

## Theme: Sports

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### Monday

#### Alphabet Kick Cup - Educational

##### Supplies

- Small ball
- Plastic cups
- Permanent Marker

##### Instructions

1. Write a letter on each plastic cup with permanent marker. I actually wrote the lowercase letter on one side of the cup and the uppercase match on the other side. This way I can turn them around to work on both versions of each letter.
2. Line the cups up in a row on the floor.
3. Participants stand facing the cups with the ball in front of them.
4. Participants say the letter they are aiming for and kick the ball towards the cups to try and knock down the cup with that letter
5. Play until all cups are knocked over.

#### Olympic Ring Toss – Arts & Crafts/Outdoor Activity

##### Supplies

- Four empty bottles
- Water, oil, sand, or rocks
- Food Colouring (optional)
- Paper plates
- Paint
- Paintbrush

##### Instructions

1. Participants start by painting the paper plate different colours of their choosing.
2. Let the paint dry
3. While you let the paint dry, grab your four empty bottles and fill them with either rocks, water, oil, or sand (you can do one per bottle or one for all four)
4. If you have chosen water you can add food colouring to the bottles to make them colourful
5. When the paint has dried on the paper plates cut out the inner ring of the plates to create a hole in the middle.

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6. Take the bottles outside and the paper plates (now rings)
7. Throw the paper plate rings at the bottle to try and get them to land around the bottle. Continue practicing!

## Team Flags – Arts & Crafts

### Supplies

- construction paper
- scissors
- glitter
- markers
- pompoms
- straws or sticks
- glue or tape

### Instructions

1. Cut out a piece of construction paper into a large triangle
2. Write your name on the triangle in marker
3. Decorate your flag using glitter, pompoms, and other craft supplies
4. Using glue or tape attach your flag to a straw or stick so you can wave it around when your team is playing!

## Tuesday

### Mini Ice Hockey– Sensory Activity

### Supplies

- Bin
- Water
- Freezer
- 2 Spoons
- Marble

### Additional:

- Toys
- Toothpicks
- Skittles

### Instructions

1. Start by filling the bin with water
2. Set bin in the freezer until the water has become ice
3. Once the water has become ice take it out of the freezer and grab two spoons and marble
4. Use the spoons as your hockey sticks and the marble as your puck

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5. Play hockey!

Additional:

Use the rink for other ice rink activities such as figure skating with toys or curling with toothpicks and skittles

## Olympic Medals – Sweet Snack

### Supplies

- Fruit by the Foot or Fruit Rollups
- Golden Oreos
- White icing

### Instructions

1. Twist open a Golden Oreo. Lay pieces side by side.
2. Place a glob of icing on the Oreo half that has the most cream.
3. Open Fruit by the Foot and measure out an arm's length. Tear at that length. Place the two ends on the icing.
4. Add another glob of icing on top of the Fruit by the Foot.
5. Place the other half of the Oreo on top of the icing glob.

## Golf Ball Painting – Sensory Activity

### Supplies

- Golf balls.
- Paint.
- Heavier paper.
- A sturdy box, box lid or similar
- Paper Plates

### Instructions

1. Place the heavier paper at the bottom of the bin
2. Pour out paint into different paper plates
3. Have the participant dip a golf ball into the paint and place it into the bin to roll around.
4. Continue to dip the golf ball in different colour paint and roll it around in the bin on top of the paper
5. Hang the artwork on your fridge to show to all your friends!

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## Wednesday

### Award Ribbons – Arts & Crafts

#### Supplies

- Paper Plate
- White paper
- Markers
- Paint (colour of your choice)
- Stickers
- Scissors
- Glue

#### Instructions

1. Paint the paper plate a colour of your choice
2. Using the white paper cut a circle the size of the inner part of the plate
3. Decorate the white circle with different drawings or stickers (stars, trophies, etc.)
4. Cut out the centre of the paper plate and use this to create the dangle part of the ribbon
5. Cut slits into the outer edges of the paper plate
6. Glue the white decorated circle into the centre of the paper plate & the dangle parts of the ribbon to the bottom of the paper plate.
7. Show off your award!

### Balloon Tennis - Arts & Crafts/ Outdoor Play

#### Supplies

- Empty Paper Towel Roll
- Paper plates
- Glue or Tape
- Balloon

#### Instructions

1. Create your racket by gluing or taping a paper plate to the paper towel roll
2. Blow up the balloon
3. Use the rackets to hit the balloon
4. Enjoy a game of tennis!

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## Ice Skates - Arts & Crafts

### Supplies

- Skate Template
- Glitter
- Markers or crayons
- Buttons
- Pompoms
- Glue
- Ribbon, yarn or string
- One-hole hole punch

### Instructions

1. Print out two copies of the Skate template and cut them out
2. Using the hole punch, punch one hole on the top of each skate
3. Decorate the skate using markers, crayons, buttons, pompoms, and other craft supplies.
4. Using glue on the bottom of the skate and sprinkle the glitter on top
5. Tie on end of the ribbon, string, or yarn to one skate and the other end to the other skate
6. Enjoy your personalized skates!

## Thursday

## Surfboard – Arts & Crafts

### Supplies

- White foam
- Template
- Pencil
- Scissors
- Permanent Markers (different colours)
- Ruler (optional)
- Small Toys who want to learn how to surf
- Bin or bowl of water

### Instructions

1. Cut out surfboard templates
2. Trace the template of your choice onto the foam board
3. Colour your surfboard and decorate it as you like (suggestion: use Hawaiian designs)
4. Cut out your decorated surf board
5. Grab your small toys and a bowl/bin of water and test out their surfing abilities!

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6. If you need to make it more challenging, time how long it takes and try to beat the time on another day or the same day.

## Mini Basketball Game – Arts & Crafts

### Supplies

- Old cereal Box (empty)
- Plastic Cup
- White Glue
- Card Stock
- Sharpie
- Hot Glue gun
- Ping pong ball

### Instructions

1. Draw out the backboard of a basketball net
2. Have participants cut it out
3. Glue the back board to the old cereal box
4. Cut a hole in the bottom of the cup
5. Using the hot glue gun attached the cup to the backboard
6. Use the ping pong ball as the basketball and play a mini game of basketball and practice your shooting skills!

## Obstacle Course – Outdoor/Indoor Activity

### Supplies

- Tall sticks
- Streamers
- Chairs (modification)

### Instructions

1. Stick the sticks into the ground far apart from one another
2. Run streamers between each of the sticks to create an obstacle course
3. Have participants try and make it through the course without ripping the streamers

Modification:

Instead of using sticks, use chairs to tie the streamers around

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## Friday

### Foam Sports Ball – Sensory Play

#### Supplies

- 3 cups of shaving cream
- 1 cup of flour
- 1 cup of white glue
- Food colouring of paint
- Squeeze bottle
- Heavy paper

#### Instructions

1. Combine shaving cream, flour, and glue. Add 3 cups (180 g) of shaving cream, 1 cup (125 g) of flour, and 1 cup (225 ml) of white glue to a large bowl. Mix the ingredients together until they're just combined.
  - Avoid overmixing the paint so the air bubbles stay in the shaving cream and give it a puffy texture.
2. Divide the mixture between several bowls. When the ingredients are combined, set out several smaller bowls. You'll need one for each color of paint that you plan to make. Use a spatula to add a little of the paint mixture to each bowl.
  - It's a good idea to use disposal plastic bowls because the paint can stain your dishes.
3. Mix the food coloring into each bowl. When the paint mixture is divided into the bowls, add the food coloring of your choice to each one. Stir the paint until the color is fully incorporated.
  - You can also mix tempera paint with the flour mixture to color the puffy paint.
4. Transfer the paint to a squeeze bottle. When you're happy with the color of the paint, use a spatula to add each shade to a separate squeeze bottle. You can use a brush to apply it, but it's usually easier to squeeze it out than paint it on.
  - If you don't have squeeze bottles, you can put the paint in sealable plastic bags and snip off a corner to squeeze the paint out of. Instead of having to wash the squeeze bottles when you're done, you can just throw away the bags.
5. Create your design on heavy paper. When you're ready to use the paint, squeeze it on in a design of your choice. Be sure to use heavy paper, such as poster board, tag board, or cardboard, because the paint is heavy and can soak through thin paper.
  - Allow your paintings to dry for 24 hours to ensure that the paint is fully set.

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## Frisbee Tic Tac Toe – Outdoor Play

### Supplies

- Shower curtain (DollarTree)
- Painters Tape
- 9 Frisbees

### Instructions

1. Lay the shower curtain on the yard
2. Using the painters tape create a tic-tac-toe board on the shower curtain
3. Have participants stand 5 steps back from the board and throw their Frisbee onto the tic-tac-toe board
4. Try and get your Frisbees in a straight line before the other player!

## Olympic Flame in a Bottle – Sensory Activity

### Supplies

- Clear Plastic Water Bottle
- Food Coloring (Neon and Basic Colors)
- Vegetable Oil
- Small Container
- Measuring Spoon
- Plastic Fork

### Instructions

1. Participants will need to put 4 Tablespoons of vegetable oil in a small container.
2. Participants will decide what colors they want to add to the oil to create the flame. They will place about two drops of each color they select into the container with the oil.
3. They will then stir the mixture lightly with a fork. When they have finished stirring they will pour the mixture into a bottle filled about 3/4 up with warm water.
4. The food coloring will slowly separate from the oil and begin to slip into the water creating flame like flickers of color in the water