

Virtual Club Seniors (3rd-5th)

Week of: July 6 - July 10



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	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	↓

VIRTUAL CLUB PACKET INSTRUCTIONAL VIDEOS

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.

SUPPLIES, SUPPLIES!

An amazing collection of school materials and arts & crafts goodies is available this week courtesy of our friends at The City of Concord! Be sure to pick a box up in the drive-thru line.

CARnival FUN FRIDAYS!

- JULY 10** | **CAMP SPENCER SHOWDOWN**
Camp activities including Fishing & Archery
- JULY 17** | **MOVIE NIGHT**

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

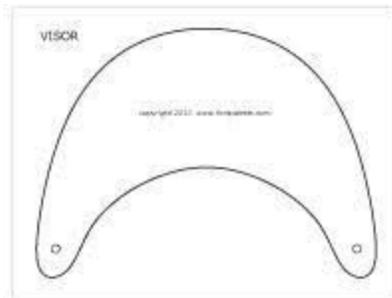


Activity 1: Sun Visors

Supplies Provided in this Packet: Visor Template, String

Things needed at home: Coloring utensils

Directions: Cut out the visor. Decorate it. Poke one hole on each side where the black dots are. Attach the string on both sides. You must put a knot on both sides so the string does not slide out. Please email me a photo to win your choice of a glow stick, a puffer ball legos, or plastic pattern blocks.



Activity 2: Bracelets

Supplies Provided in this Packet: Beads and string

Things needed at home: Scissors

Directions: Make a bracelet with the material provided



Life Skills
Ms. Cheri
choward@bgclubcab.org



Activity: Responsibility

Supplies Provided in this Packet: Worksheet

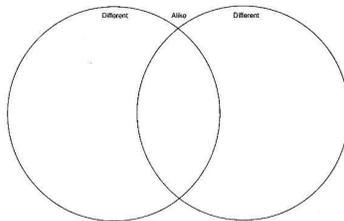
Things needed at home: Writing Utensil

Responsibility: Take obligations seriously. Be accountable for your own actions and attitudes.

Responsibilities

Directions: Since Covid-19 struck the world earlier this year, life has changed tremendously. Think of responsibilities that you had around the house before Covid-19 and make a list of them. Then make a list of new responsibilities you have taken on since Covid-19. Compare and contrast how much life has changed. Draw your own Venn Diagram to go along with your activity.

**Compare / Contrast
Chart**



Learning Center
Ms. Williams
twilliams@bgclubcab.org



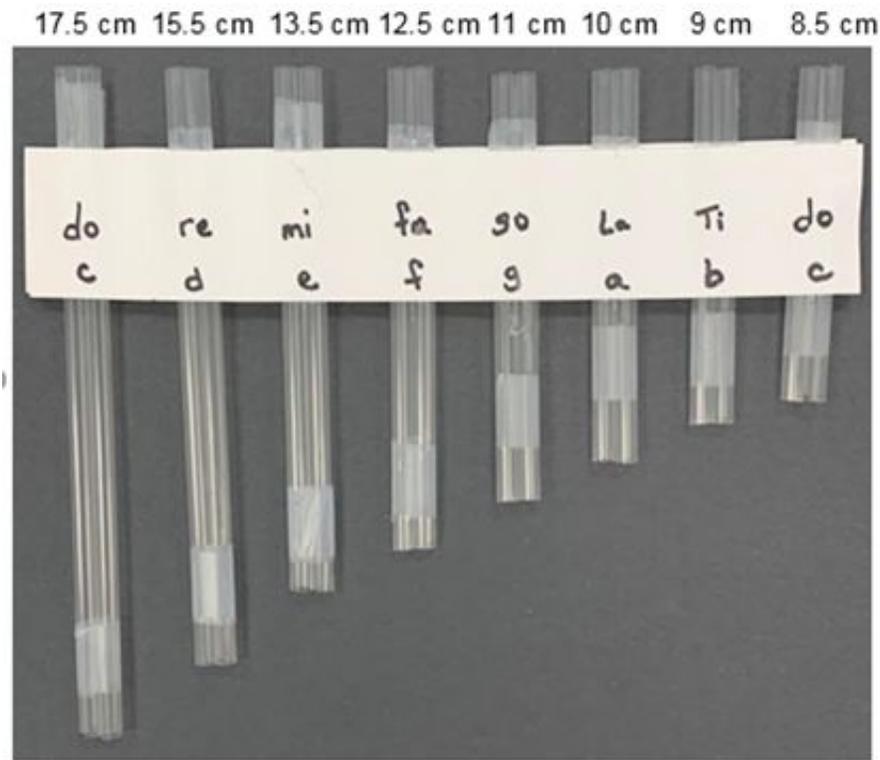
Activity: Making a Pan Flute

Provided in this packet:

- 2 strips of cardstock, 12 Plastic Straws, Music Recording Sheet, Do Re Mi music sheet

Things needed from home: Black Sharpie, markers or crayons for decorating, Elmer's Glue or double-sided tape. (Glue stick will not work.), a pencil

Goal: Teach children the science of how sound is made and to measure in centimeters.



Directions: Create your pan flute by following the model in the photo, following these steps:

Step 1: Tape 2 straws together for each note on the scale.

Step 2: Cut each set of straws for each note. Use the lengths provided in the photo. You will use the same straw for La and Ti (tee) and for So and Do (doe).

Step 3: Write the notes on your card stock. Decorate the cardstock.

Step 4: Glue the sets of straws between the two pieces of cardstock as shown in the photo.

Step 5: Allow the glue to dry.

Playing your pan flute:

Step 1: Practice making sounds with your flute by resting the tops of the straws on your lower lip and blowing across them. Listen to “Do Re Me” at the link: <https://www.youtube.com/watch?v=drnBMAEA3AM> and follow along with the sheet music. Try the song on your own. Music by Rogers and Hammerstein, sung by Julie Andrews.

Step 2: Using the enclosed music recording sheet, create some tunes or songs. Write the notes of each note onto the printable recording sheet.

Step 3: Take a photo of your pan flute and your original song. Email your photo and song to: twilliams@bgclubcab.org no later than Thursday, July 11, 2020. Please include your first and last name.

Prize for best original song is a ceramic piano and paint.

Bring your pan flute and join us on July 21st at 3:30 for our Zoom Music Fest.

Technology Center

Ms. Williams

twilliams@bgclubcab.org



Activity: We Love Percussion

Goal: Music, Instruments, and Sound are all a part of music

Supplies provided in this packet: Do Re Mi music sheet

Items needed from home:



Computer



Wi-Fi Internet



Headphones

Instructions:

- Log into Myfuture.net
- Click on **Programs**
- Click on **Summer Brain Gain** from the menu on the left
- Click on **My Family Plays Music**
- Click on **We Love Percussion!**
- Follow steps 1 - 5

Goal: Introduction to the piano and keyboarding

Visit <https://www.onlinepianist.com/virtual-piano>

- Click on **Letter Notes** several times until the do re mi words appear on the keys.
- Play and experiment with the keyboard. Will work with a mouse or touchscreen.
- Practice playing Do Re Mi.



ONLINE PIANIST

Gym Gems

Coach Davis

georgia4321@yahoo.com



Activity: Wiffle / Baseball

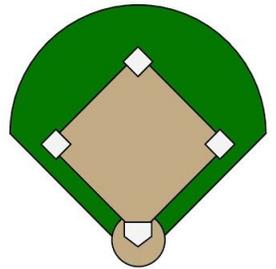
Supplies Provided: N/A

Things needed at home: Wiffle ball, plastic ball, plastic bat (a broomstick will work as a bat), 4 items you can use as bases and one item for a pitcher's mound.

Introduction: Baseball is an All-American sport and what better game to play in celebration of the 4th of July than baseball? The origin of the game is up for debate, but can be traced back in the United States to 1823 where there is a reference of a "base ball" game played in Manhattan, NY by a newspaper called the National Advocate. Over the years, many greats have pioneered the game and given us baseball as our national pastime.

Directions:

- Place the 4 bases in a diamond shape
- Mark the pitcher's mound
- Teams can be divided how you like, Kids v. Parents or as you wish.
- 3 strikes, you're out, we don't play 4 balls and a walk to base...
- If your playing with a plastic ball, you can tag or throw the ball (must hit the runner below the waist and the runner will be out)
- 3 outs and the teams switch who's hitting and who's playing outfield.
- Each time a runner crosses home plate, their team scores a run.
- Keep track of the score and be sure to send pics of you and your family playing baseball.



Additional Notes:

1. Be sure to stay hydrated, the temperature is going to be warm.
2. When the batter hits the ball, lay the bat down... don't sling it.
3. If the ball is fouled on top of the house, the fielder can still play the ball as it rolls down off the roof. If the player catches the ball, the batter is out.
4. Make sure the bases are aligned properly.
5. Have fun!



Gym Gems
Coach Davis
georgia4321@yahoo.com



Activity: Soccer Ball Sweep

Supplies Provided: N/A

Materials needed from home:

- Soccer Ball or any round ball will do
- Cones, Lawn Chairs or any object that you can use as an obstacle course.
- Stick to move the ball (Baseball Bat, Broom, or Mop)
- Any object to make a goal out of.

Video Source: <https://www.youtube.com/watch?v=cycQCK8w1-o> First activity on the video.

Game Set Up:

- Mark the start line
- Use at least 6 obstacles to go around... should be equal distance apart
- Set up the goal 10 feet from the last cone to push the ball through.
- The player will maneuver the ball between the obstacles as you work your way toward the goal... once you clear the last "cone" fire away at the goal.

-If you miss on the attempt, you have to start over at the beginning.

-As you get better at the game, you can do multiple scores (first one to complete the course and score a goal 5 times) or one who completes the quickest.



Activity Room
Coach Breezy
rmason@bgclubcab.org



Activity: Water Targets

Supplies Provided in this packet: Water gun, String, Cup

Things needed at home: Pencil or ink pen

Directions: This game is to be played outside. It can be played as a race against time or against other players. Take the cup and use the pencil to poke a hole in the bottom on one side of it. Feed the string through the hole. Tie each end to two separate objects so the cup can move freely on the string. Finally take the filled water gun and shoot inside the cup to send it fleeing! Please email me a photo! Best zip line gets a prize!



Don't forget to subscribe to our YouTube channel for a visual of this and more!

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

Games Room
Coach Breezy
rmason@bgclubcab.org



Activity: Inch Worm Racer

Supplies provided in this packet: Cardstock paper

Things needed at home: Scissors, pencil / pen, straw

Directions: Fold the strip of cardstock in half, then fold the halves in half again toward the center. Then fold those in half towards the center one more time. Take the scissors and barely round off the corners. Finally, unfold the paper and on one side at the end draw a smiley face. Using the straw, blow on the paper to move the worm! You can race your worm against an opponent or design an obstacle course on a table you can steer him through.



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