

Virtual Club Seniors (3rd-5th)

Week of: June 29-July 2

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
3:30-4PM K-2nd Grade	COACH BREEZY	MS. WILLIAMS	MS. CHERI	COACH DAVIS	↑ CLOSED IN OBSERVANCE OF JULY 4 ↓
4:30-5PM 3rd-5th Grade	MS. CHERI	COACH BREEZY	COACH DAVIS	MS. WILLIAMS	
5:30-6PM Middle School		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!

(THURS) JULY 2

JULY 10

JULY 17

BOMB POPS & WATERFUN

Plus a chance to shoot Water Guns @ staff!

CAMP SPENCER SHOWDOWN

Camp activities including Fishing & Archery

MOVIE NIGHT

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



Activity 1: Patriotic Windcatcher

Supplies Provided in this Packet: Paper plate, String, Star cut-out

Things needed at home: Glue, Coloring utensils

Directions: Draw and color the American Flag on the top of the plate. Starting at the edge of the plate, cut diagonally as if they were being cut into the shape of a snake. Once you have completely cut the plate use the string provided and attach it to the windcatcher. Attach the star to the end of the string. The first two photos that are emailed to me will win their choice of **Legos, Puffer Ball, Glow stick, or a skip-it**



Activity 2: Star Wreath

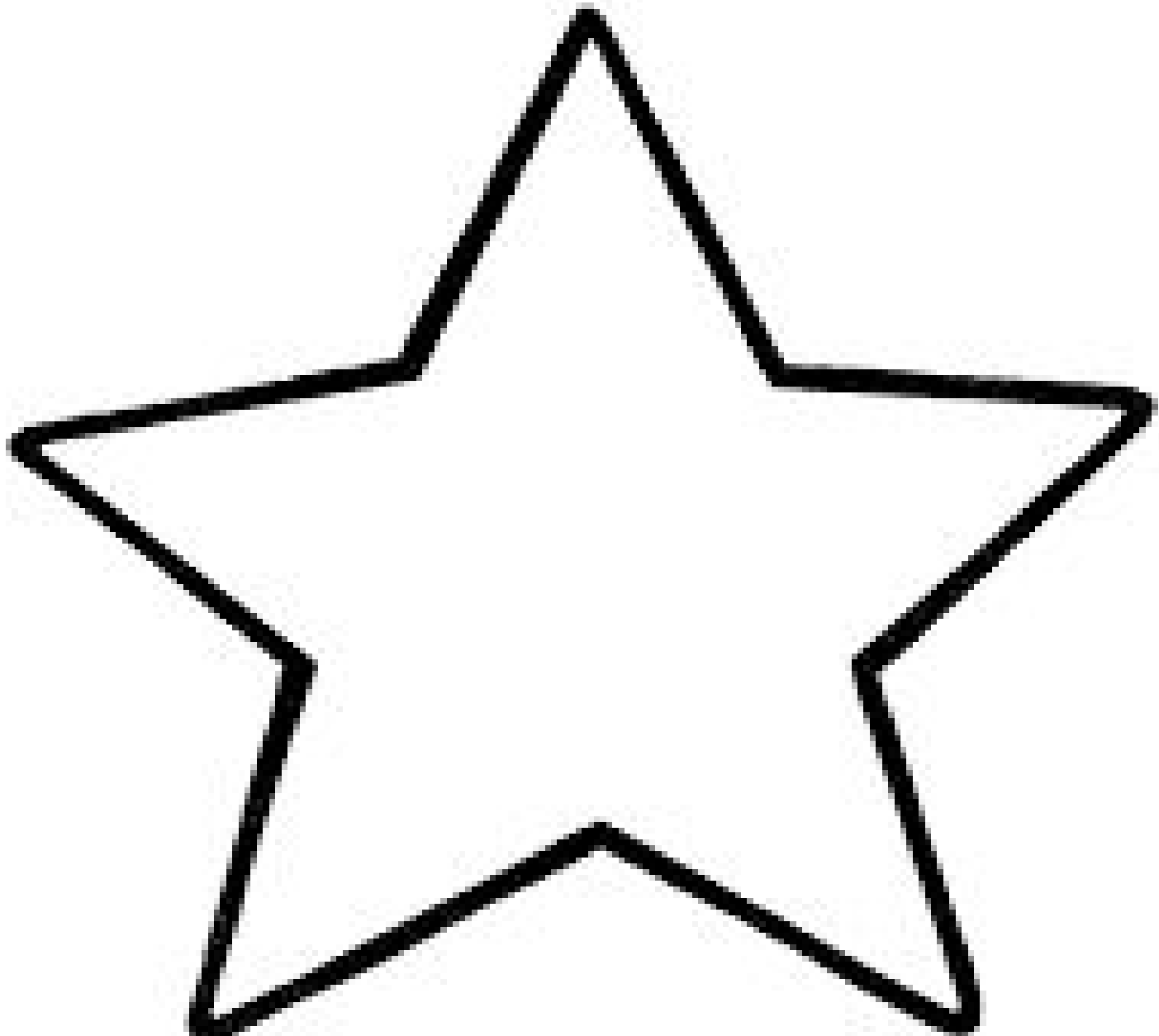
Supplies Provided in this Packet: Paper plate, Mini stars

Things needed at home: Glue, Scissors

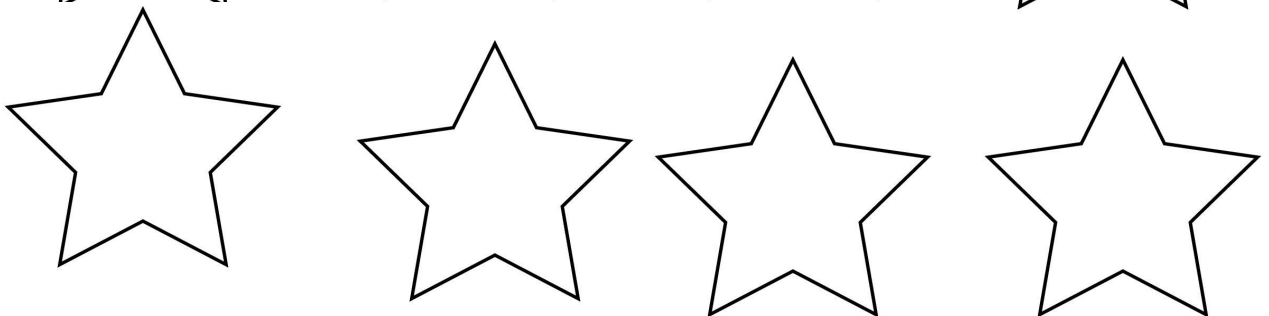
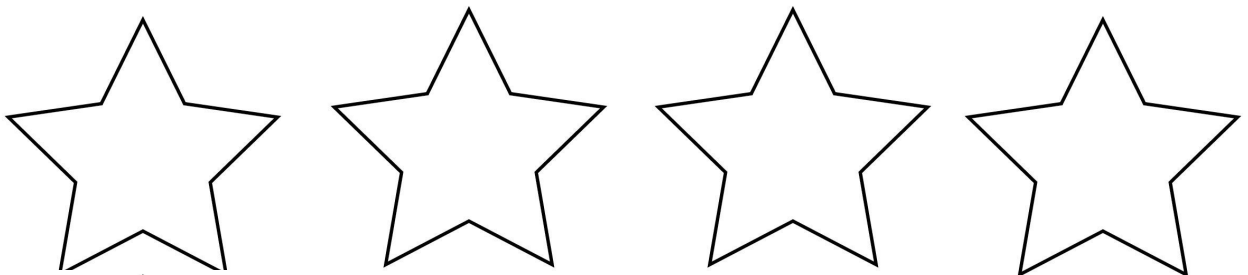
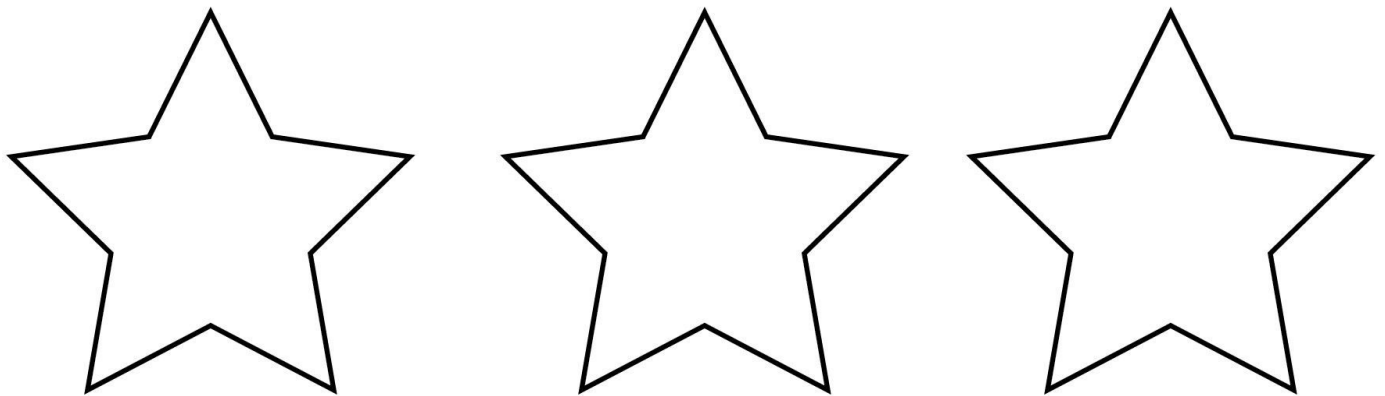
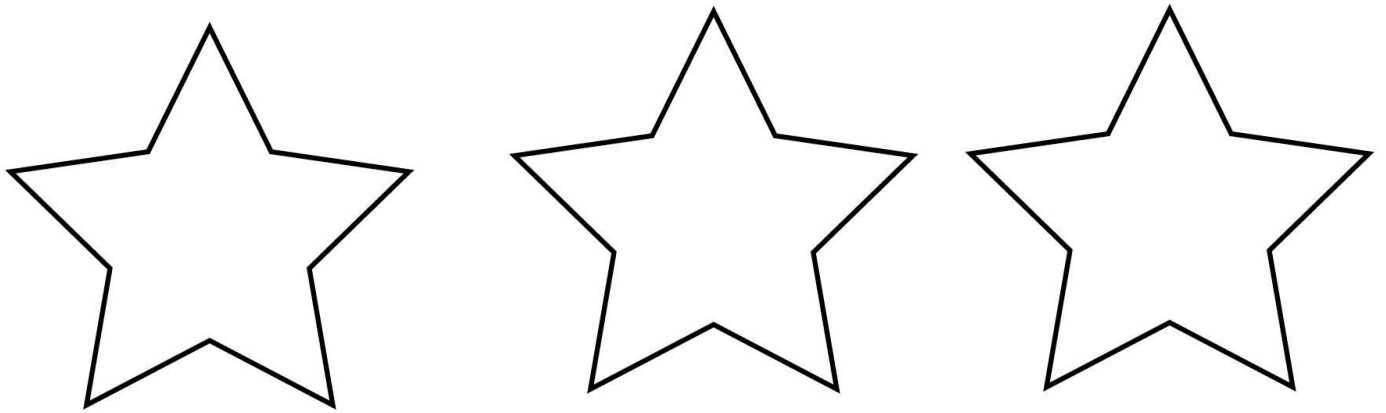
Directions: Color the stars red, and blue leave some white. Then cut the center of the plate out. Next glue the stars around the rim of the plate.



Star for Wind Catcher Activity



STARS FOR WREATH ACTIVITY (Make extra stars on a separate piece of paper if you'd like)



Life Skills
Ms. Cheri
choward@bgclubcab.org



Activity: Patriotic Cookie

Things needed at home: an oven, Sugar cookie batter: Red, White, and Blue sprinkles, Cookie sheet pan

Directions: Use either store bought dough or make your own using the recipe below. Preheat your oven to 350 degrees. Take your cookie dough and put it in a mixing bowl. Next take your sprinkles and shake them all over the cookie dough. You don't want to put too much. Now mix it up. Set your bowl to the side. Grab your cookie sheet and layer it with non-stick spray or butter. Now take the amount of cookie dough you need to form whatever cookie dough size you'd like. Roll it in a circle then place it on the pan. Do the process until all the cookie dough is gone. Make sure you space the cookies about 1 ½- 2 inches apart. Bake your cookies at 350 degrees for 12-15 minutes. Let them cool then enjoy.



Homemade recipe for sugar cookies

3 cups all-purpose flour
3/4 teaspoon baking powder
1/4 teaspoon salt
1 cup unsalted butter, softened
1 cup sugar
1 egg, beaten
1 tablespoon milk
Powdered sugar, for rolling out dough

Learning Center
Ms. Williams
twilliams@bgclubcab.org



Activity: Planting a Sunflower

Provided in this packet:

- 4 Sunflower seeds, A cup with soil, Handprint printout

Things needed from home:

- Water, Sun

Goal – Teach children the value of taking care of the Earth

Directions:

Step 1: Poke your finger in the soil to make a hole for your sunflower seed. Drop the four sunflower seeds into the hole. Cover it with a little soil and spray or sprinkle some water on top.

Step 2: Put the cup on a sunny windowsill. You could plant a seed in some more cups too if you like, to see which one grows best. Upon your return, ask for extra seeds. Watch it grow! When your plants grow too big for the cups, transplant them into bigger flowerpots.

Step 3: Log the plant's progress in your STEM Log. Your plant should appear in 1 to 2 weeks.

Step 4: Take photos of the plant's progress and your log book along with your decorated hand poem. Email your photos and observations to: twilliams@bgclubcab.org no later than Thursday, July 2, 2020. **Please include your first and last name.**

Observations

Can you think of a scientific investigation you could do using your sunflower seeds?

Each week, log in how much your plant has grown and how often you water your plant?

Prize of a canvas and art supplies will be given to the best “Hand Poem” about your Sunflower.



Technology Center

Ms. Williams

twilliams@bgclubcab.org



Activity: Typing Rocket / Let Me Grow

Supplies provided in this packet: N/A

Items needed from home:



Computer



Wi-Fi Internet



Headphones

Instructions:

- Visit: <https://www.abcya.com/>
- Click on your grade level
- Click on 'Skill' in the upper right hand corner
- Stroll down and click on Typing Rocket Jr. / Let Me Grow
- Click on Start
- Click on the triangle in the red or yellow circle
- **Typing Rocket:** Type the letter on each rocket as they take off to space.
- **Let Me Grow:** Click on the levels 1-8 and open up the levees and remove blocks to water the flowers. Be careful not to get the garden gnomes wet!



Gym Gems

Coach Davis

georgia4321@yahoo.com



Activity: Frogger

Supplies Provided: N/A

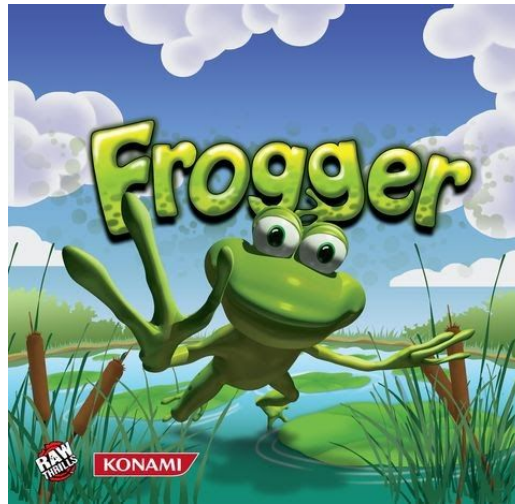
Things needed at home: Hula Hoop, Pool Noodle/Jump Rope, Two bases (can be a pizza box cut at the seam)

Introduction: Frogger was a popular video game from the mid 80's and early 90's. The "frog" tried to avoid many obstacles (alligators, logs, and crowded streets) in an attempt to safely reach home base. The game you're going to play is a modified version of the game Frogger.

Directions:

- Mark off 30 feet as the playing field.
- Have someone time you as you complete the course.
- Start with the Hula Hoop at the Start Line... Player 1 will stand inside it. Lift the Hula Hoop over your head and toss in front of you (the toss should be well within your ability to jump forward and land inside with both feet (If you miss your jump, you will have to start over). Continue until you cross the finish line and sprint back to the start line.
- Next is the Jump Rope or Noodle... Toss the item in front of you. With both feet together, the player has to jump over the item (you must clear the item with both feet, if not, the player has to start over). Continue until crossing the Finish Line and sprint back to the Start Line.
- Lastly, toss the base in front of you, you must land inside the box with one foot (if you miss or touch the ground with your opposite foot, you must start over). You have to alternate feet as you land... remember to reach back and get the base you just jumped from.
- The player with the quickest time will be the winner.

Alternate Play: Other players may use a hose and squirt the players as they try to complete the course or may fill water balloons and toss at the player who is attempting to complete the course. Or Countdown the time for each stage separately instead of counting the total time.



Activity Room
Coach Breezy
rmason@bgclubcab.org

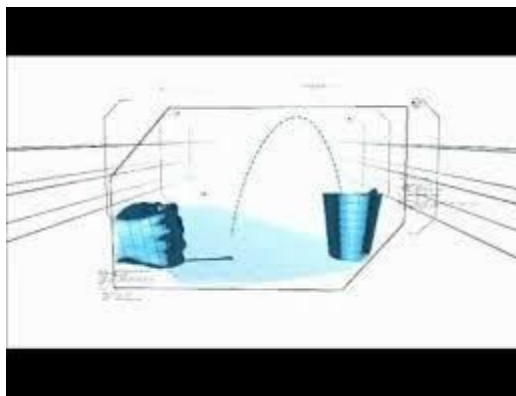


Activity: Fish out of water

Supplies Provided in this packet: Swedish fish candy, spoon, cup

Things needed at home: Table, anything dish that can hold water

Directions: Align the dish (with a small amount of water in it) on the table inches away from the spoon. Use the scooping part of the spoon (as the trigger) while placing the fish on the handle, try to flip the swedish into the dish. Send me a video and the greatest distance gets a prize of :an emoji speaker.



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

Games Room
Coach Breezy
rmason@bgclubcab.org



Activity: Transfer

Supplies provided: Swedish fish, cups, spoon

Things needed at home: Table, cups, bowls, or any dish

Directions: Using the handle of the spoon in your mouth try to scoop the swedish fish up and transfer them to another dish. You can use your hands but only to keep the dish still as you scoop out the fish. This can be a Minute-to-Win-It game where you are going against time or you may challenge someone to a race!



Remember to subscribe to our YouTube channel and see videos of us making and playing these games and more!

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

Activity Room

Coach Breezy

rmason@bgclubcab.org



Activity: Transfer II

Supplies provided: Toothbrush, Q-tip, cups

Things needed at home: Table

Directions: This minute to win it game can be played by yourself trying to beat the clock or with multiple players trying to beat each other. The goal is to balance a q-tip on a toothbrush, (hint: use the toothbrush like a hook), then transfer it from one cup to the other. Simple right! Oh wait! You can only use your mouth!

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