

RECREATION ROTATION

MONDAY

Egg Drop

TUESDAY

Magnetic Fishing

WEDNESDAY

Tug-of-War

THURSDAY

Camp Olympics



THURSDAY: CAMP OLYMPICS

WHAT YOU NEED:

- Burlap sacks; Balloons; Pool noodle; Spoons; Eggs; Inflatable Obstacle Course

WHAT YOU DO:

- Before Your Group Arrives:
 - Station Setup: Ensure each of the four Olympic stations is clearly marked and ready for action.
 - Sack Race Station: Have one sturdy burlap sack ready for each small group. Set up clear markers or cones to define the relay path for the sack race.
 - Team Keepy-Uppy Station: Have one balloon per small group ready, with a few extra on hand just in case! Provide enough pool noodles for each child in the small group to participate.
 - Spoon Egg Race Station: Gather enough spoons and eggs (plastic or hard-boiled are recommended for less mess!) for each child to participate in a relay.
 - Inflatable Obstacle Course Station: Ensure the inflatable obstacle course is fully inflated, secure, and ready for safe use.
- Starting the Activity:
 - Welcome to the Olympics! As small groups enter the recreation area, build excitement for the Camp Olympics!
 - Rotation Explanation: Explain that groups will rotate through each of the four exciting activities, spending approximately 6 minutes at each station.
 - Encourage Teamwork: Remind kids that in the Camp Olympics, it's all about working together and cheering for their teammates! Encourage them to "serve one another" by helping each other succeed.
- Station Instructions: As groups arrive at your station:
 - Sack Race:
 - Objective: Kids will race in their sacks around the marked display (cones/markers) and back, tag the next teammate, until everyone on the team has gone.
 - How to Play: Give each small group one burlap sack. Explain that they'll do a relay race! The first person hops in the sack, races around the cone, hops back, and then the next person goes.
 - Time It! Keep a quick time for each small group to see how fast they can complete the relay.

THURSDAY: CAMP OLYMPICS

WHAT YOU NEED:

- Burlap sacks; Balloons; Pool noodle; Spoons; Eggs; Inflatable Obstacle Course

WHAT YOU DO:

- Station Instructions: As groups arrive at your station:
 - Team Keepy-Uppy:
 - Objective: Work together to keep a balloon in the air using only pool noodles.
 - How to Play: Give each child a pool noodle and one balloon to the group. They must use the noodles to keep the balloon from touching the ground!
 - Challenge: See how long they can keep it up, or if they can make it from one side of the station to the other without it falling.
 - Spoon Egg Race:
 - Objective: Carefully balance an egg on a spoon while racing to the finish line and back, relay style.
 - How to Play: Give each child a spoon and an egg. They'll race from a starting line to a designated turn-around point and back, passing the spoon (and egg!) carefully to the next teammate. If the egg drops, they must pick it up and continue from where it fell.
 - Inflatable Obstacle Course:
 - Objective: Navigate through the inflatable obstacle course as quickly as possible.
 - How to Play: Kids will go through the course one at a time, completing each obstacle. Encourage them to cheer on their teammates as they go!
 - Time It! You can time individual kids or the total time for the whole group to complete the course.
- Clean Up:
 - Quick Reset: Between groups, quickly reset any displaced equipment (sacks, balloons, eggs, etc.) at your station, ready for the next rotation.
 - End of Day Pack Up: At the very end of the day, ensure all burlap sacks, balloons, pool noodles, spoons, and any remaining eggs are collected and packed away properly.
 - Area Check: Do a final sweep of the area to make sure no items are left behind and the space is tidy.