

Virtual Club Seniors (3rd-5th)

Week of: July 27 - July 31

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: Luau Craft

Supplies Provided in this Packet: Luau person to put together for boy/girl, flower print outs

Things needed at home: Glue, coloring utensils

Directions: Glue all the parts together to make a person. Add flowers to the neck for a necklace. If you are a girl add your own hair. You also have a small flower to place in your hair and a flower for an ankle bracelet. Email me your completed craft for a chance to win a balance beam.



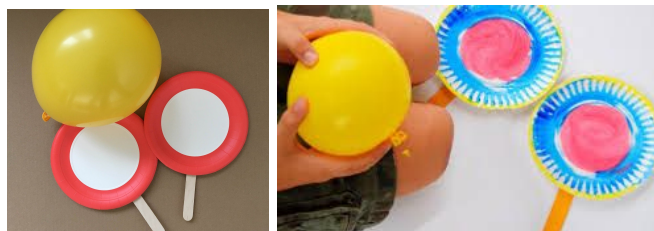
Prize

Activity 2: Balloon Tennis

Supplies Provided in this Packet: 2 paper plates, 2 popsicle sticks, 1 balloon

Things needed at home: Glue/Tape

Directions: Decorate your plates however you would like. Glue your popsicle stick to the bottom of the plate to make it like a ping pong paddle. Blow your balloon up and the fun begins. I challenge you to make your own balloon tennis table. Use a table at home that's not used much for anything else. Divide the table in half by using tape or maybe a rope that may be long enough.



Wise Choices

Ms. Cheri

choward@bgclubcab.org



Activity: Sensory Bottle

Supplies Provided in this Packet: white paper, empty bottle, glitter, & random things to put in your bottle.

Things needed at home: Water

Directions: There has been a lot going on in today's world. We all had a life that we thought was normal but Covid-19 came in and struck the world. There is clear glue in your bottle. Place the random items in your bottle. Fill your bottle up with water & make sure you screw the lid on tight. Shake it up and watch the magic happen. The reason for the clear glue is to make the items move slowly in the water.

***All bottles have been properly sanitized.



Learning Center
Ms. Williams
twilliams@bgclubcab.org



Activity: Wind Power

Provided in this packet: 1 Straw, 4" square sheet of paper, thread, 4" square cardstock (for Investigation 2)

Things needed from home: Scissors, tape, The **World of WOW** (ages 9-11) Book from Boys & Girls Club supply box. See Materials' list for inventor's material.

Goal: Understanding the power of wind

Investigation 1

Step 1: Read page 61 in **World of WOW** Book about **Catching the Wind**.

Step 2: Turn to page 62. The paper has already been prepared for you. Start at Step 5 in the book. Use the thin paper square.

Step 3: Take a photo of your Recording Sheet.

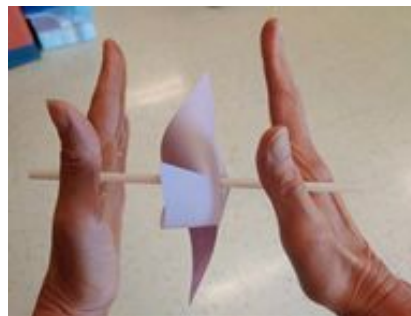
Investigation 2

Step 1: Turn to Page 64.

Step 2: Follow Steps 1 – 9 in the book.

Step 3: Take a photo of your Recording Sheet and your Whirl Power Machine.

The first to email your photos to twilliams@bgclubcab.org by Friday July 24th will receive spray chalk, cup and marker set.



Technology Center

Ms. Williams

twilliams@bgclubcab.org



Activity: Keyboarding and Unscrambling words

Goal: Practicing keyboarding skills

Supplies provided in this packet: N/A

Items needed from home:



Computer



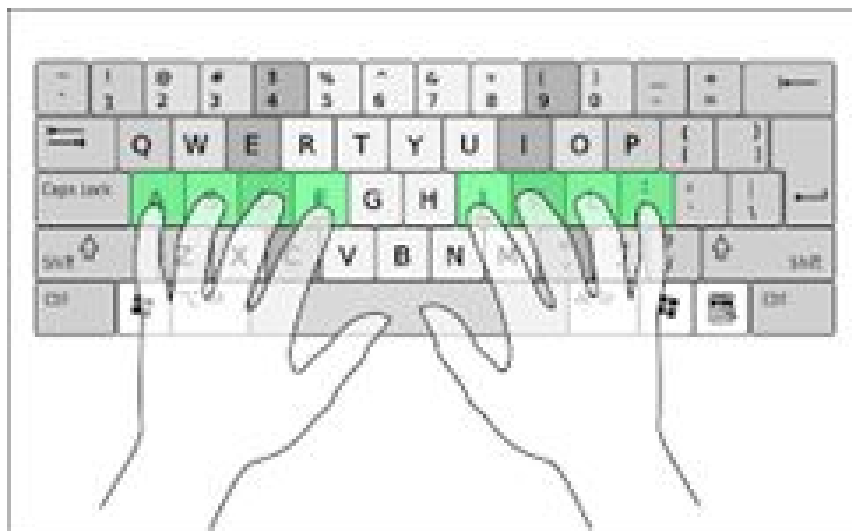
Wi-Fi Internet



Headphones

Activity 1: Practice your keyboarding skills

- Visit <https://www.turtlediary.com/typing-tutorials.html>
- Choose the lesson you would like to complete. Click **Start**.



Gym Gems
Coach Davis
georgia4321@yahoo.com



Cool Runnings

Supplies Provided: N/A

Things needed at home: Water hose, Balloons, T-Shirt

Activity: Summertime heat in the Carolinas can be exhausting... This week's activities are designed to help keep you cool during the heat.

1. **Water Limbo**...How Low Can You Go? Instead of a broomstick, have someone hold the hose and create a line of water for you to "limbo" under... when you are hit by the line of water, you have been eliminated.
2. **Water Balloon Toss** or **Water Balloon Dodgeball**... With a partner, start close to each other and toss the water balloon to your partner. (Be careful catching the balloon, it will bust). After catching the balloon, the participants will take a step back and toss the balloon back to their partner. Be sure to fill several balloons so you can play multiple rounds. If you have a lot of people, you can play water balloon dodgeball. Fill several baskets or boxes with water balloons and place them at "midcourt". Players will sprint to the baskets and grab 2-3 water balloons and let the dodgeball game begin.
3. **Mr. Freeze**... Have a parent wet an old T-shirt (not too wet), place in a plastic freezer bag/grocery bag, and place in the freezer overnight. Compete against family or time yourself to see how quickly you can defrost the T-shirt and put it on.

WATER LIMBO

WATER BALLOON TOSS

MR. FREEZE



Activity Room
Coach Breezy
rmason@bgclubcab.org



Activity 1: Quarter Roll

Supplies Provided in this packet: None

Things needed at home: One or 2 forks, Quarter

Directions: Place a fork on one end of the table, with teeth facing the opposite side about 3 feet away. Roll the quarter until it sticks in the teeth of the fork. It will take a few tries to get the right angle and speed, but you will get it! Each time you stick the quarter you will get a point. Use a second fork to play against a friend. Adjust the distance to make it easier or more challenging. First one to 5 wins!



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 2: Flying Clouds

Supplies provided in this packet: Cotton Balls, spoon

Things needed at home: bowl/cup

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. Take the spoon and try to vault the cotton ball into the cup from about 3 feet away! You can adjust the distance to make it more challenging or easier.



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Games Room
Coach Breezy
rmason@bgclubcab.org



Activity: Candy Scaffold

Supplies provided in this packet: String, pencils, candy

Things needed at home: Something to keep time (watch/clock)

Directions: This is a quick, yet fun minute-to-win-it game that can be played almost anywhere! This can be a race against time or a race against someone else. First take the 3 pencils provided and wrap the strings around each of the ends, creating a board of sorts. Place the other end of the strings around your ears. Balance the candy on the pencils. Finally, pull the strings raising the pencils and candy to your mouth! Fastest time wins! There is a picture below! Hope you enjoy



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