

GET UP AND GO

5 DAYS OF THEMED SCHOOL-AGE
SUMMER CAMP LESSONS

**BEST
DAY
EVER!**

FINISH

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GET UP AND GO

Get up and Go will have your children participating in active play all week long! They will be so busy having fun, they won't even realize they are learning about Health, Wellness, and Physical Development. While the lesson plan incorporates many different Pennsylvania Learning Standards, it focuses on the key learning area of "Approaches to Learning through Play." Specifically, children will learn to engage in learning activities that meet the PA Standard Areas of "Constructing, Organizing, and Applying Knowledge."

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SCHEDULE

DAY 1

ARRIVAL ACTIVITY	20 MINUTES
READY, SET, LEARN	15 MINUTES
HANDS-ON ACTIVITY - HIP WADDLE	20 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - DANCE PARTY!	30 MINUTES
HANDS-ON ACTIVITY - BALLOON TAG	15 MINUTES
BREAK/LUNCH TIME	15 MINUTES
HANDS-ON ACTIVITY - HANKIE HOP	30 MINUTES
SOCIAL-EMOTIONAL LEARNING - FAIRNESS	30 MINUTES
HANDS-ON ACTIVITY - MUSICAL HOOPS	30 MINUTES
WRAP UP/GOODBYES	10 MINUTES
LATE PICK-UP	15 MINUTES

DAY 2

ARRIVAL ACTIVITY	20 MINUTES
READY, SET, LEARN	15 MINUTES
HANDS-ON ACTIVITY - SCOOT RACE	20 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - CATCH WITH A CUP	30 MINUTES
HANDS-ON ACTIVITY - MONKEY SOCCER	15 MINUTES
BREAK/LUNCH TIME	15 MINUTES
HANDS-ON ACTIVITY - FRISBEE	30 MINUTES
SOCIAL-EMOTIONAL LEARNING - COOPERATION	30 MINUTES
HANDS-ON ACTIVITY - CRAB WALK SOCCER	30 MINUTES
WRAP UP/GOODBYES	10 MINUTES
LATE PICK-UP	15 MINUTES

DAY 3

ARRIVAL ACTIVITY	20 MINUTES
READY, SET, LEARN	15 MINUTES
HANDS-ON ACTIVITY - STANDING PRETZEL RACE	20 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - PARACHUTE PLAY - POPCORN!	30 MINUTES
HANDS-ON ACTIVITY - JUMP BALL	15 MINUTES
BREAK/LUNCH TIME	15 MINUTES

HANDS-ON ACTIVITY - CROSS OVER RELAY	30 MINUTES
SOCIAL-EMOTIONAL LEARNING - WIN OR LOSE	30 MINUTES
HANDS-ON ACTIVITY - TAILS	30 MINUTES
WRAP UP/GOODBYES	10 MINUTES
LATE PICK-UP	15 MINUTES

DAY 4

ARRIVAL ACTIVITY	20 MINUTES
READY, SET, LEARN	15 MINUTES
HANDS-ON ACTIVITY - FOLLOW THE LEADER RELAY	20 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - OLD FASHION HIDE AND SEEK	30 MINUTES
HANDS-ON ACTIVITY - JUMP THE CREEK	15 MINUTES
BREAK/LUNCH TIME	15 MINUTES
HANDS-ON ACTIVITY - SANDWICH	30 MINUTES
SOCIAL-EMOTIONAL LEARNING - CARING & RESPONSIBILITY	30 MINUTES
HANDS-ON ACTIVITY - SACK RACE OR THREE-LEGGED RACE	30 MINUTES
WRAP UP/GOODBYES	10 MINUTES
LATE PICK-UP	15 MINUTES

DAY 5

ARRIVAL ACTIVITY	20 MINUTES
READY, SET, LEARN - INVENT YOUR OWN GAME	15 MINUTES
HANDS-ON ACTIVITY - OVER AND UNDER RELAY	20 MINUTES
BREAK/SNACK TIME	15 MINUTES
LET'S GET MOVING - MOVE AND FREEZE	30 MINUTES
HANDS-ON ACTIVITY - POTATO DROP	15 MINUTES
BREAK/LUNCH TIME	15 MINUTES
HANDS-ON ACTIVITY - KICK THE CAN	30 MINUTES
SOCIAL-EMOTIONAL LEARNING - TRUSTWORTHINESS & RESPECT	30 MINUTES
HANDS-ON ACTIVITY - CLOTHESPIN TAG	30 MINUTES
WRAP UP/GOODBYES	10 MINUTES
LATE PICK-UP	10 MINUTES

MATERIALS LIST

- Handkerchief
- Hula hoop
- Balloons or beach balls
- Laptop or tablet
- String
- Soccer ball
- Goals (can use nets or tape 2 rectangle areas on the floor)
- Frisbee
- Music
- Tape
- Plastic cups
- Balloons, red and blue
- Parachute
- Rubber balls
- Volleyballs
- New or clean socks
- Jump ropes
- Starting line
- Balls
- Sacks or pillowcases
- Yarn cut into 12" strips
- Start line and finish line
- Beanbags
- Wide-mouth jars or small bows (2)
- Potatoes (you can use balled up newspaper instead)
- Can or bucket
- Markers
- Clothespins

SHOPPING LIST

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DAY 1 – HOOPS, HANKIES & HELIUM



ACTIVITY/CONCENTRATION

EARLY DROP OFF – ARRIVAL ACTIVITY

During this free time, students will select and use toys or games associated with the daily theme.



DURATION/SCHEDULE

180 minutes – 6 to 9 a.m.



ACTIVITY/CONCENTRATION

READY, SET, LEARN

Class discussion: Welcome to Get Up and Go Camp! This week we are going to be active during every activity. How do you like to “get up and go?” Allow the children to suggest some physical fitness games and activities that they may want to play during the week. Why is it important to be active?

Share the following facts with the children to prepare them for today’s Get Up and Go activities “Hoops, Hankies, and Helium.”

Hula hoop:

Plaything consisting of a tubular plastic hoop for swinging around the hips. The modern hula hoop was invented in 1958 by Arthur K. Melin and Richard Knerr, but children and adults around the world have played with **hoops**, twirling, rolling, and throwing them throughout history.

Balloon:

A balloon is a flexible and often expandable bag that can be filled with air or another substance (generally balloons are filled with a gas). Early balloons were made of dried bladders of animals.

Party balloons are mostly made of artificial polymer rubber and can be filled with air, **helium**, water, or any other suitable liquid or gas. When rubber balloons are filled with air, their shapes can last for weeks. When rubber balloons are filled with helium so that they float (restrained by ribbons or strings) they seldom can hold their shape for more than a few hours. The enclosed air or helium escapes through small pores, and helium atoms being much smaller than the nitrogen and oxygen molecules in air, it escapes much quicker.

Handkerchief:

Definition: a square piece of cloth used for wiping the eyes or nose or as a costume accessory

Similar Words: hankie, hanky, hankey

Hyponyms: bandanna, bandana, pocket-handkerchief

Has anyone ever used any of these items (hoops, hankies, and helium balloons)? In what ways can you use these items?



DURATION/SCHEDULE

45 minutes – 9 to 9:45 a.m.