

BC SRC 2018: Motion Commotion!

Program (Ages 5-8), Theme 3: On Your Mark, Get Set, Go!

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WELCOME AND INTRODUCTION [10 min]

Welcome to our Summer Reading Club program! My name is _____. Today, our activities are going to be all about Sports and Physical Activities! We're going to start with a game of 'Would You Rather' and then move on to some crafts and games! You can choose to do any parts of the program by yourself or with a partner.

Would you rather / Can you guess?

This is an "ice-breaker" activity with a sports theme that requires movement. Participants can "vote with their body" on their preference. If the participants have different abilities, you can modify the voting so that instead of moving around the room to vote, they raise their hands, or make a noise. The items being "voted" on can be printed out, with an (optional) small graphic clue for younger kids and visual learners.

Would you rather...

- Jump out of a plane with a parachute **OR** Scuba dive in a series of underwater caves?
- See a grizzly bear when you are mountain biking **OR** See a shark when you are surfing?
- Win the Stanley Cup **OR** Win an Olympic Medal?
- Do a belly flop off the 5m board **OR** Fall off your skateboard at the top of a half pipe?
- Compete in the Ironman **OR** Compete in the Tour de France?

Can you guess...

- Which is faster – a hockey puck **OR** a baseball? (A: Puck)
- Which is faster – a diver from the 10m board **OR** the world's fastest sprinter? (A: Diver)
- Which is Canada's National Sport – Lacrosse **OR** Hockey? (A: Lacrosse)
- Which is heavier – a soccer ball **OR** a basketball? (A: Basketball)

CRAFT [20 min]

OPTION 1: Tape Resist Surfboard <http://www.andnextcomesl.com/2013/05/tape-resist-surfboard-art.html>

Supplies:

White card stock

Paint, or markers or pencil crayons.

Scissors

Green Painters tape – one roll (*regular masking tape tears the surface of the paper*)

Printed surfboard outline (you can find this by searching 'surfboard outline' on the internet)

OPTION 2: Paper Plate Ring Toss <http://alittlelearningfortwo.blogspot.ca/2010/11/paper-plate-ring-toss-game.html>

Note: The example here is done by younger children. With markers, kids could customize these any way they want. One option might be choosing "team colours".



Supplies:

Paper plates (4 per participant)

Paint or markers

Scissors

Long cardboard tube (from cling wrap, paper towel etc... - one per participant)

Sticky tape or a glue gun to attach the tube to the base plate.

ACTIVITIES [20 – 30 min]

Option 1: Pom-pom Straw Race

Supplies:

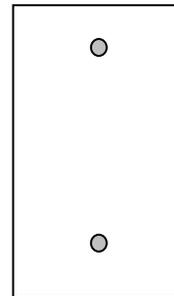
Bendable plastic straws (enough for every child)

Single hole punch

Small pieces of paper or card stock (approx. 3"x5")

Masking tape or string

small pom-poms or ping-pong balls (enough for every child)



Note: you can also use Styrofoam balls or marbles. If there is no budget, small scrunched up paper will do. You may want to adjust your finish line if using paper balls or marbles. It's best to run a short test to see how fast and far the pieces will travel.

Each child gets a straw and a piece of paper.

They use the hole punch to punch two holes in the paper as shown.

They print their name on the paper, and can add a crest or logo as well, or a "number" like on a team jersey. Poke the straw through both holes in the paper to make a flag/sail. This way the children will not mix up their straws.

You need to place a line of tape or string at the start and finish; suggested distance is 30-40 feet. If there is enough space, have the participants line up along the start line, on their hands and knees. If there is very little room, you can run the kids individually or in small groups, with a timer, but it's more fun to have them all side by side, because it's really hard to get the objects to go in a straight line.

You can make medals or just high-five the winners.

OPTION 2: Action Obstacle Course

Supplies:

Sidewalk chalk **OR** Sheets of paper

Coloured markers

Masking tape

String

Scissors

This is proposed as a “sidewalk” obstacle course, but can easily be adapted for indoor use. If you have outdoor pavement or concrete, you can do this with sidewalk chalk.

If you are using an indoor space, you can use sheets of paper or card stock, and coloured markers to create instructions. You will also need masking tape to mark off each section, plus a length of string for each participant or group to delineate their section of the “race”.

If there are a small number of participants, each one can come up with an action. If your group is large, you can count them off “1-2-3; 1-2-3” and have each small group come up with an action. The participants write their instructions, use the string to measure, and the tape to mark off their section of the course. If you have a small space, you can use a “snake” pattern to weave back and forth from the start to the finish line. Offer some suggestions to the kids (hopping, crawling, tiptoes, singing, crab walk, twisting...), but encourage them to be as creative as possible. If participants have varying abilities, you can assign course engineers to designate an “alternate” activity.



BOOKS

Clothesline Clues to Sports People Play by Kathryn Heling

The Quickest Kid in Clarksville by Pat Zietlow Miller

The Three Ninja Pigs by Corey Schwartz

Max the Champion by Sean Stockdale

Oddrey Joins the Team by Dave Whamond

Watch Me Throw the Ball by Moe Willems