

GET ACTIVE IN CAMP!

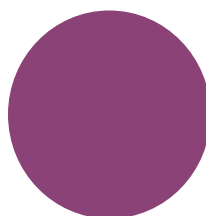


This tool will help you with transitions and wait times in camp. It lets you create stations and circuits using shapes that can be set up in camp.

OBJECTIVE?

Help you manage your group and have campers be more active.

This tool is sure to be helpful during the summer! Don't hesitate to modify it from week to week and focus on having fun and being more active.



We thank the City of Montmagny day camp for their assistance in developing this tool.



HOURRA!



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STEP 1

Target locations in camp where transitions and down times often occur.

TRANSITIONS —

These are common routes or places of brief waits between activities. *Ex: A door in a hallway between rooms or leading outside.*

DOWN TIME —

These are periods of inactivity that frequently occur. *Ex: Queuing for the bathroom, drinking fountain, or microwave.*

STEP 2

Cut out the shapes in the appendix to create the stations.

You can also create your own shapes to based on a theme



STEP 3

OPTION 1 —

Print out the attached displays every week. They explain the meaning of the shapes for each age group and describe the action they must take when while walking or waiting. We recommend changing the stations every week to keep campers interested.

OPTION 2 —

Use your imagination and create courses with your campers! You will be pleasantly surprised at all the ideas they come up with. You can even hold a creative workshop with your group at the start of the summer.

! Tips and tricks

Use the blank display template. Stick 4 transparent sleeves on the display (1 for each age group) to insert the explanations of the stations. That will make it easy to change the text in the sleeves without having to reprint the displays.

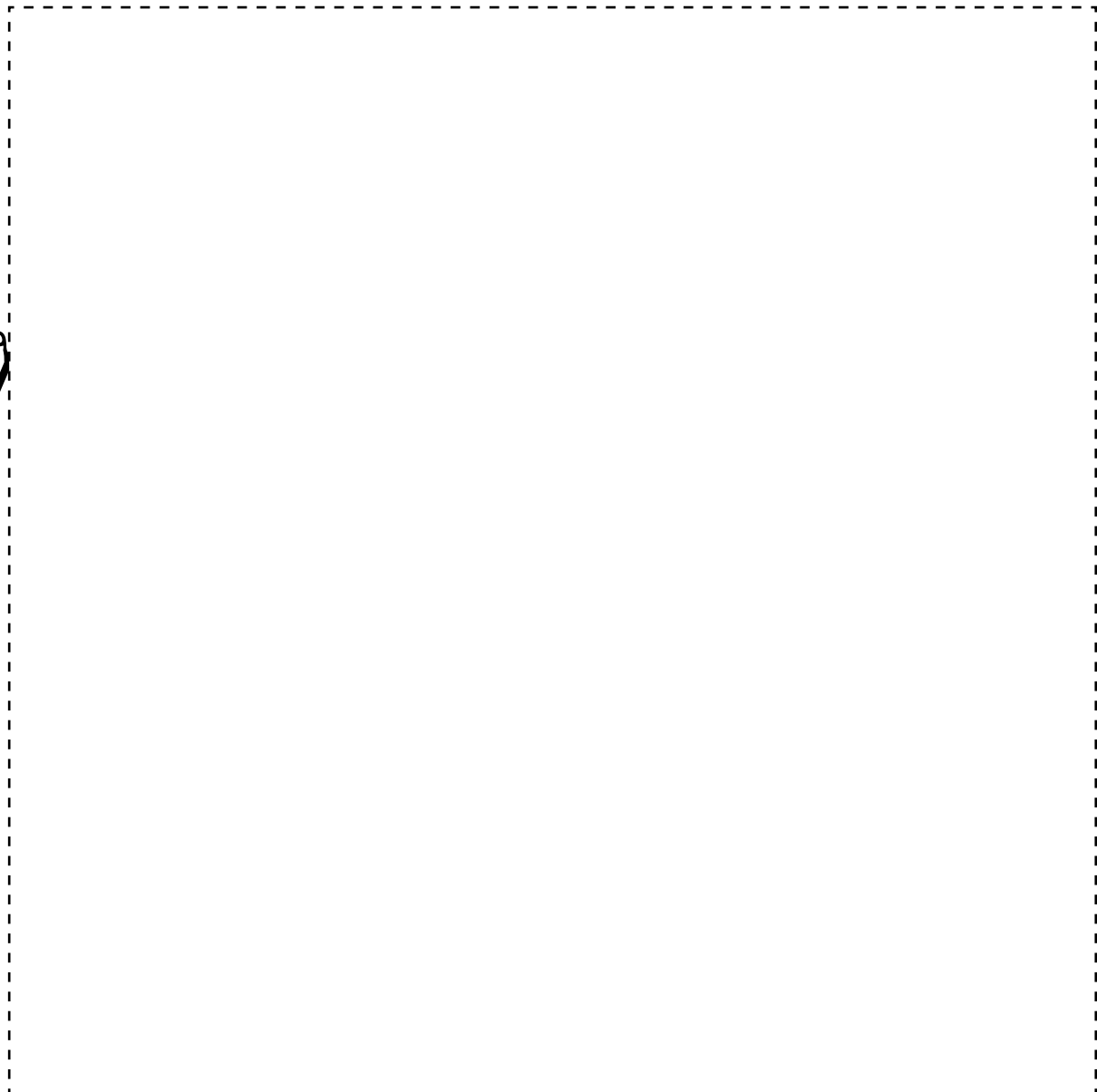
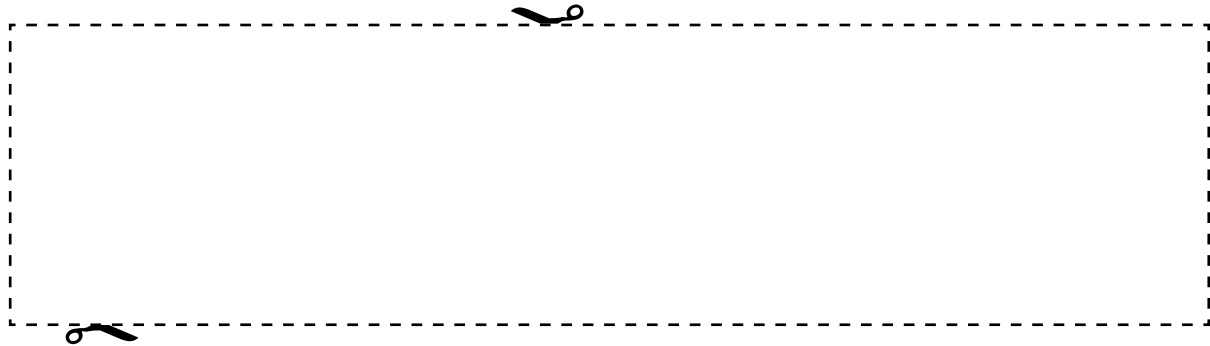
Some inspiration:

EXAMPLES OF CIRCUITS AND CHALLENGES

- 1 At the entrance, lay out the shapes to create a circuit from Point A to Point B. Campers have to go along the circuit by choosing colours and shapes. The counselors ask the campers to improvise a motion for every shape to cover the distance.
- 2 Lay out the shapes to create hopscotch patterns.
- 3 **SPIDER GAME** — Arrange the hand shapes on the wall and the foot shapes on the ground, near the wall. Campers must walk along the wall, placing their hands and feet on the appropriate shapes (i.e., right on right, left on left). Variation: Have the kids touch a specific colour or avoid another.
- 4 **IN THE STAIRWAY** — Place shapes on each stair landing, instructing campers how to climb the stairs.

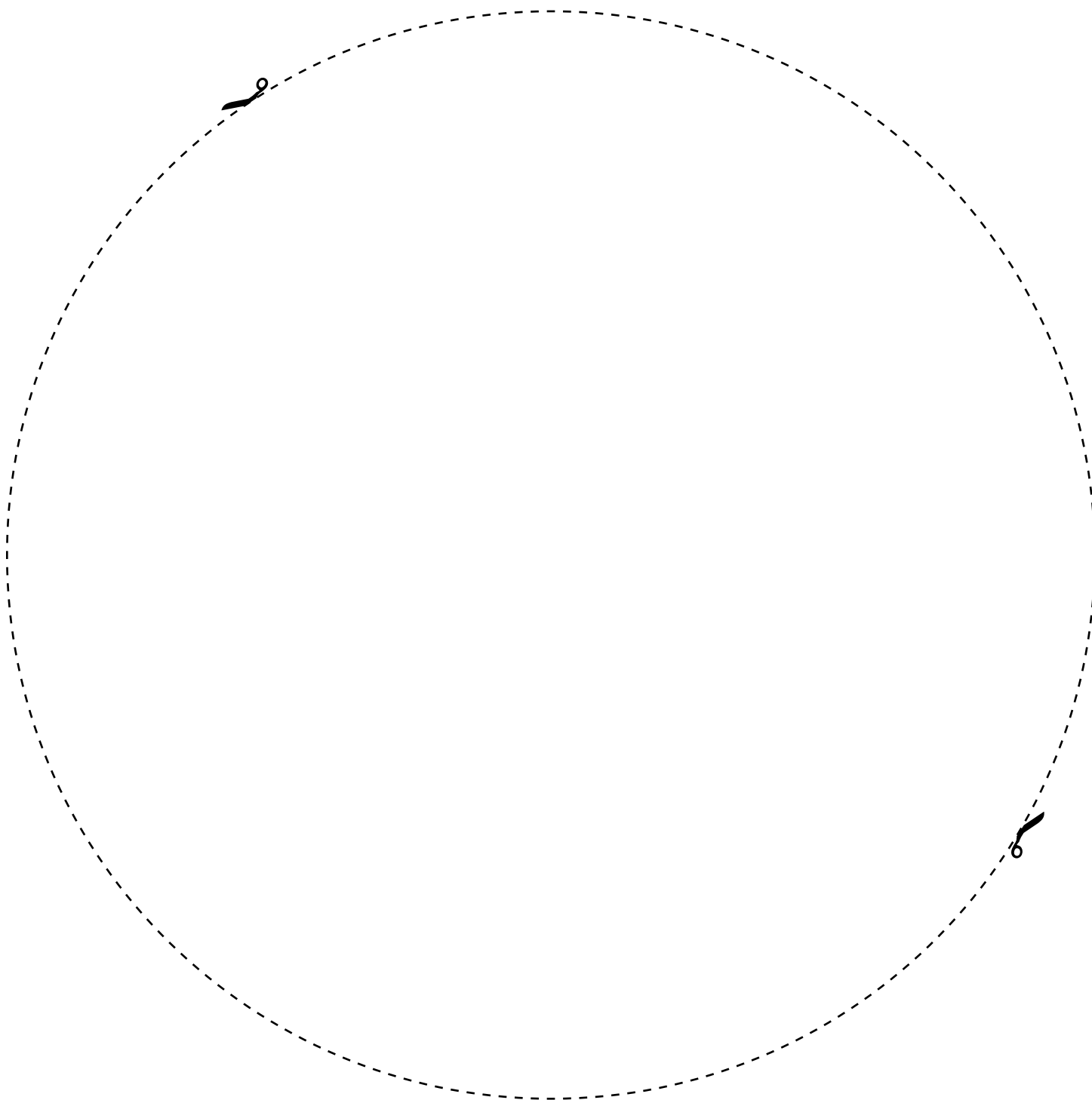
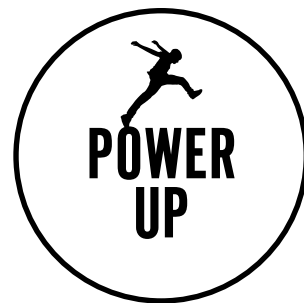
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Suggested shapes to cut out and draw



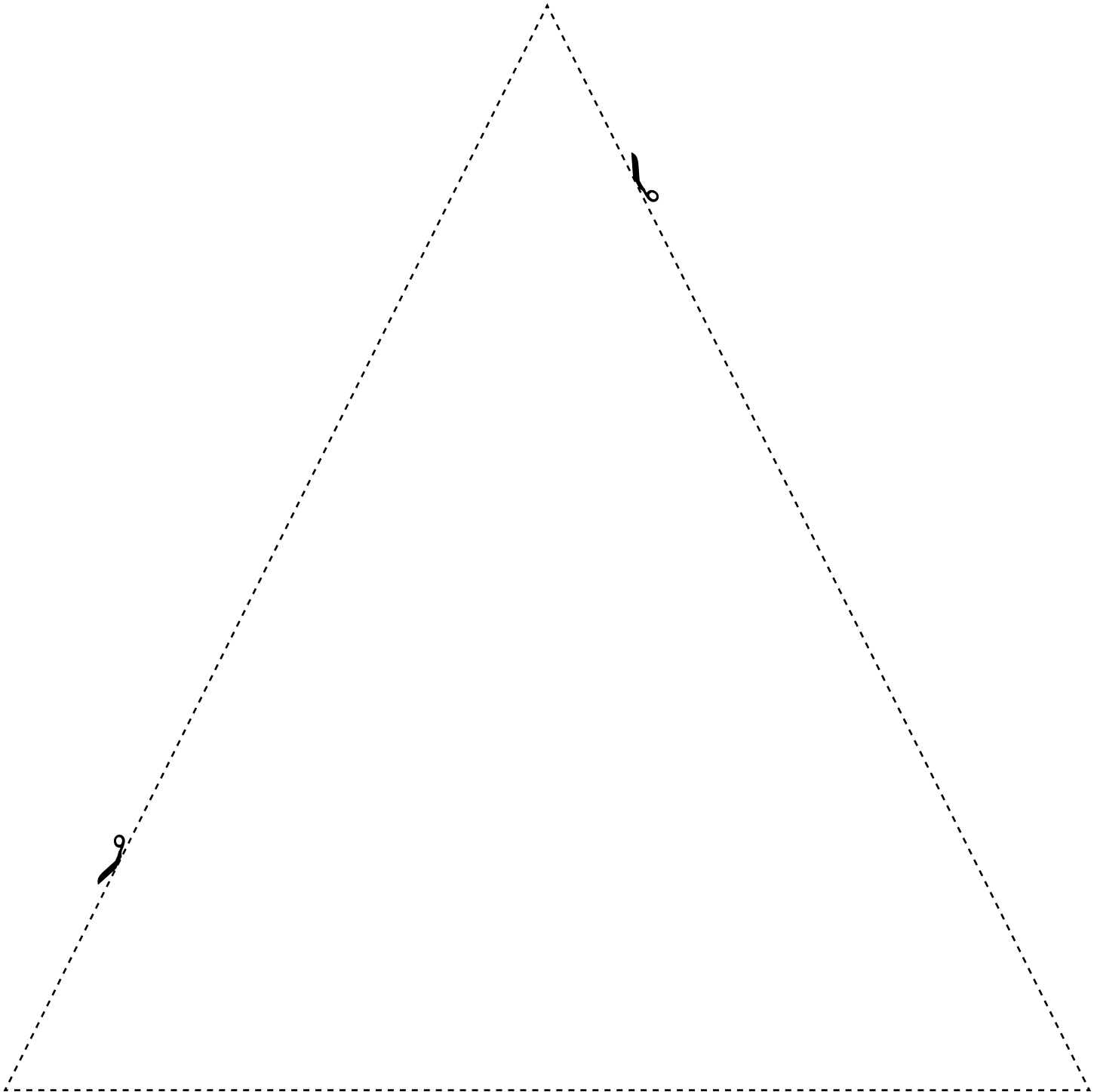
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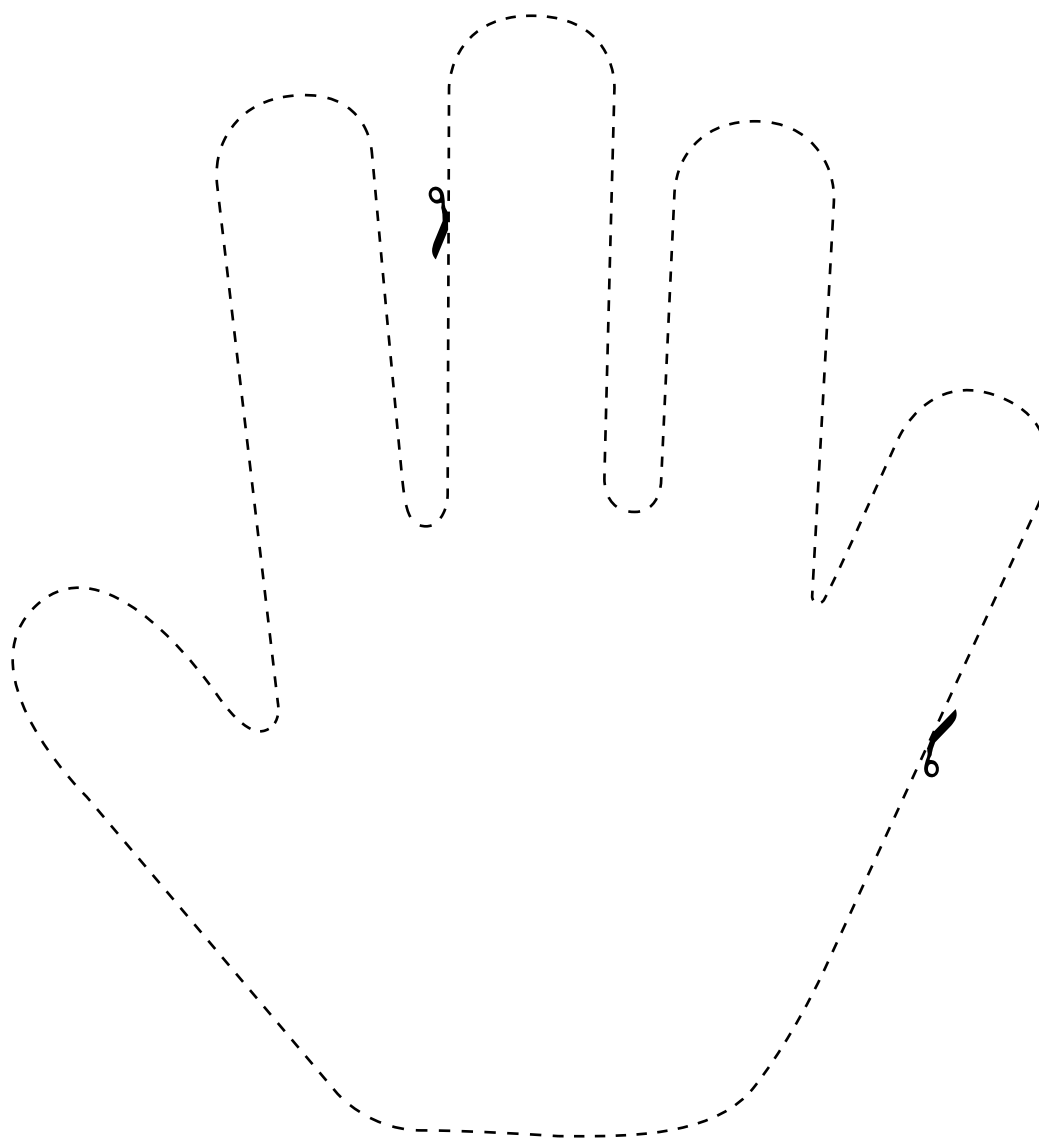
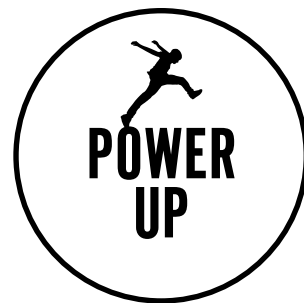
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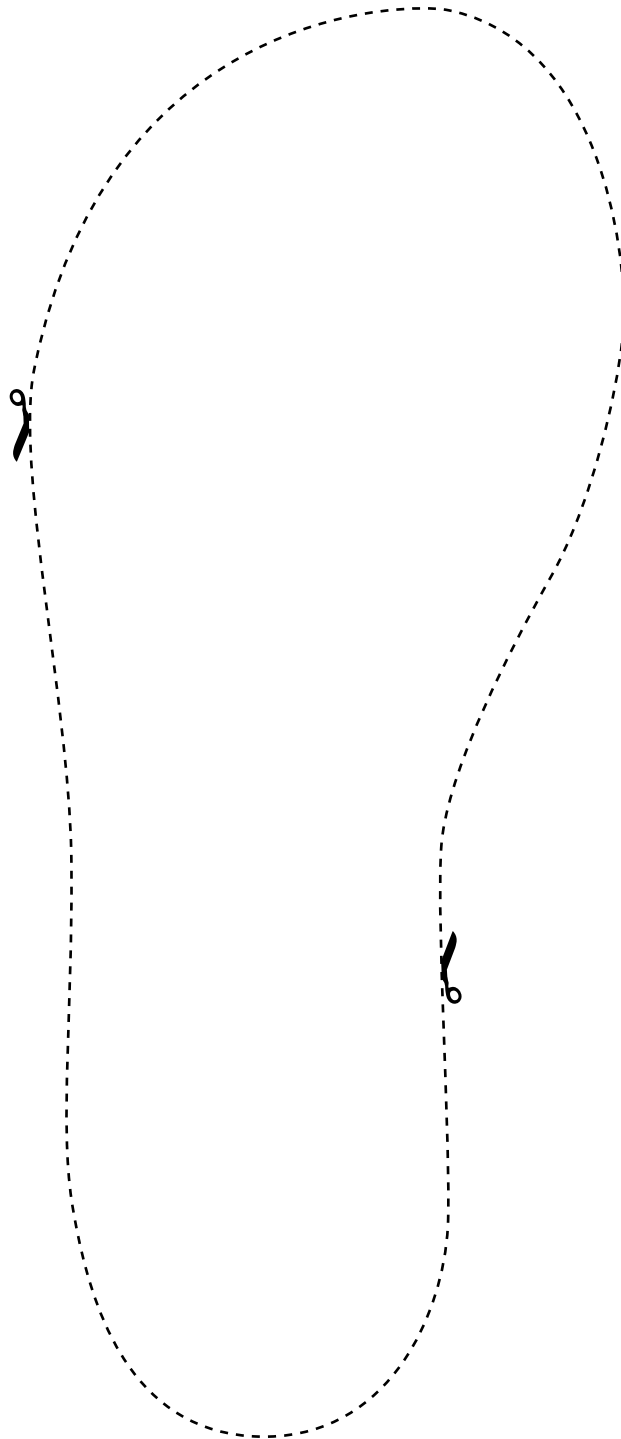
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Suggested shapes to cut out and draw



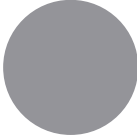






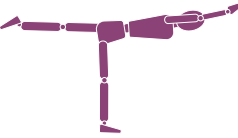

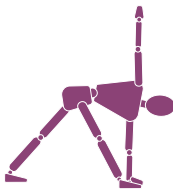


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STATION OF THE WEEK 1

Instructions —

Do the exercise that corresponds to the shape (circle, triangle, rectangle, or square) where you are standing.

	AGES 5-6	AGES 7-8	AGES 9-12	AGES 13 +
	Stand on 1 foot with your arms at your sides		Close your eyes and stand on 1 foot	Close your eyes, stand on 1 foot, and swing your arms
	Stand on tiptoes			Squat with your feet wide apart
	Stand on your heels			Do a forward lunge (feet wide apart, one in front of the other, knees bent)
	Stand with one foot in front of the other, without any space between			

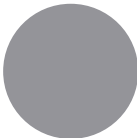



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STATION OF THE WEEK 2

Instructions —

Do the exercise that corresponds to the shape (circle, triangle, rectangle, or square) where you are standing.

	AGES 5-6	AGES 7-8	AGES 9-12	AGES 13 +
	<i>Hop on 2 feet</i>	<i>Hop on 1 foot</i>	<i>Hop on 1 foot then on 2 feet</i>	<i>Hop over the shape on 1 foot (front/back or side/side)</i>
	<i>Run in place</i>	<i>Run in place, lifting your knees up high</i>	<i>Run in place, making short, quick steps (like a football player)</i>	<i>Run in place, making short, quick steps (like a football player), crouching and rising</i>
	<i>Baby steps in place</i>	<i>Alternate touching each knee with your opposing hand</i>	<i>Alternate touching each foot with your opposing hand (front)</i>	<i>Alternate touching each foot with your opposing hand (back)</i>
	<i>Do reverse windmills</i>	<i>Do windmills</i>	<i>Do a reverse windmill (1 turn) then a forward windmill (1 turn)</i>	<i>Do forward windmills with 1 arm and reverse windmills with the other arm</i>

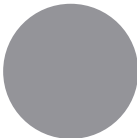



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STATION OF THE WEEK 3

Instructions —

Do the exercise that corresponds to the shape (circle, triangle, rectangle, or square) where you are standing.

	AGES 5-6	AGES 7-8	AGES 9-12	AGES 13 +
	<i>Walk on tiptoes</i>	<i>Walk on your heels</i>	<i>Heels, heels, toes, toes</i>	<i>Walk heel to toe</i>
	<i>Do sidesteps left to right</i>	<i>Do a sidestep then hop and bring your feet together</i>	<i>Do jumping jacks</i>	<i>Do jumping jacks, bending low at the knee when your feet are apart</i>
	<i>Walk in place on your heels</i>	<i>Hop up and down</i>	<i>Mime walking up and down stairs</i>	<i>Do forward lunges</i>
	<i>Jump around</i>	<i>Sumo stance: raise one knee, slap it with your hand, and lower your foot to the floor</i>	<i>Run in place, lifting your knees up as high as you can</i>	<i>Walk in place, angling your feet inward then outward</i>








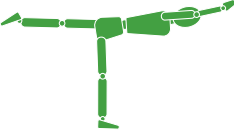


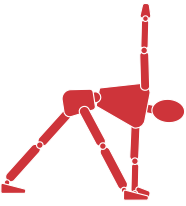
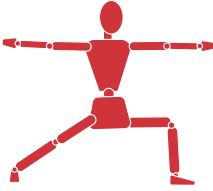

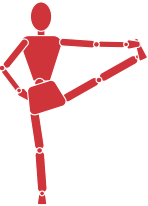
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STATION OF THE WEEK 4

Instructions —

Do the exercise that corresponds to the colour (blue, yellow, green, or red) where you are standing.

	AGES 5-6	AGES 7-8	AGES 9-12	AGES 13 +
		<i>Close your eyes and stand on 1 foot</i>	<i>Close your eyes, stand on 1 foot, and swing your arms</i>	<i>Stand on 1 foot, touch the floor, and rise</i>
			<i>Squat with your feet wide apart</i>	<i>Do a 1-legged squat</i>
			<i>Do a forward lunge. Switch legs after 5 seconds</i>	
				

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STATION OF THE WEEK **5**

Instructions —

Do the exercise that corresponds to the colour (blue, yellow, green, or red) where you are standing.

	AGES 5-6	AGES 7-8	AGES 9-12	AGES 13 +
	Hop on 1 foot	Hop on 1 foot, then on 2 feet	Hop over the shape on 1 foot (front/back or side/side)	Hop over the shape on 1 foot in a cross pattern (front/back then side/side)
	Run in place, high knees	Run in place, making short, quick steps (like a football player)	Run in place, making short, quick steps (like a football player), crouching and rising	Run in place, making short, quick steps (like a football player), on the signal, touch the floor
	Alternate touching each knee with your opposing hand	Alternate touching each foot with your opposing hand (front)	Alternate touching each foot with your opposing hand (back)	Alternate touching each foot with your opposing hand (alternate front and back)
	Do windmills	Do a reverse windmill (1 turn) then a forward windmill (1 turn)	Do forward windmills with 1 arm and reverse windmills with the other arm	Gently tap the top of your head with 1 hand while making circles on your stomach with the other





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STATION OF THE WEEK **6**

Instructions —

Do the exercise that corresponds to the colour (blue, yellow, green, or red) where you are standing.

	AGES 5-6	AGES 7-8	AGES 9-12	AGES 13 +
	<i>Walk on your heels</i>	<i>Heels, heels, toes, toes</i>	<i>Walk heel to toe on the spot</i>	<i>Walk heel to toe</i>
	<i>Do a sidestep then hop and bring your feet together</i>	<i>Do jumping jacks</i>	<i>Do jumping jacks, bending low at the knee when your feet are apart</i>	<i>Take a sideways step then bring your feet together. Alternate feet</i>
	<i>Hop</i>	<i>Mime walking up and down stairs</i>	<i>Do forward lunges</i>	<i>Do reverse lunges</i>
	<i>Sumo stance: raise one knee, slap it with your hand, and lower your foot to the floor</i>	<i>Do high-knee hops</i>	<i>Walk in place, angling your feet inward then outward</i>	<i>Hop with your feet crossed, uncrossed, crossed, uncrossed...</i>

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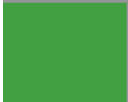



STATION OF THE WEEK 7

Instructions —

Do the exercise according to the shape and the number of repetitions according to the color.

Example: Ages 5-6, a red circle = 8x forward squat jumps

	AGES 5-6	AGES 7-8	AGES 9-12	AGES 13 +
	1 repetition	3 repetitions	5 repetitions	8 repetitions
	3 repetitions	5 repetitions	8 repetitions	10 repetitions
	5 repetitions	8 repetitions	10 repetitions	12 repetitions
	8 repetitions	10 repetitions	12 repetitions	15 repetitions



Forward squat jumps



Squats



Hop while doing sideways twists



Jumping Jacks

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STATION OF THE WEEK 8

Instructions —

Do the exercise according to the shape and the number of repetitions according to the color.

Example: Ages 5-6, a red circle = 1x take a wide sideways step and bend your knees

	AGES 5-6	AGES 7-8	AGES 9-12	AGES 13 +
	1 repetition	3 repetitions	5 repetitions	8 repetitions
	3 repetitions	5 repetitions	8 repetitions	10 repetitions
	5 repetitions	8 repetitions	10 repetitions	12 repetitions
	8 repetitions	10 repetitions	12 repetitions	15 repetitions



Blue

Raise a knee and clap your hands under that leg



Green

With your feet together, hop side to side



Yellow

X-country ski: starting with one foot in front of the other, hop and switch the position of your feet



Red

Take a wide sideways step and bend your knees

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STATION OF THE WEEK:

AGES 5-6

AGES 7-8

AGES 9-12

AGES 13+