



Monday All Sports Daily Lesson Plan

LOCATION: _____

- 7:45 Arrive at camp
8:00-8:30 Camp setup
8:30-9:00 Camper drop off/check in
9:00-9:30 Camp welcome Staff intro/rules/expectations/attendance/game schedule
9:30-9:55 Warm up game: **Octopus**
9:55-10:00 Wash hands
10:00-10:10 Snack
10:10-10:15 Make teams for separate groups by age to play in separate spaces
10:15-11:00 Games: Younger kids: **Team soccer**
Older kids: **Team soccer**
11:00-11:45 Games on separate court:
Younger kids: **Steal the Bacon**
Older kids: **Team basketball**
11:45-12:00 Gatorade challenge: (two separate groups, each with a practice round)
Flinch Game Younger kids winner _____
Flinch Game Older kids winner _____
12:00-12:15 Prepare for lunch (wash hands/rules/check for food allergies)
12:15-12:45 Lunch
12:45-1:00 Have campers clean the lunch area where they were eating.
1:00-1:15 Money Shot/Money Kick/Money Pop-Up)/Beat the Coach
1:15-2:00 Games in separate space:
Younger kids: **Bucket Ball**
Older kids: **Kick Ball**
2:00-2:45 Games in separate space:
Younger kid: **Capture the Flag**
Older kids: **Capture the Flag**
2:45-3:00 Camp recap (negatives & positives of how day went)
Announce Gatorade winners & Campers of the Day (take pics)
Direct After Care kids to separate area for attendance
3:00-3:15 Dismissal for day campers

AFTER CARE SCHEDULE:

3:15-3:40 Organized free play

3:40-3:45 Attendance (rules/expectations); **add late pickup campers as NEEDS**

3:45-4:15 After Care game: **Knee Hockey**

4:15-4:20 Water break/cool down/snack

4:20-5:00 After Care game: **Number Soccer**

5:00-5:10 Water break

5:10-5:25 Prepare for dismissal/clean up (equipment/playing area/restrooms/etc)

 Campers should gather their belongings (lunch box/water bottles/etc).

5:25-5:30 Text camp director or Dave when leaving with any notes/concerns