

# Virtual Club Seniors (3rd-5th)

Week of: June 22-26

## VIRTUAL CLUB CONNECTION

### PARENTAL PERMISSION SLIP

If you haven't already, please complete the yellow parental consent form and return to the activity table at the Club 5:30-6:30 weekdays. Students cannot participate in Zoom classroom meetings without this consent.

### VIRTUAL CLUB PACKET INSTRUCTIONAL VIDEOS

Please subscribe to our YouTube page: <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.

### ZOOM CLASSROOM SESSIONS

Starting Tuesday, May 26th, our program directors will be hosting daily Zoom meeting activities to provide kids with an opportunity to connect live with staff and other Club kids. Parental consent forms must be provided. 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	
<b>5:30-6PM</b> Middle School		MR. ALEC	MR. ALEC		

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





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



## Activity 1: Paper Frisbee

Supplies Provided in this Packet: 2 paper plates

Things needed at home: Glue, Coloring utensils

Directions: Cut out the center of both plates. Color the bottom of each plate however you would like your frisbee to be decorated. Glue them together top to top. Allow time for it to dry, then test it. Take a picture of your creation and email it to Ms. Cheri at the address above. Most creative designed frisbee will win a Puffer Ball.



## Activity 2: Marshmallow Blaster

Supplies Provided in this Packet: Balloon, Marshmallows, fabric to cover the tissue paper roll

Things needed at home: Tissue Roll, Scissors, Rubber Band

Directions: Cover the tissue paper roll with the fabric and glue it down. Tie the end of the balloon and cut just a small hole at the top of the balloon. Attach the balloon's open side to one end of the tissue paper roll. Use the rubber band to secure it. Drop a marshmallow inside and try to blast it!



**Life Skills**  
Ms. Cheri  
[choward@bgclubcab.org](mailto:choward@bgclubcab.org)



## **Activity: Planting popcorn seeds**

Supplies Provided in this Packet: Seeds, and soil

Things needed at home: A ground to plant in and water

Directions: We provided you with a cup of soil for you to plant one seed inside the cup so you can see the plant grow inside. After the seed begins to sprout you will eventually need to move it to the ground so it can grow properly Find a nice planting space in your yard. Dig two holes 2 feet deep, and 8 inches apart. Then drop 3 seeds in each hole and use the original soil to cover the seeds. If your yard does not have proper growing soil then you may have to purchase some. Popcorn seeds need a least 2 inches of water a week. If you would like more seeds to plant just ask for Ms. Cheri at the Boys and Girls Club or simply e-mail me at the address above.

(Your 7 seeds will be aluminum foil inside your cup)



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



## **Activity: Introduction to DNA**

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

- Popsicle stick, 2 clear cups, 2 clear resealable sandwich bags, 1 strawberry

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

- Filter materials (coffee filter, paper towel, etc.), rubbing alcohol, salt, water, dishwashing liquid, tablespoon, teaspoon, paper towels for cleaning up any spills

**Goal: Understanding what DNA is and how to extract it from an organic object.**

### **Directions:**

**Step 1:** Go to myfuture.net

**Step 2:** Click on Programs

**Step 3:** Click ON DIY STEM

**Step 4:** Click on Observe

**Step 5:** Click on Extracting DNA. Follow the instructions to complete this activity.

**Activity needs to be completed by June 26<sup>th</sup>.**

**Log your observations of the process into your STEM log. When you come for food, please drop off your log book including your observations of this project by Friday, June 26<sup>th</sup> to win a science kit. Please include your first and last name.**



## Technology Center

Ms. Williams

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



## Activity: National Geographic Time

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

**Items needed from home:**



Computer



Wi-Fi Internet



Headphones

### **Instructions:**

**Step 1:** Go to National Geographic kids <https://kids.nationalgeographic.com/>

**Step 2:** Go to Videos

**Step 3:** Click on Wild Animals Selfies

**Step 4:** Click on Games

**Step 5:** Scroll right to find Crack the Code. Follow directions.





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



## **Activity: Frisbee Golf**

**Supplies Provided:** N/A

**Things needed at home:** Frisbee or a ball will do. Use a clothes basket, empty box, lawn chair, or trash can for the “holes”.

**Introduction:** Frisbee Golf is a game that is gaining popularity throughout the world. The game is 18 holes and is played with a frisbee instead of golf clubs and golf balls. On most Frisbee Golf Courses, players will throw the frisbee into a basket at various distances. At the end of the round, the player with the lowest score is the winner.

### **Directions:**

- You'll need some practice tossing the frisbee. This will help with improving accuracy and distance on your throws.
- Place the basket or box in a safe location and toss the frisbee. You can either play your next toss from the spot it landed OR where the frisbee actually stopped.
- Record how many tosses it takes for you to get the frisbee (or another object) into the basket/box.
- For the next hole, you can either move the basket/box or you can move the spot from where you and your partner(s) will throw from.
- You can also make the game more challenging by using trees or other objects as obstacles.
- At the end of the 9th hole, add up your tosses for each hole... The low score is the winner.
- Each day, practice tossing the frisbee before you play and try to beat the score from the previous day.

Here's a great video that will demonstrate the course set up, throws, and scoring.

<https://www.youtube.com/watch?v=BXJgCmKQNCQ>

Player 1:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 2:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 3:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>
Player 4:	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>	<i>Total # of Tosses:</i>



## Activity Room

Coach Breezy

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

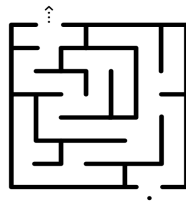


### Activity: Maze Runner Board

**Supplies Provided in this packet:** Cardboard, glue, yarn

**Things needed at home:** Ruler or straight edge, pencil

**Directions:** Lightly draw a maze on the cardboard. You want to draw it as light as possible just in case you may need to erase a line. Once you have completed the maze, take your finger and trace through it making sure you have a beginning and an ending. If you have scissors, cut the yarn into small strips the size of each line and glue the line to the board on the lines. Then let it dry. Once your board is set. Use the ping pong and maneuver through the maze by holding the maze on each side and not touching the ball. If the ball crosses a line you must start over! Send Coach Breezy a picture of your maze. Best one wins a collection of sports balls.



If you would like a video on a visual of how to make a maze, don't forget to subscribe to our YouTube and watch Coach Breezy's tutorial!

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

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



## **Activity: Penny Shoot/ Penny hockey**

**Supplies provided:** Styrofoam cup,

**Things needed at home:** Penny, scissors

**Directions:** These games can be played with one player trying to hit the targets or against each other in a game similar to hockey. Using the scissors, cut the cup into two equal halves creating goals or targets. If you are playing Penny Shoot, place the cups at different depths trying to flick the penny in the targets for points. If it's hockey you are playing, you and your opponent should simply sit at the opposite side of a table each with a goal. Take turns trying to flick the penny into your opponent's goal!

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

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