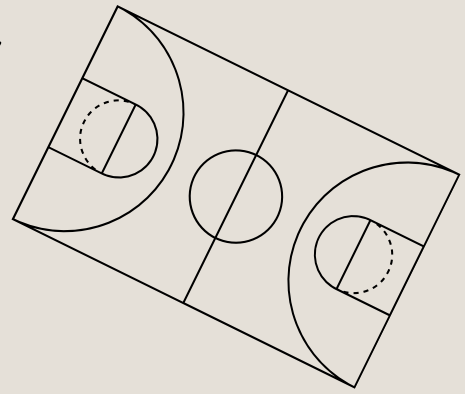




# Sports & Games



**2-3**  
*min*

## ACTIVITY OPENING, WELCOME CAMPERS!

- **Every activity begins with an enthusiastic HELLO and Welcome to Sports & Games!** NOW introduce yourselves as their S&G A.C's! Remember 1st is Last & Fast! Campers will love their time at S&G as much as you do! Have so much fun!
- **NOW it's time to share names, by leading a NAME WHIP! Circle up!** This builds community & connection! Get creative & circle up! Ex. Ask them to share their name & what sports they'd want to 'Go Pro' in?

**3-5**  
*min*

## SPORTS & GAMES WITH INTENTION - EVERY OPENING NEEDS A 3 KEYS & 4 OUTCOMES DISCUSSION

Refer to '**Sports & Games with Intention**' on the next page to guide you in having a 3 keys & 4 outcomes conversation with campers at the start of each activity period.

- Please address all 3 keys AND talk about what we hope they experience/gain from their time at Archery!

**50**

*min*

## TIME TO HIT THOSE TARGETS!

As the Sports & Games Counselors you want to be sure to plan!! Remember to review any physical limitations campers might have, ie. VP shunts - means no flying balls or objects that could result in head trauma, port means no games that could result in chest trauma, etc. These campers needs should help guide you in planning your time with each cabin!

Most cabins will have 6-9 campers, and at least one counselor. See 'Games & Activity Ideas' below.

Additionally check out, 'Prepping Your Activity' & 'Facilitation Tips' before planning!

**5-7**

*min*

## CLOSING TIME!

**Thank them for participating!** -- Be specific, what were some great qualities you saw in campers? Tell them! Encourage them to do the same!

### Closings are a perfect time for reflection!

- Allow them time to share their thoughts and favorite moments of the hour
- Describe, label and praise the great things you saw of them as a cabin during the hour (i.e. great teamwork, encouragement, sharing, supporting, etc.)

# *Sports & Games with Intention*



COUNSELORS ARE ASKED TO HELP CAMPERS GROW IN CAMP'S FOUR OUTCOMES. DURING YOUR ACTIVITY OPENING TELL THEM A LITTLE ABOUT WHAT WE HOPE THEY GAIN FROM THEIR EXPERIENCE AT SPORTS & GAMES:

## **SOCIAL COMPETENCIES**

Honesty  
Fair play  
Regulating their emotions, such as frustration, and excitement when winning or losing

## **POSITIVE SELF-IDENTITY**

Participation  
Patience  
Perseverance  
New skills

## **INDEPENDENCE & SELF RELIANCE**

Contributing to the team  
Following games/activity rules without too many reminders

## **SENSE OF SUPPORT**

Encouragement  
Participation  
Helpfulness  
Engagement

## **3 Keys to Success**

### **Physical Safety.**

Safety rules may differ depending on the sports and/or games being played, adapt accordingly.

Friendly Reminder, it is hot out there! Everyone should apply sunscreen at the start of their activity period! You'll be running around outside a lot so make sure to take plenty of water breaks!

Also PLEASE remember to adapt your program plan to meet camper needs!

### **Emotional Safety.**

It's important to create a supportive environment at Camp! Let's all remember to be encouraging, kind & helpful!

### **Respect Camp Facilities & Equipment**

Have fun, but remember the equipment not only needs to last all summer long, but for years to come.

All sports equipment should be used for its intended purpose. ex. basketballs are for dribbling, not sitting on!

Leave the equipment and the Sports Shed and area how you found it or better!

## Prepping for Your Activity

- **USE YOUR RESOURCES!** Your support directors are human resources, don't forget about them!
- Be prepared for each cabin group, **HAVE A PLAN!**
- **UNDERSTAND THE CLOCK!** Think about your timing...work backwards! How long for your closing? How long will it take to execute this activity? Opening?
- **KNOW YOUR CAMPERS!** It is important to be flexible but always go into a period having at least 4-5 big games planned. Sometimes you may only get to two of those games because the cabin or cabins are really into the games, or sometimes you may do all 5 games.
- **SET THE STAGE!** Have all materials and equipment ready to go BEFORE cabins arrive...prep for the morning...prep for the afternoon!
- Also, it is ok to have some active games and then some that are more relaxing, like mind games or brain teasers.
- If you need any help with game ideas or anything, your program director as well as your co's are great resources!



## Facilitation: Things to Consider

The activity experience will vary greatly depending on your activity. Some general tips for successfully working with groups include:

- Think about group comfort
- Think about group size
- Make sure you have their attention & then deliver
- Be clear & concise in your words
- Make instructions easily digestible & age appropriate
- Sequencing - timing when its best to present what information for superb camper engagement
- Front Loading - what information is necessary & helpful to present early or during transitions
- How will you & your Co's share facilitation, who will say what and when and how?!

## What is the role of the Cabin Counselor at Sports & Games?

Cabin Counselors are expected to help keep their campers engaged, respectful, and safe.

At Sports & Games, ask cabin counselors to help you:

- Supervise any campers, especially if they're struggling to engage.
- Be on the lookout for dangerous behaviors, intentional or not.
- Cabin counselors should never leave you alone at an activity, 1-2 cabin counselors must always be present.
- Ensure camper health & safety - drinking water & wear sunscreen too!

Cabin Counselors should be participating in the games/activities, unless you need them to do something specific to help run games- Remind them to not get too caught up, these activities are for the campers not counselors!



## Equipment & Storage

Everything you need and more lives in the Sports Shed! Go check it out!

The sports shed should be left better than you found it at the end of the session!! Please keep things organized for the next Sports & Games counselors!



## Health & Safety

- If a participant experiences head or chest trauma and has either a port or VP shunt - send them with a counselor to the Med Shed.
- Should a more serious incident occur (head injury, twisted ankle):
  - Calm the individual
  - Send an adult to Med Shed for IMMEDIATE assistance
  - Have an adult supervise remaining campers
  - Immobilize the individual
  - Pack and isolate injured area using the activity First Aid kit and supplies
- In case of thunder and lightning Sports & Games will be halted. All campers will return to their cabin or alternative program location. (see Lightning procedure)
- First Aid and Universal Precaution kits are maintained at this activity.



# Game & Activity Ideas

## Creative Twists on Traditional Games



### Softball

- **Boomball** – Played the same way that softball is played, but instead of using a bat you use a large Sparklettes bottle and a tennis ball. It makes a cool noise every time you hit the ball.
- **Switch it up** – The set-up is the same as softball, you can use a softball or you can play boomball with the Sparklettes bottle, the only things that change are; when the player is up to bat, a designated person will flip a coin. If the coin is heads, then the player will run to first base when the ball is hit. However, if it's tails then the player runs to third base when the ball is hit. If someone is already on third base, then that person must run to second if the batter goes to third.

### Volleyball

- **Prisoner ball** – This game is played on the volleyball court. A volleyball can be used, water balloons, beach ball etc. Divide the cabin or cabins into two teams. One team on side A and another team on side B.
  - Before the game is played it is a great idea to do a quick name whip, because knowing names in prisoner ball is very important.
  - One person on team A will start off with the ball and then they will throw it over the net to the other team, as the ball is thrown the person throwing the ball must call a person's name who is on the other team.
  - If the ball is dropped, then the persons who name was called is out. (If Jimmy's name is called, Jimmy doesn't have to catch the ball, anyone can catch the ball. If the ball is caught Jimmy isn't out, but if the ball is dropped by anyone then Jimmy is now in jail).

You just keep going back & forth throwing the ball, & the object is to get as many people in jail from the other team as possible. If team A has someone in jail and they want to get them back into the game, they can call prisoner as they throw the ball (instead of a name), if the ball is dropped then ONE person from jail comes back in (it must go in order so the first person back in would be the person that has been out the longest). The game is played until everyone from one team is in jail.

### Basketball

- You can play basketball without dribbling; everyone must be quick and pass the ball using each other's names
- Play using more than two designated basketball hoops
- Play using more than one basketball

### Soccer

- To make soccer more interesting, play with 4 goals instead and play with 4 smaller teams, this would be great to play when you have two cabins at a time
- Play with more than one soccer ball

### Hockey

Can be played with a tennis ball instead of a puck and pool noodles can be used at the hockey sticks

# Game & Activity Ideas

## Fun in the Meadow



### Hula Hoop Pass

This could be done in a circle, or it can be done by forming two lines and making it a competition. All participants will hold hands, and the object is for your group to get the hula hoop through the entire team while being linked hand in hand.

### SPUD

The object of this game is to run as far and as fast as possible from the person who is throwing the ball, and to dodge the ball when it's thrown at you without moving your feet. (Be sure to use a very soft ball, such as a foam ball, which can be thrown at people without hurting them.)

- How to play: Start with a person in the middle. That person is the thrower. Everyone else should stand within an arm's reach of the thrower.
- The thrower tosses the ball straight up into the air. As soon as the ball goes into the air, the players can all begin to run away from the thrower. When the thrower catches the ball, he yells, "Spud!" at which point the players must stop immediately where they are.
- The thrower then tries to tag someone who is in reach with the soft ball. The frozen player can try to dodge the ball but is not allowed to move their feet. If the player is hit, they will get the letter "S" and move to the middle to be the next thrower. If the thrower misses, they get the letter "S" and stays in the middle.

When a player gets all four letters "S-P-U-D," they are out of the game. The game continues until there is only one player left. That player is the winner.

### Capture the Flag

Capture the flag is a favorite backyard game that offers players a good mix of fitness and fun. Play outside with two to four teams of any size. Here's How:

- Divide players into two to four teams. Gather flags (such as scarves, bandanas, old T-shirts or even beanbags). You will need one for each team, and they should be different colors.
- Divide playing area into equal-sized territories, one for each team, using chalk, cones, tape, or landmarks such as trees or sidewalks. Place one flag into each territory. It can be hidden, but some part of it must be visible and once it's placed, it can't be moved by its home team.
- When the game begins, players can try to cross into opposing teams' territories to grab their flags.
- When a player is in an opposing team's territory, they can be captured by that team's players. If they tag him, he must run to the sideline and perform a task—say, five jumping jacks or three push-ups. (In some versions, captured players are sent to "jail." But that means less physical activity, so we recommend the "punishment" strategy instead.)
- Once a player crosses back to their own team's territory, they are safe and can't be captured.
- The game ends when one team has successfully grabbed the flag(s) from the other team or teams and returned to their own territory

#### Tips:

- Decide beforehand how you'll handle captured players and make sure everyone knows the plan.
- Make a rule that teams can't guard their flags too closely. One way to do this is to disallow players to be within 10 feet of their own flag unless an opposing team's player is present.
- Clear the area of any hazards (lawn tools, broken glass) before playing.

## Fun in the Meadow Cont'd

### Red Light, Green Light

This is a simple and fun outdoor game that doesn't require any setup or accessories. It's great for a small or larger group of kids. How to play:

- One person is designated as the "stoplight." The stoplight stands with their back toward the others. The rest of the players stand about 15 to 20 feet away from them.
- The stoplight calls out "green light!" which signals the players to begin moving toward them. Then the stoplight yells, "red light!" and turns around. If any player is caught moving when the stoplight turns around, that player is out.
- The game is over if all the players are out before anyone reaches the stoplight or if someone tags the stoplight. If a player reaches the stoplight, that person gets to be the stoplight in the next game

### Freeze Tag

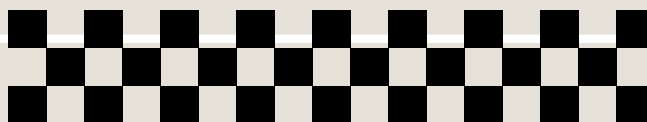
Here's an oldie but a goodie. Kids love the thrill of chasing and being chased, which is why variations of tag are so popular. How to play:

- Have two campers be "it" for a cabin of 10 to 12 campers. (For larger groups, assign three or more campers to be "it.")
- Set the physical boundaries, where is out of bounds?
- When the people who are "it" call out "Go!" the other campers will scatter in different directions.
- The campers who are "it" will try to tag the players. Any player who is tagged will freeze and can only be unfrozen and run again by another player who has not yet been tagged. The last people who are not frozen become "it" in the next game.

## Relay Races and Obstacle Courses

Let's get creative!

- Build obstacle courses using Hula hoops, chalk, basketballs, small basketball hoops, baseball bats, water, cups on helmets, the blue carts with wheels, etc
- You can set up your own obstacle course beforehand or, you can split the cabin or cabins in half, give them the same items and allow them about 15 minutes to create their own obstacle course. After the allotted time the teams switch and try to complete the other team's obstacle course





# Game & Activity Ideas

## Water Games

### Water Balloon Volleyball with Giant Sheets

Materials: 2 sheets, water balloons, the volleyball court, a hot day

- The water balloon serves as the volleyball
- 2 teams, one on each side of the volleyball net, use the sheets to toss the water balloons over the net and then catch them in their sheets

### Water Balloon Baseball

Materials: Whiffle ball bat and ball, 4 buckets of water with water balloons and water sponges/koosh balls.

- Each base in the field has 1 bucket of water balloons and sponges
- Have one staff be the pitch and toss the whiffle ball to the batter
- The fielders get the runners out by hitting them with sponges/water balloons, NOT IN THE FACE, while they are running in between bases. However, they cannot throw water at the runners until the pitcher has the ball.

### Water Balloon Toss

Materials: Water Balloons

- Pair up the kids with each pair getting a water balloon
- Have them start close together facing each other and toss the balloon. If they catch it, take a step back, and repeat!
- See who can make it without breaking the balloon!

### Dry, Dry, Wet

Just like Duck, Duck, Goose but with a sponge of water and the person who is chosen gets wet. No mush pot needed; everyone can just keep playing.

- \*If campers have hearing aids, you can still play, just make the rule the sponge must go on the person's back, NOT HEAD. Or remove hearing aids and place them in a protected and secure location.

### Water Relays

Be creative! Use coffee cans with holes in them, the helmets with cups on them, sponges, water, buckets, etc. Just be careful because a wet basketball court can be very slippery

