

Sooner District Day Camp Webelos Program Syllabus

Last Frontier Council

June 10-14, 2013

**Developed by
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Sports

Notes:

- We will have at least one session containing 2 groups. Where appropriate, these groups should be set up as competing teams
- For physically demanding activities, the boys should rotate equal time between playing and resting (and cheering on their team)
- The boys need to stay hydrated

Sports Day 1

Notes:

- If you have two groups, start by explaining the rules of Disc Golf, then send one group to play while you do the discussions with the other group.

Sportsman 1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.

Choose one or two:

- Baseball: <http://www.nfhs.org/Workarea/DownloadAsset.aspx?id=2833>
- Soccer: http://acdeputysal.weebly.com/uploads/2/0/9/6/2096654/ref_hand_signals.pdf
- Football: http://www.iahsaa.org/officials/Football/Official_Football_Signals_Page_1.pdf

Sportsman 2. Explain what good sportsmanship means.

- Good attitude
- Doing your best
- Following the rules
- Being positive to others

Sportsman 4. Ultimate BL: 1. Explain the rules of ultimate or disc golf to your leader or adult partner. Disc Golf:

- Objective: Frisbee must land in the target (the “hole”).
- There is a sequence of holes to play.
- Count the number of throws that you need to go from each “tee” to the corresponding target.
- Each time you throw the Frisbee, it must be from behind the location that it last landed.
- If the Frisbee lands “out of bounds”, then bring it within bounds before the next throw.
- The person with the fewest total throws at the end is the winner.

Sportsman 4. Ultimate BL: 2. Spend at least 30 minutes practicing ultimate or disc golf skills.

- Short Disc Golf course: 6 holes

Equipment/Supplies

- Frisbees: 1 for each boy
- “Holes” (numbered cones)

Sports Day 2

NOTE: Need another activity

Sportsman 4. Ultimate BL: 2. Spend at least 30 minutes practicing ultimate or disc golf skills.

- Long Disc Golf course: 11 holes

Equipment/Supplies

- Same as the previous day

Sports Day 3

Rules of Soccer (the basics):

- Objective: put the ball into the other team's goal
- Cannot use hands
- No pushing or tripping
- Out of bounds: the ball is returned by the team that did not take the ball out of bounds
 - Explain the details on the fly
- Kick-off: the teams must start on their respective sides

Soccer belt loop 2: Spend at least 30 minutes practicing soccer skills.

Soccer belt loop 3: Play a game of soccer.

Other notes:

- Brief discussion about offensive and defensive positions
- Goalie may not use his hands
- Rotate every ~5 minutes

Equipment/Supplies

- Soccer balls: 2
- Soccer goals: 2
- Marker cones: 12

Sports Day 4

Marbles BL #1,2,3

- Game 1: Ringer. www.landofmarbles.com/how-to-play.html
- Game 2: Poison or Black Snake

Water Relay

- Equipment: buckets of water, string, water wands, 2 liter bottles with bottoms cut off
- With bottle fed through the string, tie the string between 2 trees so that it is tight and horizontal
- Objective: use the water wand to push the bottle from one end to the other.
- Set up as a relay with 2-4 teams competing

Equipment/Supplies

- Marbles
- Water buckets: 4
- Long rope: 4
- 2 liter bottles (with bottoms cut off): 4
- Water wands: 4

Sports Day 5

Physical Fitness BL 2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.

Physical Fitness BL 3: Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

- Lines for 50-yard-dash
- Lines for long jump
- Softball (or tennis ball) throw. Need to be carefully monitored for safety

Ball relay

- Objective: 2 cubs carry a ball sandwiched between their backs.
- Carry from start line to finish
- Then, sandwich between their heads and return to start.
- No hands: if they drop, then they must start over

Equipment/Supplies

- Cones
- Softballs
- Large rubber balls