
THIS SUMMER IS ALL ABOUT GETTING ACTIVE WHILE HAVING FUN!

WE CHALLENGE YOU TO USE YOUR CREATIVITY AND YOUR ABILITY TO ADAPT IN AN EFFORT TO GET YOUR CAMPER'S MOVING WHILE OBSERVING PHYSICAL DISTANCING GUIDELINES.

SUMMER 2020



HOW DOES THIS SHEET WORK ?

We've selected trick and tips that will make it easier for you to integrate physical activity into your program this summer.

THERE ARE FOUR THEMES TO DISCOVER

-  ORGANIZE YOUR ENVIRONMENT FOR FRESH AIR
-  PROMOTE FRESH AIR
-  IN INDIVIDUAL MODE
-  WASH-O-THON



ORGANIZE YOUR ENVIRONMENT

This summer, provide visual markers to help your campers keep their distance all day long.

The following tricks may be useful

Ask your campers to do the helicopter. Have them extend their arms to the sides and turn in place without touching anyone.

Use the material at your disposal to show your campers where to place themselves (cones, hoops, chalk outlines, stickers, etc.).

In order to ensure that your campers don't move from side to side, invite them to follow the chalk lines that you draw on the ground beforehand.

Invite your campers to follow one another in a single file while keeping their distance, and ask them to choose how the group should move (ex. like a monkey or a bear, along the wall, etc.).

If you're holding a race, use chalk or cones to mark off individual corridors for each camper.



A BREATH OF FRESH AIR

This summer, hold your activities outdoors. Now's the time to explore your environment and tap into the potential of everything around you.

Explore the different surfaces at your disposal.

If your camp has a hill, use it in your activities to ramp up the intensity. Vary your courses by adding downhill rolling.

Rethink the use of asphalt surfaces. Take the opportunity to practice skateboarding, scootering and rollerblading. But first make sure your camp allows it. An asphalt surface is also the perfect place to play hopscotch.

The walls are your allies. Use them to play ball games.

Are you holding an activity that involves lots of jumping? Find a grassy surface that cushions the activity space for greater safety.

Transform nature into an accessory for games:

Hold a "colours of nature" treasure hunt. Ask your campers to find natural elements in different colours (ex. brown = twigs, green = leaves, brown = tree trunk, etc.).

Create a nature-inspired obstacle course. Walk along a tree trunk, jump over rocks, crawl beneath a fir tree, etc.

Use what's available to you in your activities, and make it your material (ex. rocks for hopscotch).

For further ideas, see the tools featured in [Vifa Magazine](#).

RAIN OR SHINE, GET ACTIVE!

Don't forget that any opportunity to get active with your campers is a good one.

- 1 It's raining → Use puddles as obstacles to jump over.
- 2 It's very hot outside → Hold an activity on the theme of hydration. Need inspiration? Participate in the Fondation Tremplin-Santé's **Tchin-tchin Challenge in my camp**.





IN INDIVIDUAL MODE

In order to avoid physical contact, favour activities that require little or no material, or materials that can be used individually, thus allowing campers to keep their distance.

Hold races.

- **Colour race**
Green = Go, Red = Stop, Yellow = Slow down
- **Animal race**
move like an animal
- **Penguin race**
knees together
- **Loopty Loop race**
use chalk to draw loops on the ground

Favour games that can be played in place, while observing physical distancing guidelines:

- **Active orchestra conductor**
- **The last movement**
Tiktok : #lastdancechallenge
- **Highs and lows**
In a circle, the counselor calls out a number followed by “high” or “low.” If the counselor says “five low,” five campers have to crouch down. The goal is to have the correct number of campers standing or crouching
- **Simon says**
- **Statue dance**
- **Yoga**

Play giant games that allow you to keep your distance:

- **Giant rock-paper-scissors**
- **Giant tic-tac-toe**
- **Giant snakes and ladders**
- **Create a giant labyrinth**

NO HANDS!

Avoid high-fiving this summer.

Use your creativity with the campers and come up with new ways to encourage one another while maintaining the required distance (ex. high five in the air, a dance to encourage the other team, etc.).

For inspiration, see the website entitled [Boks Kids](#).





Encourage your campers to explore various sports/ activities and to take on active individual challenges:

- **Skipping rope or hopping on one leg**
 - Do as many jumps as you can (time versus number).
 - Invent a movement/special jump.
 - Perform movements while rolling a rope or hopping forwards or backwards on one foot.
Power Up tools: [Nawatobi](#) and [jump rope](#).
- **Trick shots**
 - Perform a special movement with your favourite ball.
 - Perform an unusual figure (acrobatics).
 - Short of ideas? See the tool entitled [Ready set go!](#)
- **Hacky sack**
 - Keep the hacky sack up in the air for as long as possible.
 - Perform a special movement between kicks.
- **Elastics, slackline, hula-hoop, athleticism, gymnastics, circus, hopscotch, etc.**

See the [slackline tool](#) for find out more.

Have your campers use pool noodles as arm extensions. That way, they can play tag and observe physical distancing guidelines by tagging “noodle to noodle.”

WASH-O-THON

This summer, increase the frequency of hand - and equipment - washing.

Ask your campers to wash their hands before and after each activity.

Refer to the activity entitled [Hand-washing is awesome](#) to make hand-washing fun.

Avoid sharing materials this summer.

Give each group their own play equipment.

Prepare your materials in advance and make sure each camper uses them individually during the activity. You can also provide campers with personalized bags. This makes the camper accountable for bringing back the material and for handling it.

Important reminder: Only the counselor can distribute materials this summer.

Place the used materials in the bin for objects to disinfect.

Make sure that you have a product that cleans AND disinfects (ex. disinfectant wipes) to clean all materials at the end of each activity.

This summer, focus on fun! That’s what counts!



Thank you to our loyal partners for reviewing this tool:

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