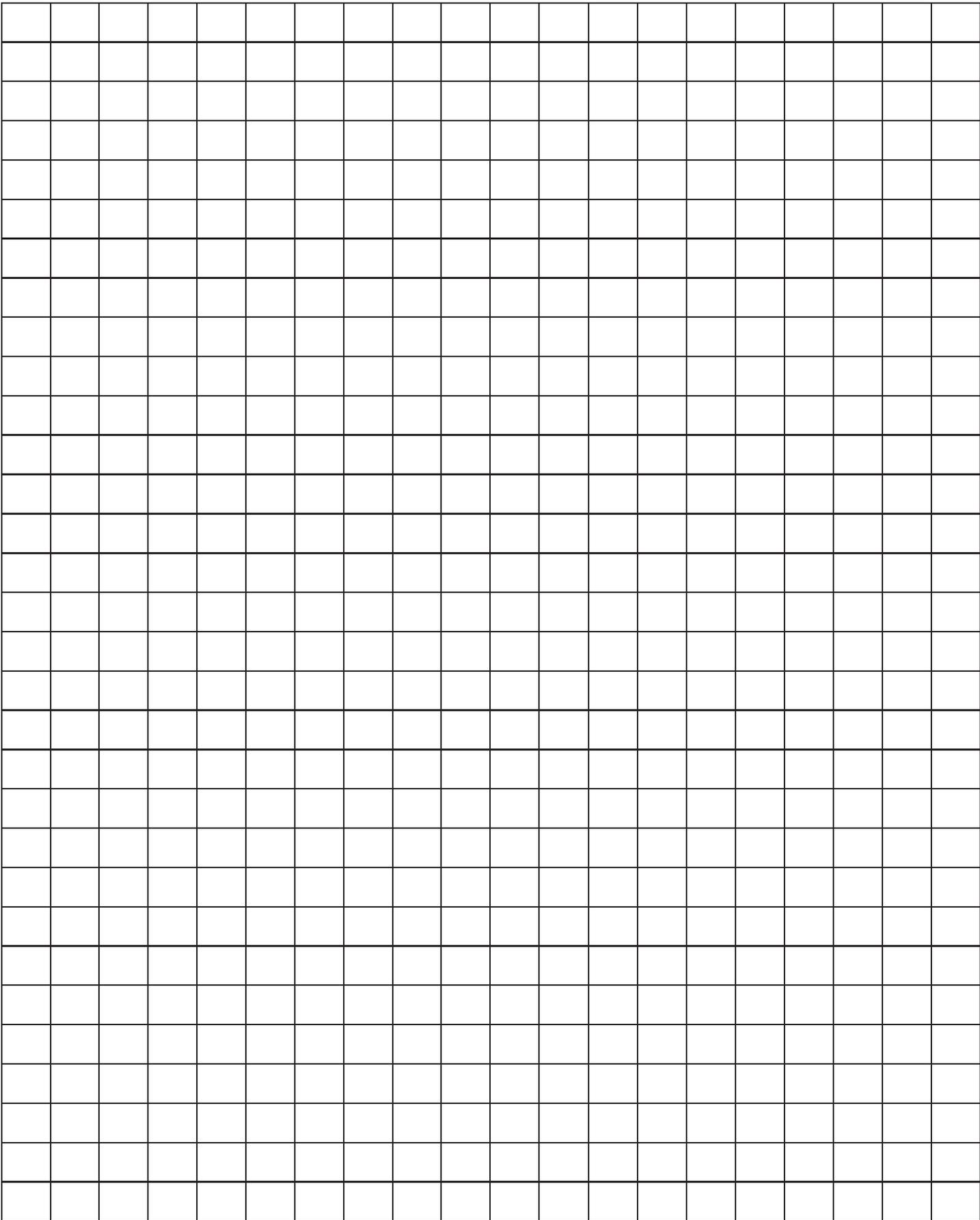
K - Pretend each box is a yard and draw out your plans by counting!

1-2 – Use the scale 2 yds = 1 square and count

3-6 – Plan a field with additional components

Convert measurements to find lengths and widths (3 ft = 1 yd)

Find the area of each component



Lacrosse

The game called lacrosse is the oldest team sport in North America. Native Americans played it before the arrival of Europeans. The French who arrived in the 1600s noticed that the stick used to play the game looked like a crosier. A crosier is a staff, or rod, carried by bishops during religious ceremonies. The name lacrosse came from the word crosier.

Lacrosse is played between two teams on a long, rectangular field. There are goals at each end. The goals are made of nets fastened over a tall frame. There are 10 players on men's teams and 12 players on women's teams. The main equipment is a rubber ball and long sticks called crosses. Crosses have a net pocket at one end to catch the ball. Each player carries a Crosse during the game. Players wear a helmet with wire face mask, shoulder pads and hip pads, and protective gloves. They also wear shoes with cleats, or tiny spikes, which dig into the ground and prevent slipping.



Design and create a lacrosse stick like the Native Americans did! Here is what it looks like:

Video Links:

"This is Lacrosse": <https://www.youtube.com/watch?v=mtTfLFGvzuM>



"The History of Lacrosse in 60 Seconds": <https://www.youtube.com/watch?v=n1rvmAh155g>



Game -- Milk Jug Lacrosse:

For this game, you will need an empty plastic milk jug for each player (preferably gallon sized, though 1/2 gallon will work), a tennis ball, and something for two goals. Ask a parent or older sibling for help and cut the bottoms off of all the jugs beforehand too. Divide into two teams. The jugs are held upside down by their handles and used to catch the ball and pass it to other team members. Team members can run around the field of play until they catch the ball in their milk jug. Once they catch the ball, they must stop and pass the ball to a teammate before running again. Set up some sort of goal at each end of the room or field for scoring.





Track and Field



Exploration: Hold your own Decathlon in your yard or home. Choose a point value for first, second, and third place in each event so that the overall winner is the person with the greatest total score. Before starting any of these activities, make sure that the area where you are competing is free of obstacles. Safety first! Some ideas for activities include:

- **Crabwalk sprint:** mark off the distance you wish to compete and race while walking on all fours with your belly pointing up
- **Long jump:** starting from the same point, taking turns, jump from a standing position and measure the distance of each jump
- **Beach (or other lightweight) ball shot put:** throw ball from shoulder in a pushing fashion and measure the distance of each throw
- **High jump-and-touch:** take turns jumping straight up near a wall or tree, mark how high the jump is, and measure the height
- **Log roll:** mark a distance, lie on your side and roll sideways until entire body crosses the finish line
- **Frisbee discus throw:** spin the Frisbee from a cupped hand and measure the distance of each throw
- **Broomstick pole vault:** jog to a take-off line, plant the pole, jump in style; competitors judge for the best style and form
- **Paper airplane javelin throw:** throw paper airplanes from a common start point and measure the distance of each throw
- **Hopping hurdles:** place pieces of string/ribbon out evenly over the course to create “hurdles” then jump over them during the race
- **Endurance run:** take turns running an agreed-upon distance in slow-motion; competitors judge for the best dramatic performance

Video Links:

Track & Field Events explained: <https://www.youtube.com/watch?v=cEs5hKLpbX0>



Olympics: <https://www.youtube.com/watch?v=VdHHus8lgYA>



Backyard Water Park



Bottle Sprinkler

Supplies:

- 2-liter plastic bottle
- Duct tape
- Nail or drill bit
- Hose



Directions:

Rinse out the bottle and drill or hammer a nail into the bottle to make holes. Make sure the bottle opening is dry. Use a piece of duct tape to attach the bottle to your garden hose. Place the sprinkler on the ground and crank up the hose.

Aluminum Foil River

Supplies:

- Aluminum foil
- Water
- Bottle caps or corks



Directions:

Roll foil out to the desired length of your river. Curl the edges of the foil up to keep the water in the foil. You can place rocks in the foil to keep it from moving. Place different objects in the river and see which floats the fastest. You can make small boats out of bottle caps or corks or float ice cubes and toys down the river.

Sponge Bullseye

Supplies:

- Chalk
- Sponges or rolled up socks
- Bucket of water



Directions:

Use chalk to draw concentric circles on the ground to create a bullseye shape. Add numbers to each circle, starting with the smallest number on the outer ring and the largest number on the inner circle. Dip sponges or socks in the water and take turns tossing them on the bullseye. Use metal math or chalk to write down how many points you scored that round.

Frozen T-Shirt Challenge

Supplies:

- Water and freezer
- Plastic grocery bag
- One t-shirt per participant

Directions:

Soak the t-shirts in water and wring out as much water as possible. Fold the t-shirt into a square and place in a plastic bag. Place t-shirt in the freezer for a day or 2 before playing the game. When it is time for the game, give each player {or team} a bag with a frozen shirt. They need to thaw the shirt by whatever means they can come up with in order to put it on. They can sit on the shirt and try to get it on any way possible. The first person to get their t-shirt on wins the game.

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

