



SUMMER CAMP

Tested, edited &
approved by:

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Senior

Game On

Grades: K - 3rd

Each of the five days is set to two-hour periods. Depending on how much time is allotted you may extend or shorten times if needed, however, the set minutes are a good time frame.

Day One:

Introductions - 10 minutes:

Start with the instructor introducing their name, age, and favorite game they like to play, then continue with the rest of the group. Talk about expectations for the camp like good sportsmanship, positive attitude, respect, and being a good friend.

Intro to the Camp - 20 minutes:

Talk about the games you are going to play like tag, kick the can, capture the flag, and many more games. Explain that they will learn how to work on teams, but also on their own. Ask the kids what kind of games they would like to play, and if you are able to, include those games within the week. At the start of each day make sure you ask the kids to vote on what their favorite game was from the previous day. The game that gets the highest amount of votes every day will be the games we play on the last day of camp.

Tag - 20 minutes:

Take the kids to a big open area where there is plenty of room for the kids to run around. Explain the rules of tag just in case someone doesn't know how to play. Pick someone to be "it" and let them play. Encourage them to play nicely and not tag in a way that could hurt the kids.

Break - 10 minutes:

Most kids will be tired since they ran. Let them take a small break to get water and catch their breath.

Simon Says - 30 minutes:

Explain to the kids that they are going to play a game that sees if they are good listeners. Explain the rules of the game and choose someone to be Simon. Have the kids spread out arms length away from each other so no one bumps into someone. Once everyone is in their spots, you can start the game. If someone makes a mistake just have them sit and wait for everyone. The last person standing will be the next Simon to start a new game.

Capture the Flag - 30 minutes:

First thing is to split the kids into even teams, then explain how to play the game. Each team will have one flag that they need to put somewhere to protect. The flags need to be able to be seen by the other team and able to be grabbed from every side of the flag. Explain the boundaries of the game and where the teams side of the game are. If you are defending your flag, you can tag anyone who comes on your side from the opposite team. If you get tagged, you are out and have to go to your flag to be able to come back into the game. If a team gets the other team's flag, they have to try to take it back to their own flag to win. If the games go fast, do a best of three to make use of time.

Use the extra time to set up the activities, or continue playing the last game. At the end of the document, you can find the list of supplies needed for each activity.

Day Two:

Introduction and Vote - 10 minutes:

Have the kids vote for what their favorite game was the previous day and what game they would like to play most on their last day. Also talk through the games you will be playing today and set some ground rules if necessary.

Duck Duck Goose - 20 minutes: Explain to the kids that we will start off the day by playing classic Duck Duck Goose. Preferably try to play this game in a large open area. Many kids should already know how to play but if there is any confusion explain the rules of the game to them. Make sure that the kids play nicely to maintain a fun and safe environment.



Four Square - 30 minutes:

Explain that the next game we will be playing is four square. You will need a basketball for this game and you can use sidewalk chalk to draw the four square boundaries. Many kids should already know how to play this game but make sure you go over the rules with them still. One player will stand in each of the squares with the highest ranked player in the number one square and the lowest in number four. The person in square one always starts with the ball and serves it. Everyone must allow the ball to only bounce once in their square and hit it into another player's. If a player hits the ball out of bounds or on the line then they are out. If there are more than four players then the person out will go to the back of the line and a new player will go into square number four.

Water Break - 10 minutes:

Give the kids a water break and allow them time to cool off for a little.

Red Rover - 30 minutes:

Explain to the kids that the next game we'll play is Red Rover and explain the rules to them. Separate everyone into two teams and have both teams form a long line, holding hands, and facing the other team. The teams should be around 20 feet apart and the teams take turns calling out "Red Rover, Red Rover, send (name) on over" to the other team. Then the chosen player leaves their line and tries to run through the other team's line and break through their hands. If they break through they get to choose someone from that line to take back to their team, if they don't then they join that line.

Hide and Seek - 20 minutes:

Make sure that before you play hide and seek you set clear boundaries for the game. If you have a large group of people you may want to assign more than one seeker so the rounds can go a little faster. If you want you can have the last person to be found become the seeker and if you have a larger group you can allow the kid to choose one or two more seekers to help them.

Day Three:

Introduction and Vote - 10 minutes:

Have the kids vote for what their favorite game was the previous day and what game they would like to play most on their last day. Also talk through the games you will be playing today and set some ground rules if necessary.

Kids from Mars - 30 minutes:



Explain that you will be playing the game Kids from Mars. For this game you will need to set up two boundaries across from each other. You will need to choose two participants to stand in the middle between these two boundaries. The two players selected are called the “kids from mars.” Everyone else will be a runner and you will line them up in one of the safe boundaries facing the “kids from mars.” The game will begin once one of the kids from mars chants “we are the kids from mars, we’ll chase you to the stars unless you’re wearing..” and they will choose a color or an item that the runners are wearing. The two kids from mars will whisper and decide what the item or color is each round. If the runners are wearing the item they are safe to walk past the kids from mars and to the other safe boundary across from them. After they have passed by and made it to the other boundary the kids from mars yell “run” and all the runners must try and run across to the opposite boundary without being tagged by the kids from mars. If the runners are tagged they join the kids from mars and try to tag the other runners. The only people that get to decide what color or item gets to pass each round are the original two kids from mars. Make sure you also have cones or some boundary indicator on the sides of the running field in which if a runner steps out they also become a kid from mars. The game continues until there are only two runners left. Once there are only two more runners they become the next two kids from mars and it starts a new game.

Water Break - 10 minutes:

Give the kids a water break and allow them time to cool off for a little.

Freeze Tag - 20 minutes:

Explain that you will be playing freeze tag. Most kids will know how to play this game already but if not explain the rules. Make sure you assign a person to freeze and another person to unfreeze and set a timer to allow different kids to have those jobs.

Wiffle Ball 30 minutes:

Set up the bases like a normal baseball field, but smaller. Split the kids up into two even teams and choose which team is going to be batting first, and which one is in the field. Explain the rules, like three strikes and you're out, you have to touch the bases, and after three outs the teams switch. All the kids who aren't batting need to give the kid who is batting space. Remind kids to have good sportsmanship, and to encourage each other. An adult should be the one to pitch so no kid will get hit if a younger one throws too hard.

Water Break - 10 minutes:

Give the kids a water break and allow them time to cool off for a little.



After the water break with any extra time you have let the kids vote for which of the three games they would like to play some more.

Day Four:

Introduction and vote - 10 minutes:

Have the kids vote for what their favorite game was the previous day and what game they would like to play most on their last day. Also talk through the games you will be playing today and set some ground rules if necessary.

Kick the Can - 30 minutes:

Explain that the next game you will be playing is kick the can and ask if any of them have played it before. Then explain the rules to everyone. You will need to have a can or bucket for this game. The first thing you will need to do is outline your boundaries for this game and set up a specific jail area. This game works best if you are playing in a large open area with many hiding spots. You will then need to choose someone to be the seeker, the can will be next to the seeker and they will close their eyes and count to a number before opening their eyes to allow the kids to all find a place to hide. The seeker's goal is to put all the players in jail. For the seeker to catch a player, they have to call out the hider's name and hiding spot. Once called out the hider must run out of the spot and race the seeker back to the can. If the seeker arrives first and touches the can, the hider is in jail but if the hider kicks the can before the seeker can touch it then all of the people in jail are free and the game is reset. Once everyone except one person is in jail the last hider wins the game and you can start a new game with a new seeker. Make sure to set a timer to ensure that one person isn't seeking for too long and if the timer goes off it is a draw and you can choose a new seeker. There are different variations of kick the can but the one we have listed is a very common form of the game.

Water Break - 10 minutes:

Give the kids a water break and allow them time to cool off for a little.

Telephone - 30 minutes:

Explain to the kids that the next game is telephone and explain the instructions on how to play it even though many kids might already know. Players all sit in a circle for this game and the game starts off by one person thinking of a sentence or phrase and whispering it to the person next to them. That person then tries to whisper the same phrase to the person on their other side. Each kid is only allowed to whisper the phrase once and the game is over once it has gone



in a full circle and reached the person who has started it. Then the person will say what the original sentence was and the goal of the game is to have the same sentence as the beginning even though it is very challenging and the ending sentence is usually quite changed from the beginning.

Red Light, Green Light - 30 minutes:

Explain that they are playing another game to see if they are good at listening. Ask if any kids have played the game, but explain the rules just in case someone forgot. If they are seen moving when it is still a red light, they must go back to the start and retry. Start by setting up cones to show where they need to start, and have one helper stand on the opposite end holding a red and green paper. They will switch which paper they are holding up and must say what it is when switching. If they hold up the green paper they must say “green light”. If it is green they can go, but if it is red, they must stop where they are at and can’t move. First kid to make it to the other side will be the next one to say red light, green light.

Water Break - 10 minutes:

Give the kids a water break and allow them time to cool off for a little.

Day Five:

For the last day you will play the highest voted game from each of the previous four days of camp.

Game 1 - 30 minutes

Game 2 - 30 minutes

Water Break

Game 3 - 30 minutes

Game 4 - 30 minutes

