

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 – 9:00	Icebreaker 2 truths and a lie	Icebreaker Toilet Paper Game	Icebreaker Telephone Pictionary	Icebreaker Would you rather?	Icebreaker Flag
9:00-9:30	Fitness Lesson Power Point 1	Fitness Lesson	Nutrition Lesson	Nutrition Lesson	Fun or Nature Lesson
9:30-10:00	Craft Fitness Flash Cards	Craft Paper Plate Frisbees	Craft My Plate	Craft Recipe Book	Craft Physical Activity Cube
10:00-10:30	Snack Fruit Kabobs	Snack Fruit Nachos	Snack Chicken Quesadilla	Snack Smoothies	Snack Trail Mix
10:30-11:00	Break, Playground, or Yard Games	Break, Playground, or Yard Games	Break, Playground, or Yard Games	Break, Playground, or Yard Games	Break, Playground, or Yard Games
11:00-11:30	Exercise Deck of Cards	Exercise	Exercise	Exercise	Exercise

## **Fitness Camp Supplies**

*All supplies are based on 10 students being at camp.*

### **Monday (Focus on exercise)**

#### **Craft Supplies Needed**

Fitness Flash Cards - <http://www.amazon.com/EXERCISE-CARDS-WorkoutLabs-Bodyweight-Bestselling/dp/B00HQXEUXM> (They will make their own version of this.)

12 Binder clips  
12 Index cards per kid  
12 sharpies

#### **Snack Supplies Needed**

Fruit Kabobs - <http://www.food.com/recipe/colorful-fruit-kabobs-304813>

15 skewers  
15 strawberries  
15 pieces mandarin oranges  
15 pieces of kiwi fruits  
30 blueberries  
15 raspberries

### **Tuesday (Focus on exercise)**

#### **Craft Supplies Needed**

Paper Plate Frisbees - <http://craftsbyamanda.com/paper-plate-frisbees/>

2 rolls of clear shipping tape  
50-100 paper plates (the cheap kind that are easy to maneuver)

#### **Snack Supplies Needed**

Fruit Nachos - <http://www.superhealthykids.com/fruit-nachos-a-sweet-and-healthy-valentines-treat/>

3 pears  
3 apples  
2 pkgs of fresh strawberries  
1 pkg semi sweet chocolate chips  
1 cup caramel  
1 cup shredded coconut or coconut flakes

### **Wednesday (Focus on Nutrition)**

#### **Craft Supplies Needed**

My Plate - <http://www.learningzonexpress.com/documents/EnergyEverydayforEveryone/MyPlateLessonPlans.pdf>

20 magazines to cut out  
20 paper plates  
20 sheets of the large construction paper in a light color

### **Snack Supplies Needed**

Chicken Quesadillas - <http://www.mayoclinic.org/healthy-lifestyle/recipes/chicken-quesadillas/rcp-20049758>

6 boneless skinless chicken breasts (I will cook at home.)  
2 onions  
3 tomatoes  
1 bunch of cilantro  
12 small tortillas  
2 cup package of Mexican blend cheese

### **Thursday (Focus on Nutrition)**

### **Craft Supplies Needed**

Recipe Book -

100 count pkg of construction paper  
Ribbon for tying pages together  
1 ream of white paper

### **Snack Supplies Needed**

Smoothies - <http://www.rachaelray.com/2014/05/super-simple-kid-friendly-smoothies>

10 cups of frozen strawberries  
5 bananas  
1 gallon orange juice  
6 cups of plain yogurt

### **Friday (Focus on Fun)**

### **Craft Supplies Needed**

Physical Activity and/or Healthy Food Cube - <http://www.littlefamilyfun.com/2011/04/physical-activity-cube.html>

1 Scotch tape  
1 package (At least 100 sheets) of white or a light colored card stock

Vegetable Discovery Chart – I've got this.

### **Snack Supplies Needed**

**Trail Mix** - <http://www.cookinglight.com/food/recipe-finder/snack-mix-recipes/sweet-snack-mix>

1 box of Cheerios  
1 big bag of M&Ms  
1 bag of pretzel sticks (the small sticks)  
1 bag of mini marshmallows  
1 bag of raisins

## Food Supply List

3 pears  
3 apples  
2 pkgs of fresh strawberries  
1 pkg semi sweet chocolate chips  
1 cup caramel  
1 cup shredded coconut or coconut flakes  
10 cups of frozen strawberries  
5 bananas  
1 gallon orange juice  
6 cups of plain yogurt  
6 boneless skinless chicken breasts (I will cook at home.)  
2 onions  
3 tomatoes  
1 bunch of cilantro  
12 small tortillas  
2 cup package of Mexican blend cheese  
1 box of Cheerios  
1 big bag of M&Ms  
1 bag of pretzel sticks (the small sticks)  
1 bag of mini marshmallows  
1 bag of raisins  
15 skewers  
15 strawberries  
15 pieces mandarin oranges  
15 pieces of kiwi fruits  
30 blueberries  
15 raspberries  
Dixie cups

## Craft Supply List

1 Scotch tape  
1 package (At least 100 sheets) of white or a light colored card stock  
100 count pkg of construction paper  
Ribbon for tying pages together  
1 ream of white paper  
20 magazines to cut out  
20 paper plates  
20 sheets of the large construction paper in a light color  
2 rolls of clear shipping tape  
50-100 paper plates (the cheap kind that are easy to maneuver)  
12 Binder clips  
12 Index cards per kid  
12 sharpies

## APPENDIX

### Extra Activities:

Keep a journal on the pads in my classroom.

### MONDAY EXERCISE:

#### Deck of Cards Workout Challenge

#### **Cody's Deck of Cards Workout Challenge:**

##### *The Rules:*

- Each of the four suits in a deck of cards represents a different exercise, and the card value equals the number of reps.
- Each card drawn must be completed by the contestants before moving on to the next. 30-second rests are only allowed in-between cards.
- Two or more people compete to see who can last the longest. The deck will be recycled until there is only one person left.
- One referee is in charge of drawing cards at random from the deck, giving the contestants their next exercise, and making sure the contestants are staying in proper form.
- Contestants can be disqualified for “cheating” by not doing an exercise properly (for example, not doing full push-ups).

##### *The Game:*

- **Spades:** Sit ups
- **Diamonds:** Squats
- **Clubs:** Push ups
- **Hearts:** Burpees
- **Numbers:** The number of reps that must be done.
- **Jacks:** 12 reps
- **Queens:** 15 reps
- **Kings:** 20 reps
- **Aces:** 25 reps
- **Doubles:** Two cards of the same value drawn in a row doubles the number of reps.

- **Triples:** Three cards of the same value drawn in a row triples the number of reps.
- **Quadruples:** (Unlikely, but you never know) Four cards of the same value drawn in a row quadruples the number of reps.

#### THURSDAY ICEBREAKER:

Would you rather..?

- Visit the doctor or the dentist?
- Eat broccoli or carrots?
- Watch TV or listen to music?
- Own a lizard or a snake?
- Have a beach holiday or a mountain holiday?
- Be an apple or a banana?
- Be invisible or be able to read minds?
- Be hairy all over or completely bald?
- Be the most popular or the smartest person you know?
- Make headlines for saving somebody's life or winning a Nobel Prize?
- Go without television or fast food for the rest of your life?
- Have permanent diarrhoea or permanent constipation?
- Be handsome/beautiful and dumb or be ugly and really smart?
- Always be cold or always be hot?
- Not hear or not see?
- Eliminate hunger and disease or be able to bring lasting world peace?
- Be stranded on a deserted island alone or with someone you don't like?
- See the future or change the past?
- Be three inches taller or three inches shorter?
- Wrestle a lion or fight a shark?

#### FRIDAY ICEBREAKER:

Flag:

Flags is a get-to-know-you activity, helping young people express what's important to them or more about themselves. Provide large sheets of paper, crayons, markers and paints. Ask each young person to draw a flag which contains some symbols or pictures describing who they are, what's important to them or what they enjoy.

Each flag is divided into 4 or 6 segments. Each segment can contain a picture i.e. favourite emotion, favourite food, a hobby, a skill, where you were born, your family, your faith. Give everyone 20 minutes to draw their flags. Ask some of the group to share their flags and explain the meaning of what they drew.