

CAMP NUGGET DAILY SCHEDULE

General times for each major activity, structure and consistency are important, do your best to follow this schedule
Group leaders are responsible for signing up for equipment/facilities one day before they are needed to senior staff on white board in room.

8:45 Staff Arrive at Camp please be punctual (Weds only 8:15 staff meeting)

- Write down the area and equipment needed for group time on white board.
- Each Monday discuss fitness/theme stations

9:00-9:15 Campers arrive Attendance social time

- **Attendance/Google Docs-** report attendance to Senior staff member responsible for camper attendance
Contact parents if child absent 2 days or more

9:15-9:30 Camp Warm-ups (15 mins) (check block calendar for your assigned days you will lead warm-ups)

- Groups 1 & 2 are in #62 and Groups 3-6 are in #60: Two different warm-up leaders see block plan
- Include a cardiovascular warm-up, muscular strength and flexibility into your warm-up.
- Examples: aerobics to music, strength/flexibility, introduce/review weekly bone, muscle and sign, curl-ups with partners, tag games, etc. Use music speaker system IPOD speaker system in closet #62
- Be creative and safe!!

9:30 to 9:50 (20 mins) Individual Lesson with your Assigned Group

- Have a brief outline lesson for your group, emphasizing the week's theme or
- Refer to the Block Schedule for the day's activities. Text weekly your lesson ideas to Senior staff

9:50-10:05 (15 mins) Snack Time

- Eat snack and use the bathroom (put away all trash) **Bathroom supervision (safety) not left to Jr Counselors**
- Encourage **interactions** between campers (read a book, play a quiet game like I spy, etc.)

10:05-10:35 30 mins Group station Activities (See Block monthly plan for weekly focus and schedule)

Activities based on the focus of the week. All Staff will be responsible to teach at one of the 6 stations that all students may participate in. not all stations will be met by groups each day **See Group stations in staff packet 10 mins per station 3 stations per day**

- **FMS locomotor & obj control (Mon Tues), (weeks (1&2) Fitness (every Weds pretest wk 1 Post test 4 9:30-10:30), Sport Stations (Every Thurs) & exergaming box certain days for certain groups Transition rotation with your group.**
- **Cooperative and Nontraditional Games Wks 3 & 4 (M,T,F) location: Room 60 or west lawn by HH1**

Swim Time 10:35-1145

10:35-10:45 Get ready for Swim/Bathroom from PE Room 60 change clothes, **switch to assigned swim groups, & transition to pool in assigned swim groups**

10:45-10:55 Transition to pool students in assigned swim groups younger children on rope -safety in parking lot

11:00 –11:45 Swimming

- Arrive at pool and go to designated area on deck with assigned swim group
- First half hour (11-11:30) is designated for assigned swim group lesson teach skills

11:30 –11:45 free swim – staff Lifeguard or swim with children depending on assignment for week

11:45-12:00 Closure Back to Room 60 Behavior Tap Out

- Aware of transition (safety traffic) back to room 60 **travel back with Swim group**
- Get back into original camp groups in room 60 stay with you swim group until all leaders are in
- Sticker chart and tap out to discuss behaviors with child/parents Behavior management plan (see staff packet) talk with parents
- Children go home **be sure they are escorted out of room with an adult 18 years or older**

Facilities available for instruction

(staff write down on white board in room 60 where you are going outside with your group)

- See facilities handout in Staff packet Room 60 and 62 in PE 1, West lawn by HHS1, One field Rugby field behind PE 1 building , East Gym (very limited may need to share with other groups) Pool (with be shared with other swim groups)