

Virtual Club Seniors (3rd-5th)

Week of: August 3-7

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 will continue through the end of July.

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

VIRTUAL CLUB PACKETS and INSTRUCTIONAL VIDEOS

We will continue to provide Virtual Club packets weekly through the end of July.

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.

CARnival FUN FRIDAYS!

JULY 10	CAMP SPENCER SHOWDOWN Camp activities including Fishing & Archery
JULY 17	MOVIE NIGHT
JULY 24	TYE-DYE TEES
JULY 31	BACK TO SCHOOL BASH

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: Crystal Craft

Supplies Provided in this Packet: 1 Pipe Cleaner, Borax, 1 Popsicle stick, 1 string

Things needed at home: Water, Jar

Directions: Create any shape you would like your crystal to be using the pipe cleaner. Tie your string to the center of the popsicle stick. With parents' help and/or permission, boil two cups of water. Once the water is at the boiling point pour it in an empty jar. You need 3 tablespoons of borax per cup of water. Since you boiled 2 cups I have provided you with 6 tablespoons of borax. Stir until the solution starts to dissolve. Take your shape that is attached to the popsicle stick and stick it in the water completely. The stick should balance it where it stands in the water without touching the bottom or any sides. Allow it to sit at least 6 hours. It's better if it's overnight. Once time is up you will see the beautiful results. If you'd like to, add color add food coloring once you pour your water in the jar.



Activity 2: Clown craft

Supplies Provided in this Packet: 1 paper plate, construction paper, googly eyes

Things needed at home: Glue

Directions: The first week of August is International Clown Week. In honor of that, you will be making your own clown. Be as creative as you would like.



Wise Choices
Ms. Cheri
choward@bgclubcab.org



Activity: The Crown

Supplies Provided in this Packet: Jewels, a Crown

Things needed at home: Glue

Directions: We all have had a long and unusual summer. I want to thank you for participating in my activities and meeting expectations. So in honor of completing the summer I would like you to decorate your crown and send me a photo to be in a photo collage.



Learning Center
Ms. Williams
twilliams@bgclubcab.org



Activity: Robotic Hand

Provided in this packet: Cardboard hand, 6 strips of cardboard, 3 straws, string, Photos A - H

Things needed from home: duct tape, liquid glue, hot glue, scissors or cutter, ruler

Goal: Ever wondered how the tendons in your hand work? This science project shows you how! The cardboard represents bone. The strings represent tendons. The straws represent tiny tunnels that act like tendon sheaths.

Here is a DIY video that will help and guide you:

<https://www.buzzfeed.com/tigersouvannakoumane/make-your-own-robotic-hand-with-this-geeky-diy>

Directions:

Step 1: Cut out the robotic hand. Mark the joints of your fingers on the cardboard (2 joints for the thumb, 3 for the other fingers). You can use a ruler to fold the joints more easily. Make sure the fingers can close easily without rubbing together.

Step 2: Arm Band: Using the scraps of the cardboard, cut a narrow rectangular band 4 inches larger than the palm of your hand. Position your hand on the lower part of the arm. Bend the sides of the band around your palm and the cardboard. Glue or tape the band to the back of the arm. See Photo A. **Step 3: For the fingers:** Cut the straws into 20 small pieces and 5 longer pieces. You will need the three bendy parts of the straws for the thumb. Glue the small straws onto the cardboard hand between each knuckle. Attach the 4 longer straws to the palm. See Photo B.

For the thumb: attach 2 straws to the tip and first knuckle of the thumb. Insert one bendy part into the hole at the base of the thumb. Photo B. Turn the arm over and attach two remaining straws to the back. See Photo C & D for placement of the two remaining bendy parts. Thread a piece of string through each straw. Tie the end of each string onto each fingertip straw. Make a loop for your fingers at the bottom. Before tying the loop, make sure the string is tight enough to pull the finger down and yet let it spring back into place. See Photos E & F.

Step 4: Back support: Glue or tape the strips of cardboard together. See Photo G. Glue or tape to the back of the arm. See Photo H. Decorate and enjoy.

Technology Center

Ms. Williams

twilliams@bgclubcab.org



Activity: Activity: Word Scramble

Goal: Practice keyboarding skills and phonics

Supplies provided in this packet: N/A

Items needed from home:



Computer



Wi-Fi Internet



Headphones

Look at the picture and make a word from the scrambled letters that describes the picture.
Touch the letters to make the word.

- Visit <https://www.turtlediary.com/game/word-scramble.html>
- Click **OK**
- Select **Grade Level** (If you're in 5th Grade – select 4th grade)
- Look at the picture. Sound out the word and type in the letters from the list that spell that word.
- Click **Check**.

If the word is wrong, remove the letters using the mouse.

If the word is correct. click the arrow to go to the next word.



Gym Gems
Coach Davis
georgia4321@yahoo.com



Activity: Backyard Volleyball

Supplies Provided: N/A

Things needed at home: Open area, Beach Ball, Balloon, or a soft ball

Activity: Find something you can use as a net. It can be a clothes line, a swing set, a hose pipe, or even a flat line drawn on the ground. Players will do Rock, Paper, Scissors to decide who gets to serve first. The server will hit the ball over the chosen obstacle to their opponent. The opponent will return the ball across the obstacle and the two players will continue until the ball hits the ground or goes under the “net”. The player who returned the ball and forced the error on their opponent will be rewarded a point and will hold serve.

Game Point: First to 15 is the winner... must win by 2.

No Spiking (hitting the ball hard)... this game is designed for physical activity and players moving for extended periods of time.

Player can hit the ball 3 times... on the 3rd attempt, the player must hit the ball across the “Net”. If 2 or more players are on a side, the players must take turns (alternate) hitting the ball.

No catching the ball and hitting the ball back across the net.



Games Room
Coach Breezy
rmason@bgclubcab.org



Activity: Water Balloons Pinata

Supplies provided in this packet: String, balloons

Things needed at home: Water, bat or stick, blindfold

Directions: This is a quick, yet fun game that can be played outside! Fill the balloons with water. About half full should be enough. Tie the balloons to the string about two feet apart. Then simply hang the string and balloons up right above your head. Make sure no one is too close, put on a blindfold, grab a stick or bat and swing away! There is a picture below! Hope you enjoy!



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



Activity 1: Jai alai (milk jug toss)

Supplies Provided in this packet: N/A

Things need at home: Empty milk jug, scissors, marker, small ball or wad of paper

Directions: This can be a single player game or a multi-player game. Find an empty milk or juice jug and rinse it out. You can keep the lid if you want to or throw it away, it really doesn't have a purpose. Take the marker and draw the pattern on the jug where you want to cut it so that the jug becomes a scoop. Then go outside and using the handle, toss the ball against the wall or to an opponent. Below is a picture of what your scoop should look like.



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Activity Room
Coach Breezy
rmason@bgclubcab.org



Activity 2: Monster Hops

Supplies provided in this packet: Monster footprints

Things needed at home: None

Directions: This is another quick minute-to-win-it game that is very easy to set up and can be played almost anywhere. It can be a single player game or a race against someone else. The concept is easy. Place the monster footprints in a straight line and hop on the pieces of paper in the direction of the prints.



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Activity Room

Coach Breezy

rmason@bgclubcab.org



Activity 3: Giant Memory Game

Supplies provided in this packet: Paper plates, symbols

Things needed at home: Glue or tape

Directions: This is another quick minute-to-win-it game that is very easy to set up and can be played almost anywhere. It also can be played inside or outside. First, take the symbols and cut out each one. Then glue one symbol to a plate. Finally, turn the plates face down hiding the symbols and try to locate the matches! I hope you enjoy! There's a picture below of what it looks like



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