



**BOYS & GIRLS CLUB  
OF THE OZARKS**

# **BGCO TO GO**

**A DAY OF BGCO**

**AT HOME**

**10-12 Years Old**

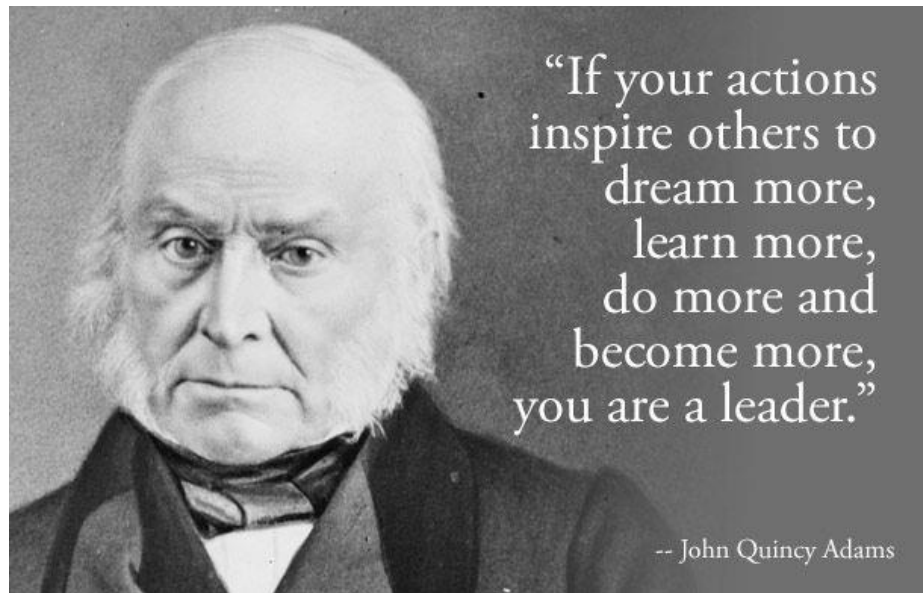
**Thursday**

Hey Tweens,

Ms. Amber here, I hope you all are doing great! We miss you all so much! We have been busy here at the Club and we have been changing a lot. I'm excited to have you guys come check it out! I hope you guys had an awesome Easter! Me and my kids had an Easter egg hunt inside the house! They loved all the little goodies I got them! Also Ms. Hannah has been making the staff cupcakes every day! They are really good and I hope you guys are getting to eat great snacks too!!

Your friend,

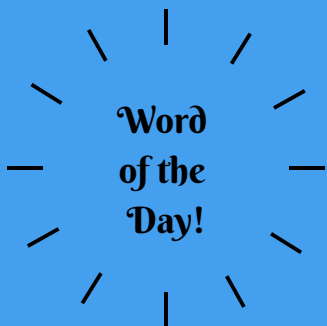
Ms. Amber





**BOYS & GIRLS CLUB  
OF THE OZARKS**

# BGCO at Home DAILY SCHEDULE:



Word  
of the  
Day!

*Joyful*

## FUN FACT OF THE DAY!

Alligators cannot  
move backwards.

**DATE: 04/16/2020**

**AGE GROUP: 10-12**

**POWER  
HOUR**

**3:00PM  
-  
4:00PM**

Shop till  
you drop

## quote of the day!

If your actions  
inspire others to  
dream more, learn  
more, do more and  
become more,  
you're a leader. -  
John Quincy Adams

## SAFETY TOPIC OF THE DAY

Don't walk  
through flooded  
areas.

**TRIPLE  
PLAY**

**4:00PM  
-  
5:00PM**

Vision Board

**TRIPLE  
PLAY**

**5:00PM  
-  
6:00PM**

Circuit  
Stations



## CHALLENGE of the day



**Learn a new dance move and  
show it off!**

Please make sure to check out our  
YouTube Channel: BGCO At Home,  
where you can find some FUN, and exciting  
activities or have a laugh!

Also, follow us on Facebook for activities and  
updates on what is happening at  
Boys & Girls Club of the Ozarks.

# #whateverittakes



**BOYS & GIRLS CLUB  
OF THE OZARKS**

Thursday

4/16/2020

10-12 years

old



**Shop 'Til You Drop!**

Member imagine that you are a music or sports star who has just received a \$1,000,000 signing bonus.

Think about the types of things they would like to buy with the money.

You would have to pay taxes on this amount of money which would be approximately \$300,000 so that

leaves \$700,000 for you to spend.

Here are a list of items you can buy:

- House 200,000
- Penthouse 400,000
- Private jet 80,000
- CDs 17
- Books 40
- Sports equipment 25
- CD player 1,000
- Snowboard equipment 1,000
- ATVs 7,000
- Food (for one month) 300

- Home furnishings 10,000
- Trip around the world 20,000
- Live animals 200
- Trip to Disney World 7,000
- T-shirts 20

- Automobiles 40,000
- Nintendo Switch 150
- Scooter 120
- Shoes 40
- Toys 35
- Computer 5,000
- Bikes 150
- Cell phone 300
- Movies 20
- Video games 30
- Coat 200
- Jeans 30
- Stuffed animals 20
- Ski equipment 1,000

Use a piece of paper showing the items you have chosen, the cost of each item and the total amount you have spent.



## 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).





### 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

#### Stepping Stones

Set-up – Put 10 X's on the floor (the “stepping stones”) 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 sea-saw, one partner starts her or his crunch sit-up with the ball in their hand. The participant bounces ball off of 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 their

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 – Participants start by standing on the side of the ladder.

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. They continue moving from side to side down the ladder.