

# LCF KIDS



**“GET MOVING GET SOCIAL”**

**2024 Summer Camp**

**Information Packet**

**Ricardo Cunningham, Camp Director**

**LCF Kids**

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[www.LCFKIDS.com](http://www.LCFKIDS.com)



Dear Parents,

Welcome to LCF Kids and our **2024 GET MOVING GET SOCIAL** Summer camp! We are pleased to offer your child a unique and memorable summer experience. Our mission is to provide a program that fosters variety, flexibility and fun that nurtures curiosity, confidence, and builds social skills.

GET MOVING GET SOCIAL SUMMER CAMP will work on building children's self-esteem, self-confidence, and their physical ability through sports and social activities. The camp will focus on improving children's communication skills, teamwork, cooperation, and overall social skills. The camp will incorporate movement through the use of team sports such as: basketball, soccer, volleyball and other interactive games to work on developing their auditory processing. Every two weeks we will be focusing on one fundamental sport skill. We will target these set skills in a variety of ways throughout the week so at the end of each week your child is well on their way to mastering a new skill. There will also be other activities such as Lego play, music, and art.

The camp sessions are divided into morning (AM) sessions and afternoon (PM) sessions. Each session is structured and divided into separate physical activities and activities to develop social skills.

Not only is Summer Camp the highlight of many children's vacations, but here at LCF Kids your children are learning life skills such as turn taking, waiting, and participating as part of a group, social communication as well as learning essential sports and motor skills. Through maximizing practices of repetition and muscle memory, it is our goal that all participants will learn and master some great new skills this summer!

Campers will be grouped according to age ranges:

- 5yrs – 8yrs
- 9yrs – 12yrs
- 13yrs – 16yrs

Low campers to staff ratios are an important feature of our camps and this year's Summer Camp will be no different! The class ratio will be one instructor to four-six children (1:6). We will also have a floater to assist with children in need of some one-on-one assistance. Quality of instruction that the children are receiving is second to none. Camp will be run by staff who work both full and part time in a therapeutic capacity.

## Checklist for Registration

- Complete the Registration Form Online
- Complete and return the Child Health Profile, Participation Agreement & Emergency Contact Form

**May 1<sup>st</sup>, 2024-** is the last day to drop a summer camp session. No drop requests will be granted, nor refunds given after May 1<sup>st</sup>, 2024.

**Please use the space below to record the camp sessions your child is registering for so you will have the information for future reference or make a copy of your registration form before submitting it.**

	AM	PM
Week 1 (June 10-14)	_____	_____
Week 2 (June 17 -24)	_____	_____
Week 3 (June 24 - 28)	_____	_____
Week 4 (July 1- 3 and 5)	_____	_____
Week 5 (July 8- 12)	_____	_____
Week 6 (July 15- 19)	_____	_____
Week 7 (July 24- 28)	_____	_____
Week 8 (July 22-26 )	_____	_____
Week 9 (July 29- Aug 2)	_____	_____
Week 10 (Aug 5- 9)	_____	_____
Week 11 (Aug 12- 16)	_____	_____
Week 12 (Aug 19- 23)	_____	_____
Week 13 (Aug 26-30)	_____	_____
Total amount Paid \$	_____	_____

**Weekly sessions are planned but the program is subjected to change based on the needs of the group of children.**

Registration is ongoing and remains open throughout the summer for any class with available space. More information and updates can be found at [www.LCFKids.com](http://www.LCFKids.com) (click on Summer Camp). Please contact the Camp Director Ricardo Cunningham at [info@lcfkids.com](mailto:info@lcfkids.com) or call the office at 703-909-7971 with any questions.

It's going to be the best summer yet!

Ricardo Cunningham



## Week 1: June 10- June 14,

### MONDAY

#### **Physical: Basketball**

Campers will learn the techniques and skills of playing basketball. They will learn how to catch, dribble, pass, and shoot the basketball the correct way and with proper form. First week we will use a basketball size ball to catch and throw to one another. As we progress to our second week we will work on other basketball skills, such as shooting and dribbling.

#### **Social: Getting to Know you**

Most of our games incorporate team building and social skills. Along with learning how to catch and throw, Camp staff will ask a series of questions so the groups can get to know each other. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their physical activity, we will have them pass the ball to each other and address each other by their names. For example, "Here you go (name of peer)"; this will help them to know each other's name and be more comfortable talking to each other.

#### **Listening/Cooperative: Telephone**

This is a fun game for children to improve their listening skills. The game is played by passing a simple message from one child to the next. The last child in line will say the message aloud. If executed correctly, the message will be the same as it started.

### TUESDAY

#### **Physical: Basketball**

The children will work on catching and throwing. A Camp staff will throw the ball to the child to practice their structure: proper positioning of their hands, knees, and feet. We will also teach them how to do a proper chest pass, bounce pass, and an overhead pass.

#### **Social: Getting to Know you**

Camp staff will ask a series of questions so the groups can get to know each other. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their physical activity, we will have them pass the ball to each other and address each other by their names. For example, "Here you go (name of peer)"; this will help them to know each other's name and be more comfortable talking to each other.

#### **Creative You**

Children will work on their fine motor skills drawing and coloring different maze games. They will also be able to express their creativity through drawing.

### WEDNESDAY

#### **Physical: Basketball**

After practicing catching and throwing we will be working on dribbling. We will be working on stationary dribbling and then progress to dribbling and walking. They will learn how to place their hands, feet, and knees in the correct form.

**Social: Getting to Know you**

Camp staff will ask a series of questions so the groups can get to know each other. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

**Team Building: Hula Hoop around the Circle**

Children will connect hands to form a circle. They will learn to work together by communicating how to pass the hula hoop around the circle without them breaking the circle.

**THURSDAY**

**Physical: Basketball**

We will work on stationary dribbling and then progress to dribbling and walking. They will learn on how to position their hands, feet, and knees in the correct form.

**Social:**

Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to dribble it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

**Team Building: Human Knot**

Children will stand in a circle, connecting hands with someone across from them, forming a human knot. They will learn to work together, communicate, and plan how to untangle the human knot without breaking hands.

**FRIDAY**

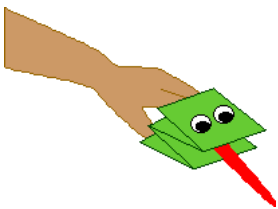
**Physical: Basketball**

We will work on stationary dribbling and then progress to dribbling and walking. They will learn on how to position their hands, feet, and knees in the correct form.

**Social:**

Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to dribble it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

**Arts & Crafts: Paper Frog Puppet**



**Tranquility: Stretching/Yoga**

It's always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 2: June 17 – June 21

### MONDAY

#### **Physical: Basketball**

We will work on stationary dribbling and then progress to dribbling and walking. They will learn on how to position their hands, feet, and knees in the correct form.

#### **Social:**

Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to dribble it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

#### **Cooperative: Bead Roll**

Each child is seated in a circle with a rope placed around the circle on each child's lap. The leader begins by placing one bead onto the rope and passes it to the child on his/her right. Beads are continuously placed so that each child eventually has one in their hand. At the end, each child states what color the bead is in front of them.

### TUESDAY

#### **Physical: Basketball**

We have worked on catching, passing, and dribbling, the next skill is shooting. Children will learn the proper technique of shooting a basketball: the proper hand and feet positioning.

#### **Social: Around the world**

The campers form a circle around the basketball hoop, and they will bounce pass the ball to one another camper until it gets to their peer directly in front of the basketball hoop. The child in front of the hoop will shoot the basketball three times and then they will switch so another child may have their turn. This will teach them turn taking, and team playing.

#### **Sport Skill: Wall Golf**

This game will help to improve accuracy when hitting with a racket or paddle. Hula hoops will be taped to the wall with aligning poly spots across from them. Children must hit the birdies into the circle of the hoop from the different poly spots on the floor.

### WEDNESDAY

#### **Physical: Basketball**

We will continue working on catching, passing, and dribbling, and shooting. Children will learn the proper technique of shooting a basketball: the proper hand and feet positioning.

#### **Social: Around the world**

The campers form a circle around the basketball hoop, and they will bounce pass the ball to one another camper until it gets to their peer directly in front of the basketball hoop. The child in front of the hoop will shoot the basketball three times and then they will switch so another child may have their turn. This will teach them turn taking, and team playing.

#### **Sport Skill: Silent Ball**

Campers will work on their hands/eye coordination and throwing skills by catching a ball being passed around the room. By keeping quiet during this game, it will help to improve focus and attention while playing the game.

## **Creative You**

Campers will work on their fine motor skills drawing and coloring different maze games. They will also be able to express their creativity through drawing.

## **THURSDAY**

### **Physical: Basketball**

We will continue working on catching, passing, and dribbling, and shooting. Children will learn the proper technique of shooting a basketball: the proper hand and feet positioning.

### **Social: Around the world**

The campers form a circle around the basketball hoop, and they bounce pass the ball to other campers until it gets to their peer directly in front of the basketball hoop. The child in front of the hoop will shoot the basketball three times and then they will switch so another child may have their turn. This will teach them turn taking, and team playing.

### **Communication: What time is it Mr. Wolf?**

Campers will learn to ask questions and follow directions by asking the “wolf” (teacher) what time it is and taking the proper amount of steps towards the wolf according to the time “Mr. Wolf” says. 1 O’Clock = 1 step, 2 O’Clock = 2 steps, etc... When the “Wolf” says “dinner time”, they must turn around and run back to the starting line.

## **FRIDAY**

### **Social/Physical: Basketball Game**

On the last day of basketball campers will learn how to play a basketball game. They will be playing against a camp staff: they are going to have to work as a team to dribble, pass, and shoot as many points as they can while the camp staff will try to block their shots.

### **Arts and Crafts: Oragami Whale**



### **Tranquility: Stretching/Yoga**

It’s always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



### Week 3: June 24– June 28

#### MONDAY

##### **Physical: Baseball**

For two weeks campers will practice catching, overhand pitching, and batting (from a tee). On the first day we will focus on catching a larger ball, then we will work on catching a small tennis ball to help improve catching skills. This will help them with catching a baseball.

##### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them to catch as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

##### **Sports Skill/Team Building: Garbage Ball**

Campers will learn to communicate by passing the ball to each other and throwing the ball into a standing tube. Campers will be split into two teams. They will rotate playing offense and defense.

#### TUESDAY

##### **Physical: Baseball**

As we continue working on catching a baseball, a camp staff will throw the ball to the child to practice their catching skill and form: proper positioning of their hands, knees, and feet.

##### **Social: Getting to know you**

Campers will learn the proper technique for overhand pitching and catching. They will learn how to take turns and be conscious about their peers around them. A camp staff will throw a ball to the campers for them to catch, as the staff ask them a series of questions so the group can get to know each other. Once completed we will randomly choose a peer and ask them if they remembered what their teammate answered.

##### **Listening: Simon Says**

Campers will improve listening skills, focus and attention by following what Simon "Says" and not what Simon "Does".

#### WEDNESDAY

##### **Physical: Baseball**

As we continue working on catching a baseball, a camp staff will throw the ball to the child to practice their catching skill and form: proper positioning of their hands, knees, and feet.

##### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them for them to catch,



as they answered the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

### **Creative You**

Campers will work on their fine motor skills, drawing and coloring different maze games. They will also be able to express their creativity through drawing.

## **THURSDAY**

### **Physical: Baseball**

After learning how to catch a ball, camper will learn how to do an overhand throw. They will start out performing overhand throws on the sport wall (one of interactive games). They will learn the proper techniques and body form.

### **Social: Getting to know you**

Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to the campers for them to catch, as they answered the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

## **FRIDAY**

### **Physical: Baseball**

Camper will continue working on their overhand throw by using the sport wall (one of interactive games). They will learn the proper techniques and body form.

### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them for them to catch, as they answered the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

### **Arts and Crafts: Paper Plate Duck**



### **Tranquility: Stretching/Yoga**

It's always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 4 (July 4 no camp): July 1 –3 and July 5

### TUESDAY

#### **Physical: Baseball**

Campers will work on how to bat from a tee.

#### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them for them to catch, as they answered the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

#### **Social: 20 Questions**

This communication game is designed to test the child's memory and ability to ask direct questions. Campers will sit in a circle with one child in the middle. The child in the middle will think of a person, place or thing that the other campers must guess. The group can ask him/her 20 questions regarding the noun they have thought of. The questions can only be answered by "yes" or "no," so it is important that they are simple and direct. If the campers do not guess the answer within 20 questions, then the child in the center of the circle is the winner.

### WEDNESDAY

#### **Physical: Baseball**

They will continue work on batting. They will learn the proper technique and form to bat a baseball.

#### **Social: Flexibility**

What does it mean to be flexible? When we are a part of a group we need to be flexible. We need to think of other people and change our own actions to be flexible.

#### **Creative You**

Children will work on their fine motor skills drawing and coloring different maze games. They will also be able to express their creativity through drawing.

### THURSDAY

#### **Physical: Baseball**

They will continue work on batting. They will learn the proper technique and form to bat a baseball.

#### **Social: Sportsmanship**

We really have to work as a group and think about how our actions impact the others in our group/ team. To make others feel good we give compliments and support.

#### **Physical: The Mail man**

Chasing after the mail man is always fun. The children will develop their locomotors skills in **track**, and increase their

cardio vascular endurance. Children will work as a team to transfer objects in the form a relay race, racing against time. |

## **FRIDAY**

### **Physical: Baseball**

For the past two weeks the children have learned the basic components of baseball, and now its time how to play the game!

### **Social: Clues**

They will use all their acquired skills to play together in a game of baseball. An Camp staff will be a pitcher, and they will need to bat the ball and run through the bases. They will work as a team to get the highest score possible.

### **Arts and Crafts: Paper Plate Watermelon**



### **Tranquility: Stretching/Yoga**

It's always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 5: July 8– July 12

### MONDAY

#### **Physical: Badminton**

Campers will learn how to play Badminton. They will work on their visual spatial awareness, learn how to hit the shuttlecock (birdie), learn how to follow through with their hits and standing in the proper position (overhand hitting).

#### **Social: Keep up**

As we explore the sport of **badminton**, we will also work on our social skills. They will be using their hands-eye coordination skills and working as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

#### **Focus/Attention: Water Balloon spoon race**

Much like an egg race, children will put a small water balloon on a spoon and they must balance the balloon on the spoon while racing to the finish line.

### TUESDAY

#### **Physical: Badminton**

Camper will learn how to hit the shuttlecock (birdie) in an overhand position.

#### **Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

### WEDNESDAY

#### **Physical: Badminton**

They will continue working on their visual spatial awareness, learn when to hit the shuttlecock (birdie) in an overhand position, by following through their hits and standing in the proper position.

#### **Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

#### **Creative You**

Campers will work on their fine motor skills drawing and coloring different maze games. They will also be able to express their creativity through drawing.

### THURSDAY

#### **Physical: Badminton**

Campers will learn how to play badminton by hitting the shuttlecock (birdie) using forehand hitting. They will work on their visual spatial awareness and learn how to follow through with their hits and stand in the proper position.

**Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

**Sport Skill: Balloon Paddle Ball- “Keep it Up”**

This cooperative game will help children with their communication skills and hands-eye coordination. Children must work together to keep a balloon in the air, hitting it only with the rackets. They must stay within the set boundaries given by the camp staff.

**FRIDAY****Physical: Badminton**

Campers will learn how to play badminton by hitting the shuttlecock (birdie) using forehand hitting. They will work on their visual spatial awareness and learn how to follow through with their hits and stand in the proper position.

**Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

**Arts and Crafts: Hands that touch the heart****Tranquility: Stretching/Yoga**

It's always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 6: July 15 – July 19

### MONDAY

#### **Physical: Badminton**

Campers will learn how to play badminton by hitting the shuttlecock (birdie) using forehand position. They will work on their visual spatial awareness and learn how to follow through with their hits and stand in the proper position.

#### **Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

#### **Teamwork/Coordination- Water Balloon Toss**

Campers will be split into teams of two with their partner standing across from them. They will toss a water balloon back and forth, stepping further back with each toss. Depending on skill level, we will consider catching the balloon in a bowl, bucket, or towel.

### TUESDAY

#### **Physical: Badminton**

Campers child will learn how to play Badminton by hitting the shuttlecock (birdie) using backhand position. They will work on their visual spatial awareness and learn how to follow through with their hits and stand in the proper position.

#### **Social:**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

#### **Teamwork: Ladder golf**

Campers will work in pairs to play a game of ladder golf. They will receive points for each roped ball that is tossed around the standing ladder. The pairs will try to earn as many points as possible.

### WEDNESDAY

#### **Physical: Badminton**

Campers child will learn how to play Badminton by hitting the shuttlecock (birdie) using backhand position. They will work on their visual spatial awareness and learn how to follow through with their hits and stand in the proper position.

#### **Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air if possible.

#### **Creative You**

Campers will work on their fine motor skills drawing and coloring different maze games. They will also be able to express their creativity through drawing.

### THURSDAY

#### **Physical: Badminton**

Campers child will learn how to play Badminton by hitting the shuttlecock (birdie) using backhand position. They will work on their visual spatial awareness and learn how to follow through with their hits and stand in the proper position.

**Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

**Sport Skill: Bean Bag Toss**

Campers will be split into groups. They must toss the bean bags into a bucket placed in front of them. Each time they make a bucket, they will move back to the next spot. This game will help to improve their accuracy.

**FRIDAY**

**Physical: Badminton**

Now that your children have learned the skills, techniques and proper positions of badminton they will play a game together.

**Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

**Arts and Crafts: Muffin Liner Flowers**



**Tranquility: Stretching/Yoga**

It's always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 7: July 22 – July 26

### MONDAY

#### **Physical: Tennis**

Campers will learn the techniques of how to hit a tennis ball using forehand and backhand hitting using the correct form.

#### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them for them to hit, as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. This allows them to work on the physical and social skills at the same time.

#### **Listening/Cooperative: Telephone**

This is a fun game for children to improve their listening skills. The game is played by passing a simple message from one child to the next. The last child in line will say the message aloud. If executed correctly, the message will be the same as it started.

### TUESDAY

#### **Physical: Tennis**

Campers will learn how to hit with different rackets using forehand and backhand hitting using the correct form.

#### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them for them to hit, as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. This allows them to work on the physical and social skills at the same time.

#### **Team Building: Human Knot**

Children will stand in a circle, connecting hands with someone across from them, forming a human knot. They will learn to work together, communicate, and plan how to untangle the human know without breaking hands.

### WEDNESDAY

#### **Physical: Tennis**

Campers will learn how to hit with different rackets using forehand and backhand hitting using the correct form.

#### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them for them to hit, as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. This allows them to work on the physical and social skills at the same time.



## **Creative You**

Children will work on their fine motor skills drawing and coloring different maze games. They will be able to express their creativity through drawing and learn to guard their zone and help each other. The children will develop their athletic ability in the sport of soccer.

## **THURSDAY**

### **Physical: Tennis**

Campers will continue working on hitting the tennis ball using forehand and backhand hitting.

### **Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

### **Team Building: Water Balloon Teamwork**

Campers will be divided into two teams. They will pair up within their team with a partner, standing back to back and linking arms. A water balloon will be placed between partners. The partners will carefully walk together to a designated spot, where they will work together to place the balloon into the buckets without popping it. Then they run back to their spot and the next two players on the team go.

## **FRIDAY**

### **Physical: Tennis**

At this time the children have learned how to hit a tennis ball they will learn how to play a game of Tennis!

### **Social: Keep ups**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

### **Arts and Crafts: Coffee Filter Butterflies**



### **Tranquility: Stretching/Yoga**

It's always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 8: July 29 – August 2

### MONDAY

#### **Physical: Tennis**

Campers will learn the techniques of how to hit a tennis ball using forehand and backhand hitting using the correct form.

#### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them for them to hit, as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. This allows them to work on the physical and social skills at the same time.

#### **Listening/Cooperative: Telephone**

This is a fun game for children to improve their listening skills. The game is played by passing a simple message from one child to the next. The last child in line will say the message aloud. If executed correctly, the message will be the same as it started.

### TUESDAY

#### **Physical: Tennis**

Campers will learn how to hit with different rackets using forehand and backhand hitting using the correct form.

#### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them for them to hit, as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. This allows them to work on the physical and social skills at the same time.

#### **Team Building: Human Knot**

Children will stand in a circle, connecting hands with someone across from them, forming a human knot. They will learn to work together, communicate, and plan how to untangle the human know without breaking hands.

### WEDNESDAY

#### **Physical: Tennis**

Campers will learn how to hit with different rackets using forehand and backhand hitting using the correct form.

#### **Social: Getting to know you**

Campers will learn how to take turns and be conscious about their peers around them. Camp staff will ask a series of questions so the groups can get to know each other, while doing this, the ball will be thrown to them for them to hit, as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. This allows them to work on the physical and social skills at the same time.

## **Creative You**

Children will work on their fine motor skills drawing and coloring different maze games. They will be able to express their creativity through drawing and learn to guard their zone and help each other. The children will develop their athletic ability in the sport of soccer.

## **THURSDAY**

### **Physical: Tennis**

Campers will continue working on hitting the tennis ball using forehand and backhand hitting.

### **Social: Keep up**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

### **Team Building: Water Balloon Teamwork**

Campers will be divided into two teams. They will pair up within their team with a partner, standing back to back and linking arms. A water balloon will be placed between partners. The partners will carefully walk together to a designated spot, where they will work together to place the balloon into the buckets without popping it. Then they run back to their spot and the next two players on the team go.

## **FRIDAY**

### **Physical: Tennis**

At this time the children have learned how to hit a tennis ball they will learn how to play a game of Tennis!

### **Social: Keep ups**

Campers will use their hands-eye coordination skills and work as a team to keep an object from hitting the floor, allowing them to talk to each other and keep the birdie up in the air as long as possible.

### **Arts and Crafts: Coffee Filter Butterflies**



### **Tranquility: Stretching/Yoga**

It's always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 9: August 5 –August 9

### MONDAY

#### **Physical: Soccer**

Campers will learn to techniques and skills of playing soccer. The children will develop their athletic ability in the sport of soccer by learning how to position their bodies properly and kick the ball correctly. They will learn how to kick, stop, and dribble the soccer ball.

#### **Social: Guard your zone**

Camper will learn to guard their zone and communicate among team mates to block the other team from scoring in their goal.

#### **Cooperative: Bead Roll**

Campers sit in a circle with a rope placed around the circle on each child's lap. The leader begins by placing one bead onto the rope and passes it to the child on his/her right. Beads are continuously placed so that each child eventually has one in their hand they are trying to pass along. At the end, each child states what color the bead is in front of them they are trying to pass along.

### TUESDAY

#### **Physical: Soccer**

Campers will learn to how kick a soccer ball the correct way.

#### **Social: Guard your Zone**

Camper will learn to guard their zone and communicate among team mates to block the other team from scoring in their goal.

#### **Sport Skill: Wall Golf**

This game will help to improve better accuracy when kicking a soccer ball. Hula hoops will be placed on the floor with aligning poly spots across from them. Children must kick the ball into the hoola hoop from the different poly spots on the floor

### WEDNESDAY

#### **Physical: Soccer**

Campers will continue to work on kicking a soccer ball.

#### **Social: Guard your Zone**

Camper will learn to guard their zone and communicate among team mates to block the other team from scoring in their goal.

#### **Creative You**

Campers will develop their fine motor skills drawing and coloring different maze games. They will also be able to express their creativity through drawing and will learn to guard their zone and help each other.

## THURSDAY

### **Physical: Soccer**

Campers will continue to work on kicking a soccer ball.

### **Social: Guard your Zone**

Camper will learn to guard their zone and communicate among team mates to block the other team from scoring in their goal.

### **Team Building: Hula Hoop around the Circle**

Campers will connect hands to form a circle. They will learn to work together by communicating how to pass the hula hoop around the circle without them breaking the circle.

## FRIDAY

### **Physical: Soccer**

Campers will learn the techniques and develop their skills on how to stop a soccer ball.

### **Social: Guard your Zone**

Camper will learn to guard their zone and communicate among team mates to block the other team from scoring in their goal.

### **Arts and Crafts: Handprint Angels**



### **Tranquility: Stretching/Yoga**

It's always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 10: August 12 –August 16

### MONDAY

#### **Physical: Soccer**

Campers will learn the techniques and develop their skills on how to stop a soccer ball.

#### **Social: Guard your Zone**

Camper will learn to guard their zone and communicate among team mates to block the other team from scoring in their goal.

#### **Sport Skill: Wall Golf**

This game will help to improve better accuracy when kicking a soccer ball. Hula hoops will be placed on the floor with aligning poly spots across from them. Children must kick the ball into the hoola hoop from the different poly spots on the floor

### TUESDAY

#### **Physical: Soccer**

Campers will learn the techniques and develop their skills on how to dribble a soccer ball.

#### **Social: Guard your Zone**

Camper will learn to guard their zone and communicate among team mates to block the other team from scoring in their goal.

#### **Team Building: Hula Hoop around the Circle**

Campers will connect hands to form a circle. They will learn to work together by communicating how to pass the hula hoop around the circle without breaking the circle.

### WEDNESDAY

#### **Physical: Soccer**

Campers will learn the techniques and develop their skills on how to dribble a soccer ball.

#### **Social: Guard your zone**

Camper will learn to guard their zone and communicate among team mates to block the other team from scoring in their goal.

#### **Creative You**

Campers will work on developing their fine motor skills drawing and coloring different maze games. They will also be able to express their creativity through drawing.

### THURSDAY

#### **Physical: Soccer**

Campers will learn the techniques and develop their skills on how to dribble a soccer ball.

**Social: Guard your Zone**

Camper will learn to guard their zone and communicate among team mates to block the other team from scoring in their goal.

**Sport Skill: Wall Golf**

This game will help to improve better accuracy when kicking a soccer ball. Hula hoops will be placed on the floor with aligning poly spots across from them. Children must kick the ball into the hoola hoop from the different poly spots on the floor

**FRIDAY**

**Physical: Soccer**

At the point the camper have learned the skills necessary to play a game. Campers are split into two teams and will play a game of soccer.

**Social:**

Along with learning how to kick the ball we will also be playing, “guard your zone,” which will help them learn to guard their zone and communicate to block the other team from scoring in their goal.

**Arts and Crafts: Clown Lunch Bag**



**Tranquility: Yoga/Stretching**

It's always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 11: August 19 – August 23

### MONDAY

#### **Physical: Football**

Campers will learn the techniques and develop their skills on how to catch and throw a football.

#### **Social:**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

#### **Cooperative/Communication: Changing the Leader**

This game is designed to improve nonverbal communication and leadership among children. One child is selected to be the leader. The leader can perform any action he/she wants. All other campers must imitate the action, whether it is hand claps or head stands. As the children continue to move around, without talking, the leader must give a cue (wink) to communicate with another child to let them know that they are the new leader. We will continue to play until everyone in the group has gotten a chance to be the leader.

### TUESDAY

#### **Physical: Football**

Campers will learn the techniques and develop their skills on how to catch and throw a football.

#### **Social:**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their catching abilities, they will then pass the ball to each other and address each other by their name "Here you go (name of peer)"; this will help them to know each other's name and be more comfortable talking to each other.

#### **Social: 20 Questions**

This communication game is designed to test your child's memory and ability to ask direct questions. Children will sit in a circle with one child in the middle. The child in the middle of the circle will think of a person, place or thing that the other campers must guess. The group can ask him/her 20 questions regarding the noun that is in her mind. The questions can only be answered by "yes" or "no," so it is important that they be simple and direct. If the campers do not guess the answer within 20 questions, then the kid in the center of the circle is the winner.

### WEDNESDAY

#### **Physical: Football**

Campers will learn the techniques and develop their skills on how to catch and throw a football.



### **Social: Getting to Know you**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their catching abilities, they will then pass the ball to each other and address each other by their name “Here you go (name of peer)”; this will help them to know each other’s name and be more comfortable talking to each other.

### **Creative You**

Children will work on their fine motor skills drawing and coloring different maze games. They will also be able to express their creativity through drawing.

## **THURSDAY**

### **Physical: Football**

Camper will continue working on catching and throwing a football.

### **Social:**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their catching abilities, they will then pass the ball to each other and address each other by their name “Here you go (name of peer)”; this will help them to know each other’s name and be more comfortable talking to each other.

### **Sport Skill: Frisbee Throwing**

Children will work on the proper mechanics of throwing a Frisbee by knocking out all of the lights on the sport wall within an allotted time.

## **FRIDAY**

### **Physical: Football**

At this point the children have learned the skills to play football. We will have them showcase the skills they have learned rather than playing a game.

### **Social: Getting to Know you**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their catching abilities, they will then pass the ball to each other and address each other by their name “Here you go (name of peer)”; this will help them to know each other’s name and be more comfortable talking to each other.

### **Arts and Crafts: Animal Paper Plate Mask**



### **Tranquility: Yoga/Stretching**

It’s always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



## Week 12: August 26 – Aug 30

### MONDAY

#### **Physical: Football**

Campers will learn the techniques and develop their skills on how to catch and throw a football.

#### **Social:**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer.

#### **Cooperative/Communication: Changing the Leader**

This game is designed to improve nonverbal communication and leadership among children. One child is selected to be the leader. The leader can perform any action he/she wants. All other campers must imitate the action, whether it is hand claps or head stands. As the children continue to move around, without talking, the leader must give a cue (wink) to communicate with another child to let them know that they are the new leader. We will continue to play until everyone in the group has gotten a chance to be the leader.

### TUESDAY

#### **Physical: Football**

Campers will learn the techniques and develop their skills on how to catch and throw a football.

#### **Social:**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their catching abilities, they will then pass the ball to each other and address each other by their name "Here you go (name of peer)"; this will help them to know each other's name and be more comfortable talking to each other.

#### **Social: 20 Questions**

This communication game is designed to test your child's memory and ability to ask direct questions. Children will sit in a circle with one child in the middle. The child in the middle of the circle will think of a person, place or thing that the other campers must guess. The group can ask him/her 20 questions regarding the noun that is in her mind. The questions can only be answered by "yes" or "no," so it is important that they be simple and direct. If the campers do not guess the answer within 20 questions, then the kid in the center of the circle is the winner.

### WEDNESDAY

#### **Physical: Football**

Campers will learn the techniques and develop their skills on how to catch and throw a football.

**Social: Getting to Know you**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their catching abilities, they will then pass the ball to each other and address each other by their name “Here you go (name of peer)”; this will help them to know each other’s name and be more comfortable talking to each other.

**Creative You**

Children will work on their fine motor skills drawing and coloring different maze games. They will also be able to express their creativity through drawing.

**THURSDAY****Physical: Football**

Camper will continue working on catching and throwing a football.

**Social:**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their catching abilities, they will then pass the ball to each other and address each other by their name “Here you go (name of peer)”; this will help them to know each other’s name and be more comfortable talking to each other.

**Sport Skill: Frisbee Throwing**

Children will work on the proper mechanics of throwing a Frisbee by knocking out all of the lights on the sport wall within an allotted time.

**FRIDAY****Physical: Football**

At this point the children have learned the skills to play football. We will have them showcase the skills they have learned rather than playing a game.

**Social: Getting to Know you**

A Camp staff will ask a series of questions so the groups can get to know each other, while doing this we will throw them the ball and they will have to catch it as they answer the question. Once everyone has answered, we will randomly choose a peer and ask them if they remembered their teammates answer. As they progress in their catching abilities, they will then pass the ball to each other and address each other by their name “Here you go (name of peer)”; this will help them to know each other’s name and be more comfortable talking to each other.

**Arts and Crafts: Animal Paper Plate Mask****Tranquility: Yoga/Stretching**

It’s always good to relax and unwind after a day filled of activities. Relax the mind and body with a few minutes of Yoga.



Apart from learning sport skills, your child (children) will be doing other activities that will reinforce team playing, social skills, motor planning, upper body, lower body, and core strength, and visual spatial.

- **Scooter:** This game helps your child, build their core, upper body, and/or lower body strength. The goal in this game is to collect all the objects placed on the floor while sitting or lying on the scooter. They are instructed to take one at a time, but to work as a team to get the objects together as quickly as possible.
- **Frisbee catching/Trampoline:** Jumping around is always fun! Your child will learn how to catch a Frisbee properly, and how to get both feet simultaneously off the trampoline and how to land on both feet as well. They will learn how to take turns, work together, and follow directions by finishing the task that is given to them.
- **Balance beam obstacle course:** As a fun game your child will learn to work as a team and even better learn how to balance! We build an obstacle course for the campers that include the balance beam and other fun obstacles to improve their dynamic balancing and coordination.
- **Interactive Rockwall climbing/Rope wall:** Not is only the rock wall and rope wall fun to climb, it teaches your children life skills! Both the rock wall and the rope wall helps with fine motor skills and motor planning skills. It also helps to improve upper body strength and coordination. Additionally, the rock wall is interactive. Children will engage in cognitive games and play with their peers to build social skills.
- **Sport wall:** The sport wall is a multisensory interactive wall. Children will improve their sports skills and build their upper body strength by using weighted balls to hit the lights. It will also help them to improve their visual spatial awareness, crossing midline, visual cues and gross motor skills.



## General Information

### Hours of Operation

9:00 AM -9:10 AM	Check-in for Morning Campers
9:15 AM	Morning camp classes begin
12:00 PM	Morning camp classes dismissed
11:55 AM - 12:30 PM	Lunch for Full day campers
12:00 PM- 12:10 PM	Check-in for Afternoon campers
12:10 PM	Afternoon Camp classes begin
3:00 PM	Afternoon camp classes dismissed

### Important

There will be NO prorated registration for Summer Camp. Participants MUST pay for the Full Week whether they are able to attend all sessions or not. We will make attempts to allow makeup days during an alternate week providing there is an open space. Make-up Days are NOT guaranteed, it is based on space availability.

### Registration process and Fees

Registration is an ongoing process and remain open throughout the summer if classes have available space. Registrations are processed on a first-come, first-served basis. A separate registration form must be submitted for each child. Payment is due upon registration and there non-refundable \$200 deposit must be paid for any cancellation prior to May 1<sup>st</sup>. There is no refund on cancellations after May 1<sup>st</sup>.

### Cancellations

There is a \$200 non-refundable deposit on any cancellation made prior to April 30th. There is no refund on cancellations after April 30th. LCF Kids reserves the right to cancel classes due to lack of sufficient enrollment. Any cancellations will be announced two weeks prior to the Camp start-date.

### Child Profile, Participation Agreement & Emergency Contact Form

The child's health profile, participation agreement, and emergency contact form must be completed and submitted to LCF Kids prior to the date of the first camp session. This applies to non-LCF clients since current clients already have these documents on file. Parents must list their child's allergies and other chronic conditions.

Please pack and snack for the child each day. Full day campers should bring a lunch, two snacks, and a water bottle with their name. **Absolutely NO PEANUTS are allowed during camp.**

Thank you and I look forward to seeing you all at camp.

Camp Director,

Ricardo Cunningham