



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

10-12 Years Old

Monday

Parents/Guardians:

Boys & Girls Club of the Ozarks: COVID-19 Update

BRANSON – The Boys & Girls Club of the Ozarks (BGCO) is committed to the safety and protection of our members, their families, and Club staff. Club Officials are doing everything possible to keep our Club protected from the spread of COVID-19.

With reports coming in from the Taney County Health Department, Centers for Disease Control and Prevention (CDC), and area Public Schools, BGCO Officials has made the difficult decision to close BGCO Club units beginning at 4:00PM on March 18, 2020. BGCO Club Units include Branson and Forsyth Club Units. The Reeds Spring Unit – operating out of the school district, has already closed. BGCO Club Units will remain closed until April 6, 2020 in conjunction with area schools unless circumstances should change. We will continue to monitor the situation closely.

While we are face-to-face with lots of uncertainty and evolving information regarding COVID-19 (Coronavirus), one thing remains the same, Our Mission – to enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

“Our number one priority is the safety of our children and staff,” said Stoney Hays, CEO. “We did not make this decision lightly as we know that our members and their families are continuing to navigate life, some without employment, many without basic resources, and we are concerned for the well-being of our kids, their families, and our community. We will continue to investigate and offer resources for our members throughout this ordeal.”

The Boys & Girls Club of the Ozarks is committed to meet the needs of our members resulting from a potential prolonged school closure. We are investigating ways to assist Club members and families with services during our closure to include: Virtual Club Programming, Curbside Healthy Meals, and Age Appropriate High-Yield Learning Packets, to name a few. More information regarding these additional services for our members will soon follow.

Club Officials will continue to closely monitor reports from the Taney County Health Department and the CDC and we will continue to update our members and the community at-large with any new information that will affect service to members.

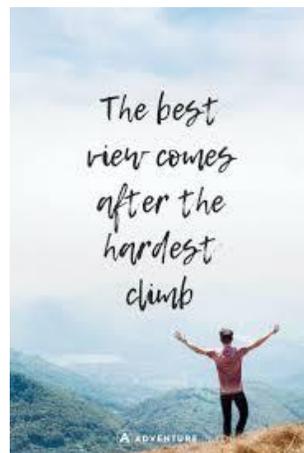
Before you start your activities think of this quote from Zendaya:



Monday

3/30/2020

10-12 years old





The Van Gogh Museum in Amsterdam houses the largest collection of artworks by Vincent van Gogh (1853-1890) in the world. The permanent collection includes over 200 paintings by Vincent van Gogh, 500 drawings and more than 750 letters. The museum also presents exhibitions on various subjects from 19th-century art history.

Task- Go through this virtual museum and look at all of Vincent Van Gogh paintings at this website:

<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>

Pick your three favorite paintings and tell us why you like them:

- 1-
- 2-
- 3-



TRAINING: Circuit Stations

Today we are going to introduce new station exercises, explaining the instructions and demonstrating the exercise.

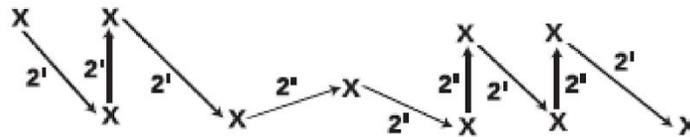
There are five circuit stations:

1. Balance
2. Core Strength
3. Agility
4. Upper-Body Strength
5. Quickness

STATION 1 – BALANCE

Steppingstone

Set-up – Put 10 X's on the floor (the “steppingstones”) as shown in the diagram. Each stone should be two feet apart. Make the X's farther or closer to increase or reduce difficulty.



Instructions – Participants hop onto as many “stones” as possible in one minute. They start by standing on the ball of the left foot on the first X, then leap to the next X onto only the ball of the right foot and balance for a count of five. They continue alternating feet and holding the landing.

Participants should move through the stones, then turn around and come back in the reverse direction.

Stork Stance

Instructions – Participants stand on one foot with the other foot on the opposite knee. They place hands on hips and balance for one full minute. At the “switch” command, participants stand on the opposite foot. Make the exercise more difficult by having participants balance on the balls of their feet.

STATION 2 – CORE STRENGTH

Crunch Pass

Set-up – You will need a smooth, preferably soft surface and one ball.

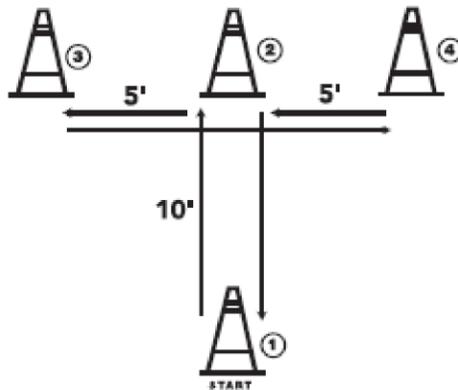
Instructions – Participants lie on the floor on their backs, knees bent, feet on the floor opposite a wall. Like a seesaw, one partner starts her or his crunch sit-up with the ball in their hand. The

participant bounces ball off wall and catches in and starts his next crunch sit up. Do this 20 times.

STATION 3 – AGILITY

Defense Shuttle

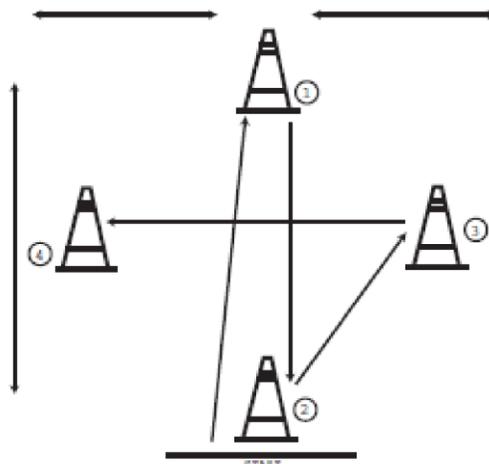
Set-up – Place four items in a “T” formation 10 feet long and 10 feet wide as shown in the diagram.



Instructions – Participants start at the first cone (1) in athletic position. They run forward and touch the center cone (2), shuffle sideways left (3), sideways all the way right (4), sideways left to center (2), and run backward to the first cone (1) and start over. They should stay on the balls of the feet and keep the center of gravity low. Participants have one minute to complete the drill.

Relay Shuttle

Set-up – Place four items in a cross pattern five feet apart. Draw a start line behind one cone as shown in the diagram.



Instructions – Participants sit on the ground at the start line with them

backs to an item. To begin, they scramble up and run to the far cone (1), touch it, run back to the second cone (2), to the right for the next cone (3) and to the left for the last cone (4). They then return to the line sit back down (facing away from the course) and start over again. Participants have one minute to complete this drill.

STATION 4 – UPPER-BODY STRENGTH

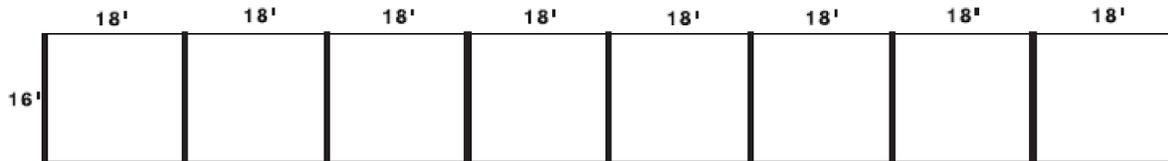
Crab Walk

Crawl on all fours: forward, backward, sideways or change direction on command. Put items around room to create a relay and time yourself.

STATION 5 – QUICKNESS

Ladders

Set-up – Mark out “ladders” using items with eight to 10 rungs, 18 inches apart and 16 inches wide (see diagram).



Instructions for quick-foot options:

- Ones – One-foot touches in each rung, moving forward.
- Quickies – Both feet touch alternately in each rung, moving forward.
- Side Quickies – Both feet touch alternately in each rung, moving sideways.
- Cross Quickies – They move sideways across the first rung, placing both feet sideways across the first rung. When on the other side, Club members move across the second rung in the opposite direction, placing both feet in the second rung.



HEALTHY HABITS

Today we are going to create a vision board.

Do you know what that is?

A vision board is something you create to illustrate your vision for your future. It can include ideas of where you would like to live, what job you want, where you want to go to school, where you will travel and the kind of life you hope to have.

Step-by-Step Directions

Step 1

- Use materials around your house to create a vision board, or do it on google slides
- Creating a vision board helps people identify their hopes and dreams, visualize the lives they want, and make positive choices that will lead to that future.

Step 2

- Think about the goals you have for your lives (e.g., make the middle school basketball team, get better at biology, eat healthier, etc.).
- Write these goals and create or find pictures you can add to your vision boards that represent these goals.

Step 3

- Now you will work to turn your vision into action. Create specific actions to help you achieve the things you put on your vision board.
- Think about the goals you have on your board. On the same vision board, list specific steps you will take to fulfill those goals.
- The goals should be specific (e.g., practice basketball every day after school) and measurable (e.g., practice at least 30 minutes a day).
- Once finished we would love to see it! You can take a picture or email it to us at wiannuzzi@bgcncr.org!