

# Virtual Club Seniors (3rd-5th)

Week of: July 13 - July 17

## VIRTUAL CLUB CONNECTION



### ZOOM CLASSROOM SESSIONS

Don't forget our Program Directors continue to host daily Zoom meeting activities. Parental consent forms must be provided. If you haven't already, please complete the yellow consent form and return to the activity table at the Club 5:30-6:30 weekdays.

Zoom meeting links and passwords will be sent via email once consent has been received. You will receive a new link and password each week.

ZOOM MEETINGS	M	T	W	TH	F
<b>3:30-4PM</b> K-2nd Grade	COACH BREEZY	MS. WILLIAMS	MS. CHERI	COACH DAVIS	↑ NO ZOOM MEETINGS
<b>4:30-5PM</b> 3rd-5th Grade	MS. CHERI	COACH BREEZY	COACH DAVIS	MS. WILLIAMS	FUN FRIDAY CARnival DRIVE-THRU + PACKET PICKUP 5:30-6:30PM
<b>5:30-6PM</b> Middle School		MR. ALEC	MR. ALEC	MR. ALEC	↓

### VIRTUAL CLUB PACKET INSTRUCTIONAL VIDEOS

Please subscribe to our YouTube channel: <https://www.youtube.com/user/BGCofCabarrusCounty> to access fun videos that explain some of the weekly packet activities and provide visual instruction. New videos are posted each Friday as new packets are distributed.

### SUPPLIES, SUPPLIES!

An amazing collection of school materials and arts & crafts goodies is available this week courtesy of our friends at The City of Concord! Be sure to pick a box up in the drive-thru line.

### CARnival FUN FRIDAYS!

JULY 10	<b>CAMP SPENCER SHOWDOWN</b> Camp activities including Fishing & Archery
JULY 17	<b>MOVIE NIGHT</b>

We miss you and hope you and your families are safe and healthy. We hope these opportunities allow us to connect with you the best we can during these times.





**Arts & Crafts**  
Ms. Cheri  
[choward@bgclubcab.org](mailto:choward@bgclubcab.org)



## Activity 1: World Emoji Day July 17th

Supplies Provided in this Packet: 2 Paper plates, Emoji face parts

Things needed at home: Glue

Directions: In honor of World Emoji Day customize and create an emoji face that would best describe you during the pandemic we have been experiencing. Email me a photo of your emoji. The best and most creative emoji face will win an inflatable ring toss game.

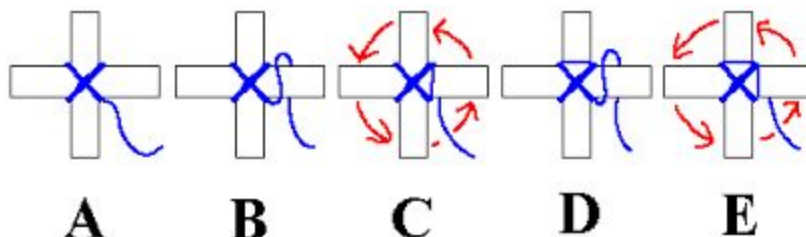
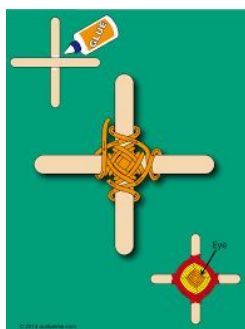


## Activity 2: Popsicle Stick Weaving

Supplies Provided in this Packet: 2 popsicles, 3 different yarns

Things needed at home: glue

Directions: Glue the 2 sticks together at their center points. Tie a knot to connect all the yarn. Then take one of the loose ends and hold at the center points of the sticks and begin to wrap around each stick 2 times. Then begin your pattern. EX: around, over, around, over. Or you can do around, under, around under.



## Life Skills

Ms. Cheri

[choward@bgclubcab.org](mailto:choward@bgclubcab.org)



### Activity: Diversity

Supplies Provided in this Packet: Worksheet

Things needed at home: Writing Utensil, Youtube

Directions: **Have a parent join**

We are all aware of what is going on in the world with all the rioting and protesting going on. As Americans it is our duty to take care of our land and be the best persons we can be. Please watch this video at the following link <https://www.youtube.com/watch?v=zptrioRNUmU> . Then fill out the worksheet that goes with it. There are no right or wrong answers please take a picture of your of your worksheet when you are done with there will be an open discussion on our zoom call Monday July 20th at 4:30 pm

### Diversity Worksheet

Answer these questions to the best of your ability. Anything you may be confused about or want to ask questions about, talk to your parents.

1. What do you know about someone from only their skin color?
2. Can you tell if someone is a good friend or not by their skin color?
3. What comes to your mind when you hear the word (racist)?
4. If you could do one thing to change the world when it comes to racism what would you do?

**Learning Center**  
Ms. Williams  
[twilliams@bgclubcab.org](mailto:twilliams@bgclubcab.org)



## **Activity: Catapult Challenge**

### **Provided in this packet:**

- 7 craft sticks, 4 rubber bands, a plastic spoon, and other craft stuff

### **Things needed from home:**

- **Super Science World of Wow** from your Boys and Girls Club box of supplies.

**Goal:** Learning about potential energy and kinetic energy.

**Vocabulary:** Potential energy

Kinetic energy

### **Directions:**

**Step 1:** Open your **Super Science World of Wow** to page 79. Read Extreme Pogo!

**Step 2:** Turn to page 82 Investigation 2.

**Step 3:** Follow the instructions. Some of the materials are in your packet, the rest you will find around the house.

**Step 4:** Fill out the recording sheet in your book.

**Step 5:** Take a picture of your recording sheet and email to: [twilliams@bgclubcab.org](mailto:twilliams@bgclubcab.org) no later than Thursday, July 17, 2020. Please include your first and last name.

**Prize:** First one to turn in their recording sheet wins a 48" Beach Ball.



## Technology Center

Ms. Williams

[twilliams@bgclubcab.org](mailto:twilliams@bgclubcab.org)



### Activity: Cannon Basketball

**Goal:** Exploring Strategy and Trajectory

**Supplies provided in this packet:** N/A

**Items needed from home:**



Computer



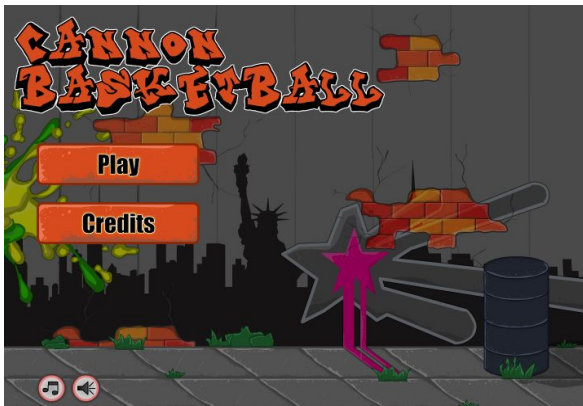
Wi-Fi Internet



Headphones

**Instructions:** Move your mouse to aim your cannon and click to launch your basketball. Click farther away from the cannon to make your shot more powerful.

- Visit this website: <https://www.coolmathgames.com/0-cannon-basketball>
- Click on the game and advance through the levels, practicing your aim.
- Try a more challenging game visit <https://www.coolmathgames.com/0-cannon-basketball-3>



**Gym Gems**  
**Coach Davis**  
[georgia4321@yahoo.com](mailto:georgia4321@yahoo.com)



## **Activity: Basketball Skill**

**Supplies Provided:** Basketball

**Materials needed from home:**

- Flat Surface
- Timer
- Great work ethic

### **Workout:**

Stand still and dribble with your right hand: 3 sets of :30 seconds, head up, ball below the hip. Do the same with your left hand.

\*\*\*Mark off 10 feet and dribble while walking... right hand down, left hand back. As you get better dribbling, you can begin to jog, then eventually run. Using a clock to time you is always good.

Taps... take a knee and tiny dribbles as quickly as possible. You may use your right hand for :30, then your left hand for :30, and then combine both hands for :30. Do this three times each.

### **Players that have access to a goal.**

#### **Game 1: Knockout**

We're going to need two basketballs in order to play.

Player 1 will shoot from the free throw line area (15 feet from the front of the rim). As soon as Player 1 releases the shot, Player 2 will take his/her shot.

Player 1 must hit his/her shot before Player 2 can hit their shot. If Player 2 hits the shot first, the first player will be eliminated.

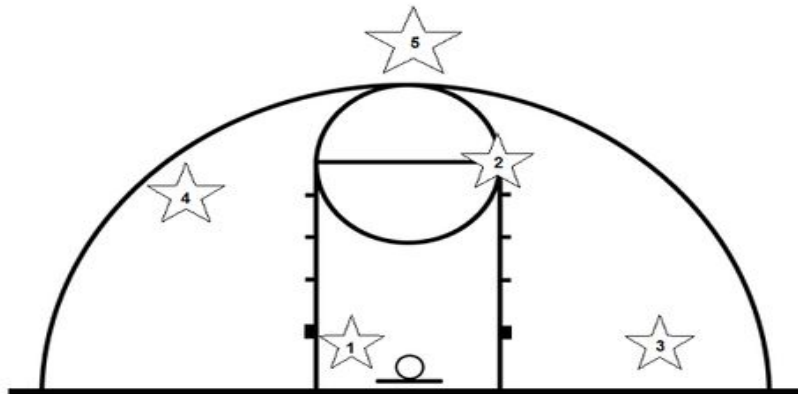
If Player 1 hits their shot first, they will pass the ball to the next player (if there's more than 2 players) and Player 3 will take their shot and attempt to make a basket before Player 2.

Same rules of elimination and continuing play applies. The last player eliminated will be the winner.



## Game 2: **Hot Shot**

1. Each player will have one minute to score as many points as possible. Points are scored by making shots from the designated positions on the court.
2. If a player makes a shot from each spot on the court, he/she will be given 25 bonus points.
3. A player may only count two lay-ups towards their final scores.
4. Players may start at any of the designated positions on the court.
5. Timer starts on the players movement and timer will provide a :10 countdown.
6. As time expires, the ball must be released from the players hand in order to count if the basketball is made.
7. Player with the most points will be the winner.
8. [https://www.youtube.com/watch?v=QlxKg\\_9WGLU](https://www.youtube.com/watch?v=QlxKg_9WGLU) A video for you...





**Activity Room**  
Coach Breezy  
[rmason@bgclubcab.org](mailto:rmason@bgclubcab.org)



## **Activity: Hand & foot hopscotch**

**Supplies Provided in this packet:** Foot prints, hand prints

**Things needed at home:** Ample amount of space, scissors

**Directions:** In your packet you will find two sheets of paper with three pictures each of a right foot, left foot, right hand, and left hand. That means you will have six right feet, six left feet, six right hands, and six left hands. Place the prints in sets of 3's on the floor making sure you have 8 rows. You are not allowed to have two of the same prints on the same row. Also if you have two of the same items (like a right foot and a left foot), they must be put on the side of the other as they naturally would be. The object is to hop forward placing our hand or foot on the print as instructed not trying to mess up.



<https://www.youtube.com/BGCofCabarrusCounty>

**Games Room**  
Coach Breezy  
[rmason@bgclubcab.org](mailto:rmason@bgclubcab.org)



### **Activity: Dirt bag toss**

**Supplies provided in this packet:** Zip-lock bag filled with soil, 5 paper plates

**Things needed at home:** None

**Directions:** Color the plates, all different to distinguish a points system. It can be 10, 20, 30, 40, 50 or 25, 50, 75, 100, 125 or even 1, 2, 3, 4, 5. Then place them apart with the smallest number being the closest to you and the highest number being farther away. Toss the bag of dirt (each person getting 3-5 tosses) trying to get the most points!

**Don't forget to subscribe to our YouTube channel for examples of this any many more interesting games and videos!**

<https://www.youtube.com/BGCofCabarrusCounty>



## Activity Room

Coach Breezy

[rmason@bgclubcab.org](mailto:rmason@bgclubcab.org)

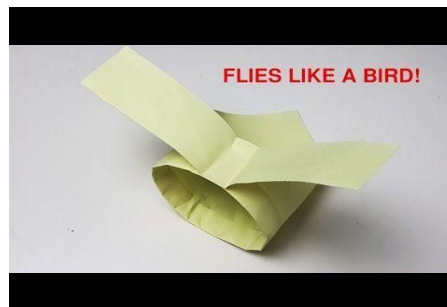


### Activity: Sphere glider

**Supplies provided in this packet:** None

**Things needed at home:** A piece of paper

**Directions:** Go to the YouTube channel at The Boys and Girls club of Cabarrus County. Watch the video with the directions on how to make the glider. Have someone film you flying the glider and send video in to Coach Breezy for a chance to win a handheld video game



<https://www.youtube.com/BGCofCabarrusCounty>

**Don't forget to subscribe to our YouTube channel for examples of this any many more interesting games and videos!**