

## Pack Play 180

Presented by The Sport Management Club at North Carolina State University

This is your community service opportunity for the semester and hopefully next semester. These Mondays will not be mandatory but they will provide you with more positives than negatives (i.e. discounted activities, t-shirts, etc.). We will be executing cooperative games and sports to get healthy attitudes and lifestyles started early while not spending a ton of money doing it.

ABSOLUTELY NO CELL PHONES/TABLETS/ETC. We are spending time with these students to bond with them and get a break ourselves. Someone I guarantee will be wearing watch and the school bells sound when it is time to leave.

Basics:

-Where,

- Charles R. Bugg Elementary School, 825 Cooper Road, Raleigh, NC 27610)

-Start date,

- Oct. 27, 2014 (before then, you will need to go to Bugg on your own and complete a background check—mandatory for all volunteers at elementary schools)

-Mondays, (4:00pm – 5:00pm, an hour of total ‘Play Time’)

- arrive 3:15-3:30 pm
- done by 5:15 for you to attend the General Body meeting if there is one scheduled for that day

-Number of students,

- 15-20 students will be assigned to us
- we should have the same students each time
- K-2<sup>nd</sup> grade: Fall (shorter time)  
3<sup>rd</sup>-5<sup>th</sup> grade: Spring (longer time)

-The Plan,

- always divide into 2 groups (mix of students from different grades depending on game, M = mix M\* = separate by ‘older’ and ‘younger’ grades)

Week	Game	Materials Needed
<b>Week 1</b>	<ol style="list-style-type: none"><li>1. Ice Breakers (student leader write down names): “The Name Game”<ul style="list-style-type: none"><li>▪ Your Name + Name of Animal or Food w/ Same Letter as Your Name (ex) Tanya Turtle or Tanya Tiramisu)</li></ul></li><li>2. “Group Juggle”:<ul style="list-style-type: none"><li>▪ Start in two separate groups with one ball</li></ul></li></ol>	<ul style="list-style-type: none"><li>▪ 2-3 kick ball type balls</li></ul>

	<p>(state someone's Name Game name and throw the ball fast as you can); then blend the two groups forming a group juggle; older kids can play "Going on a Trip" with the same idea</p> <ol style="list-style-type: none"> <li>3. Human Knot <ul style="list-style-type: none"> <li>▪ 6-8 in each group (counselors too)</li> </ul> </li> <li>4. Red Rover (we know names now!)</li> </ol>	
<b>Week 2</b>	<ol style="list-style-type: none"> <li>1. Steal-The-Bacon (to 5 points) <ul style="list-style-type: none"> <li>▪ 4 small groups 2 and 2 2 and 2</li> </ul> </li> </ol> <p>CHAMPIONSHIP</p> <ol style="list-style-type: none"> <li>2. Elbow Tag (to be played while STB tourney is going on) <ul style="list-style-type: none"> <li>▪ participated by the non-winning teams</li> <li>▪ 2 teams</li> </ul> </li> <li>3. Whisper Down The Line (remind them to speak clearly!)</li> </ol>	
<b>Week 3</b>	<ol style="list-style-type: none"> <li>1. People-to-People (also known as "Back to Back") <ul style="list-style-type: none"> <li>▪ play this 3x;</li> <li>▪ separate into 4 different pods;</li> <li>▪ nothing from the neck to the knees [head and up, knees and down]</li> <li>▪ Tourney style too</li> </ul> </li> <li>2. Simon Says <ul style="list-style-type: none"> <li>▪ 2 people watching</li> <li>▪ 1 caller</li> <li>▪ make it tricky (listening skills)</li> </ul> </li> </ol>	
<b>Week 4</b>	<ol style="list-style-type: none"> <li>1. Wolf Wolf Ram (Duck Duck Goose)</li> <li>2. Crab Soccer <ul style="list-style-type: none"> <li>▪ 10 on 10</li> </ul> </li> <li>3. Scavenger Hunt <ul style="list-style-type: none"> <li>▪ items are TBA</li> </ul> </li> </ol>	<ul style="list-style-type: none"> <li>▪ soccer balls</li> <li>▪ cones for goals</li> <li>▪ items for hunt</li> </ul>
<b>Week 5</b>	<ol style="list-style-type: none"> <li>1. FIELD DAY GAMES <ol style="list-style-type: none"> <li>a. Dizzy Bat</li> <li>b. Wheel Barrow Race</li> <li>c. Mogul down the field</li> <li>d. Running Races</li> <li>e. Yellow golf balls on a spoon</li> <li>f. Fill a cup with water</li> </ol> </li> </ol>	<ul style="list-style-type: none"> <li>▪ baseball bat</li> <li>▪ "ribbon" for running races</li> <li>▪ yellow golf balls</li> <li>▪ spoons</li> <li>▪ cup</li> <li>▪ bucket</li> </ul>

		<ul style="list-style-type: none"> <li>▪ water</li> </ul>
<b>Week 6</b>	<ol style="list-style-type: none"> <li>1. OBSTACLE COURSE DAY <ul style="list-style-type: none"> <li>▪ Jungle Gym activities</li> <li>▪ add things to regular jungle gym (a river, sharks, etc.)</li> </ul> </li> </ol>	<ul style="list-style-type: none"> <li>▪ TBA</li> </ul>
<b>Week 7</b>	<ol style="list-style-type: none"> <li>1. Capture the Flag <ul style="list-style-type: none"> <li>▪ Hide the two flags <ol style="list-style-type: none"> <li>a. Boundaries</li> <li>b. Jail</li> <li>c. 'Tactics and Plans'</li> </ol> </li> </ul> </li> <li>2. Put all games (except field day games, obstacle course day, and scavenger hunt) <ul style="list-style-type: none"> <li>▪ have someone pick a game "out of a hat" to choose the next activity and so on</li> </ul> </li> </ol>	<ul style="list-style-type: none"> <li>▪ 2 large NCSU flags</li> </ul>

- Go-to games that are classic favorites: (useful when the kids need to let some energy out or for when the planned activity is completed quickly)
  - Cross-the-Ocean
  - "Toilet" Tag
  - Red Rover
  - Human Knot