

Virtual Club Seniors (3rd-5th)

Week of: July 20 - July 24

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.

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.

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	↓

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

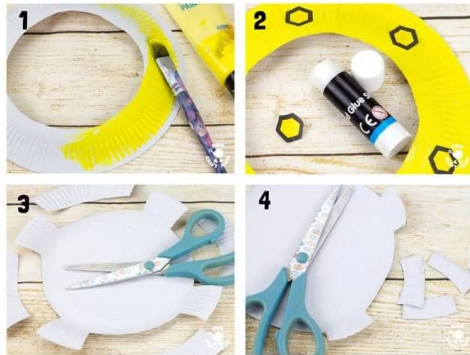


Activity 1: Moving Paper Plate Porthole

Supplies Provided in this Packet: Three paper plates, popsicle stick, and ocean template

Things needed at home: Glue, yellow crayon or paint, stapler, tape

Directions: For help, click on this link: <https://www.pinterest.com/pin/517984394647330517/>
To make the moving porthole follow the instructions below. You will need three paper plates for each porthole craft.

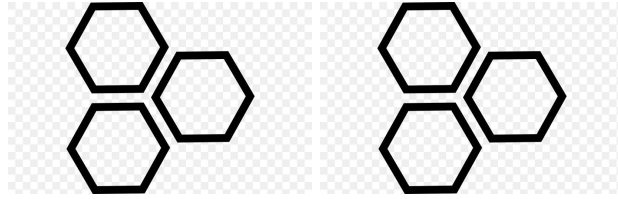


1. Cut the middle out of your first paper plate and paint the rim yellow.
2. Cut out the printed bolts from the free printable and glue them around the porthole.
3. Take a second paper plate and cut off the corrugated edge leaving 4 tabs at noon, 3:00, 6:00 and 9:00 positions.
4. Trim those tabs to about half.



5. Cut out your porthole craft scene and stick it onto the middle of your second paper plate so the tabs protrude slightly.
6. Turn your second plate over and tape a popsicle stick handle onto the back of the 3:00 tab.
7. Put your second paper plate in the middle and on top of your third paper plate.
8. Place your first paper plate painted porthole rim on top and staple it into place along the edges. Leave a gap from about 1 O'Clock to 5 O'Clock for your popsicle stick handle to move in.
(Make sure you are just stapling the top (first) and bottom (third) paper plates. The middle (second) plate needs to be able to rotate freely in between the other two.)



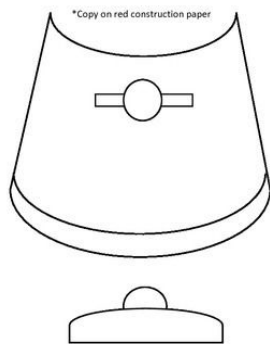


Activity 2: Bubble Gum Machine

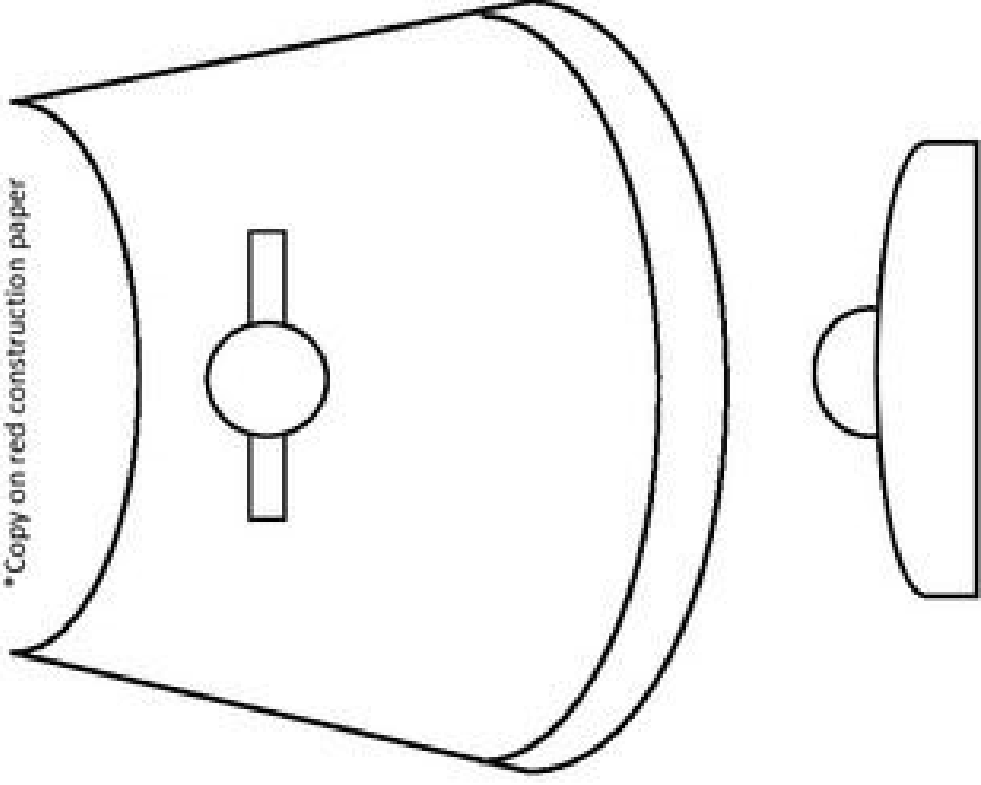
Supplies Provided in this Packet: gumball machine template, paper plate, puff balls, construction paper

Things needed at home: Scissors, Glue, coloring utensils

Directions: Color and cut out your machine. It does not have to be the traditional color red-be as creative as you would like. Use the plate to represent your machine bowl. Then glue the balls on the plate as if they were in the machine. Some balls may be different sizes. Use the construction paper for your background.



*Copy on red construction paper



Ms. Cheri
choward@bgclubcab.org



Directions: Have a parent join

Learning Center
Ms. Williams
twilliams@bgclubcab.org



Activity: Adventures Across America

Provided in this packet: Your NC Passport, box template

Things needed from home: US Map puzzle, Computer, Internet, pencil, crayons, markers or colored pencils

Goal: Learning about the States, their names, capitals, symbols and one fact.

Activity 1: United States Map puzzle

Get your US puzzle map you received from the Club a couple weeks ago. Take apart the puzzle and put it back together.

Activity 2: Passport

A passport is an official document that allows you to travel to other countries. For this activity, your passport will allow you to travel to other states.

Step 1: Turn to the first page of your Passport. Every passport must have a photo ID and your name. You can draw a picture of yourself in the box or paste your class picture. Fill in all the information on the first page.

Step 2: Each page has 2 boxes, one for each state and information that you will need to fill in about each state. Draw a picture of the State in the box. Write one fact about the state.

Step 3: Visit <https://statesymbolsusa.org/> to discover each State's information.

Step 4: Click a State on the map to find out more about that state. Click on Home to select another state.

Activity 3: State-ly Box

Please read Step 1 – 3 before you start. Do not glue until Step 5.

Step 1: Choose one State. You are going to make a box. You will decorate that box with the information that you learned about the state.

Step 2: Using the template box provided, cut on the solid black lines. Fold on the dotted lines.

Step 3: On the completion of your box, make a light pencil dot in the upper left corner of each side to indicate which way the paper lays. Unfold your box. Starting with the lid, draw the shape of the state. Put a star or dot where the capital is located and write its name. On each of the sides, draw four state symbols. On the bottom, draw the map of the United States. Draw North Carolina and your state on the map.

Step 4: Search the internet for the route from your home to the capital of the other state. Draw that route on your map.

Step 5: Refold the box and glue the flaps to the sides.

Step 6: Take a photo of your box and email it to twilliams@bgclubcab.org no later than Friday, July 24.

Prize: First one to upload your image of the box gets a Creative Crafts packet or a Giant calculator.



Technology Center

Ms. Williams

twilliams@bgclubcab.org



Activity: How fast and accurately can you type each name of the states?

Goal: Practicing keyboarding skills typing the name of each state

Supplies provided in this packet: N/A

Items needed from home:



Computer



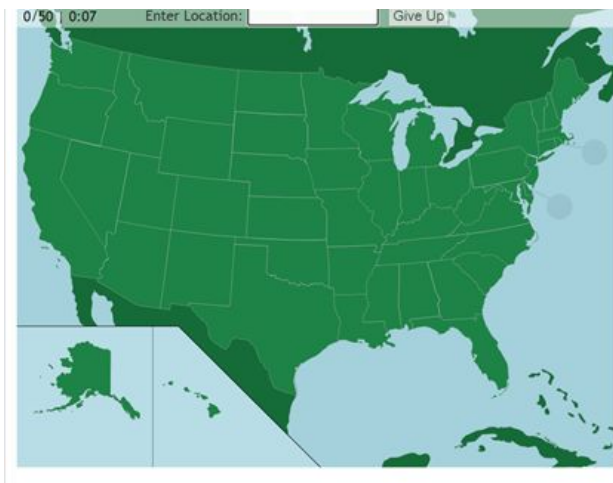
Wi-Fi Internet



Headphones

Instructions: Test your keyboarding skills and names of the states of the United States of America

- Visit <https://online.seterra.com/en/vgp/3003?c=3WXR6>
- Type in the names of the states
- See if you can better your score in 5 tries



Gym Gems
Coach Davis
georgia4321@yahoo.com



NFL: Punt, Pass, Kick

Supplies Provided: Football

Things needed at home: Tape Measure, Lawn Chair for Advanced Players

Activity: During the week, you will need to work on passing, punting, and kicking the football. You will quickly get better at each activity and as you do, make a line for you to do each activity from. Once you're ready, you have 3 attempts at each activity. The longest distance for each activity will be measured for distance.

Passing: See how far you can throw the football, have someone record where the football landed and then record how many feet it traveled in the air. Divide the total number of feet by 3 and that will be the number of yards you threw the football.

Punting: See how far you can punt the football, have someone record where the football landed and then record how many feet it traveled in the air. Divide the total number of feet by 3 and that will be the number of yards you punted the football.

Kicking: Just like the kickoff to start the game, kick the football and have someone record the number of feet it traveled in the air. Divide the total number of feet by 3 and that will give you the total yards you kicked the football.

Video Sources:

How to throw a football: https://www.youtube.com/watch?v=2vqOlfW_98Q

How to punt a football: <https://www.youtube.com/watch?v=6VuwxiKof0>

How to kickoff a football: <https://www.youtube.com/watch?v=4dQZNOG8AQw>

Samford Football Punt, Pass, Kick: <https://www.youtube.com/watch?v=nbnvpwGUNLw>

*****For Advanced Players:** Throwing accuracy is important and the ability to throw on the move is also important. The player will work on 2, 3, and 5 step drops while throwing at various distances. The player can also roll out while using the 5 step drop and work on his/her skill while throwing the ball on the move.

****Record yourself when you first start working on your skills on Monday. Record yourself the following Friday and see the difference in your ability after one week of work. Imagine how good you can be if you continue to work at your game.*



Activity Room
Coach Breezy
rmason@bgclubcab.org



Activity 1: Ball Catcher

Supplies Provided in this packet: Cup, string, ball

Things needed at home: Tape

Directions: First tape one end of string to the ping pong ball. The second step can be done in two different ways. One way is to tape the other piece of the string to the bottom of the cup or make a very small hole in the bottom of the cup, feed the string through and tie a knot big enough on the inside so the string can not come back out. Finally, you can begin play. The object is to hold only the cup and try to vault the ball into the cup.



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

Activity 2: Chalk Board Game

Supplies provided in this packet: Chalk

Things needed at home: Area to make your game board

Directions: First you need to design your game board on a piece of paper, deciding how and where the game is going to start and finish. You will also need to decide what type of obstacles, if any, are going to be on your board. You may want to write down the rules on a separate sheet of paper. Lastly, decide if you are going to need any props or game pieces like dice or bean bags to toss to move around the board.

After you have planned out your game board, you will need to find an area to transfer the diagram to. Once that process is completed make sure everyone that is familiar with all the rules and begin play! I would love to see a finished board game! With the best game designer receiving a board game of their very own-the game “Aggavation”!



<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!

Games Room
Coach Breezy
rmason@bgclubcab.org



Activity: Marble Trap

Supplies provided in this packet: Bottle of water, marbles

Things needed at home: Tape, scissors, napkins

Directions: After you drink all of the water out of your water bottle, pinch the plastic on one side of it so you can make a small cut near the top of the bottle. The 1st ring near the top should be a good spot. After the cut is made, insert the scissors and make a straight cut all the way around the bottle cutting off the top. Take the napkin and dry out the inside of the bottle. Then place the marbles inside the bottom of the bottle. Take the cut-off part, turn it upside down and put back on the bottle. Finally, tape over the opening so the marbles don't come out. Once completed, begin play! The object is to get the marbles inside the opening.

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



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