



**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO TO GO

A DAY OF BGCO

AT HOME

10-12 Years Old

Tuesday

Hey Guys,

Mr. Dameon here. I hope you all are doing well and not going crazy having to stay at home. I know it is hard for me and life seems boring right now, but remember that we all can get through this. Make the best of what you have and remember we are making memories. We will be laughing about this time and all the things we did. I cannot wait to see all of you because the Club has not been the same without you all. I know I keep saying that in all of my letters to you, but I wouldn't say it if it wasn't true. I hope you find these packets entertaining and are learning from them.

This last week was kind of boring for me because there is nothing to really do in Branson since **EVERYTHING** is closed! I have just been disc golf like always, cleaning my apartment (which wasn't very fun), playing video games, and painting. Right now I am working on painting a Yugioh playing board. Video games that I have been playing are Apex and Ark. If you haven't heard of Ark you should look it up.

I cannot wait for you all to see what we did to the Club since you've been gone. We have a couple of surprises for you and I hope you're going to like them! If you haven't seen any of our videos you should watch them on BGCO Home on YouTube!

Sincerely,

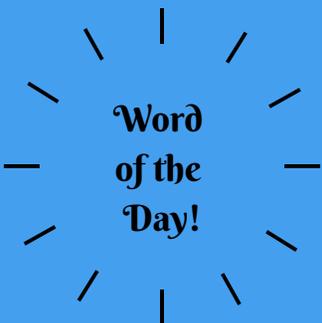
Mr. Dameon





**BOYS & GIRLS CLUB
OF THE OZARKS**

BGCO at Home DAILY SCHEDULE:



Word
of the
Day!

Community

FUN FACT OF THE DAY!

"Dreamt" is the only English word that ends with the letters "mt".

DATE: 04/21/2020
AGE GROUP: 10-12

**POWER
HOUR**

3:00PM
-
4:00PM

Coral
Reefs

quote of the day!

With the new day comes new strength and new thoughts.
-Eleanor Roosevelt

SAFETY TOPIC OF THE DAY

Always make sure your shoes are tied before going on a run.

**AWESOME
ANATOMY**

4:00PM
-
5:00PM

5 Senses

**TRIPLE
PLAY**

5:00PM
-
6:00PM

Circuit
Stations

CHALLENGE of the day

Try to go a whole day with no technology.

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**

3:00PM-4:00PM Learning About Coral and Coral Reefs



ROSS

Today we are going to adventure in the awesome ocean and look at one of the many things fascinating about it. We are going to take a look at Coral and Coral Reefs. We are going to do this at:

<https://ocean.si.edu/ocean-life/invertebrates/corals-and-coral-reefs>

There are multiple tabs to choose from, but we are going to start at the **Introduction** and go to **What Are Corals?** and then we are going to go to **From Corals to Reefs**.

After you read through and learn all the fun stuff, we are going to write 6 sentences about what you learned. We hope you have fun and enjoy learning about Coral and Coral Reefs!! Share what you learn with your friends and family!



4:00pm-5:00pm: Awesome Anatomy – 5 Senses



Today we are going to be learning about the Brain! And how the brain gives us our 5 senses! Do you know all 5 of your senses? Here is a list of them:

Sight

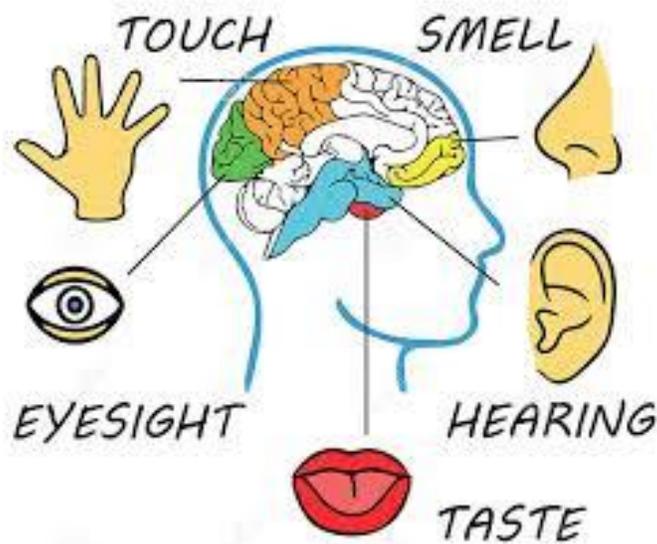
Smell

Taste

Hearing

Touch

Different things we do each day activate using some of our senses. Whether that is smelling lunch and realizing you're hungry, or seeing/hearing a funny movie that makes you happy.



How does our brain control our senses?

The brain is made up of different sections called “Lobes.” Together, the lobes are in charge of everything you do. Even though there are 5 senses, only 4 lobes in your brain control them.

Here are the names of the 4 lobes that control each of your senses:

Frontal lobe

Parietal lobe

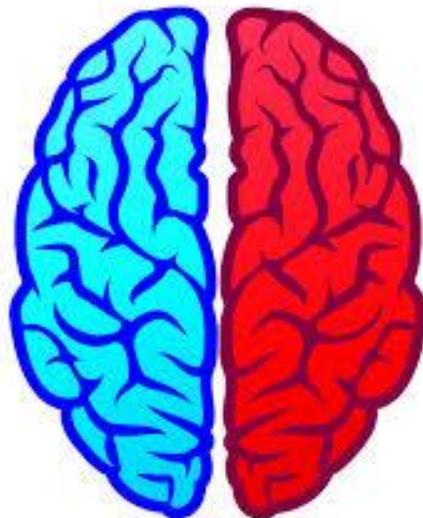
Occipital lobe

Temporal lobe

Try to match up which senses are controlled by which lobe:

Frontal
Parietal
Occipital
Temporal

Sight
Hearing
Taste
Touch
Smell



Do you think you got all of them correct?

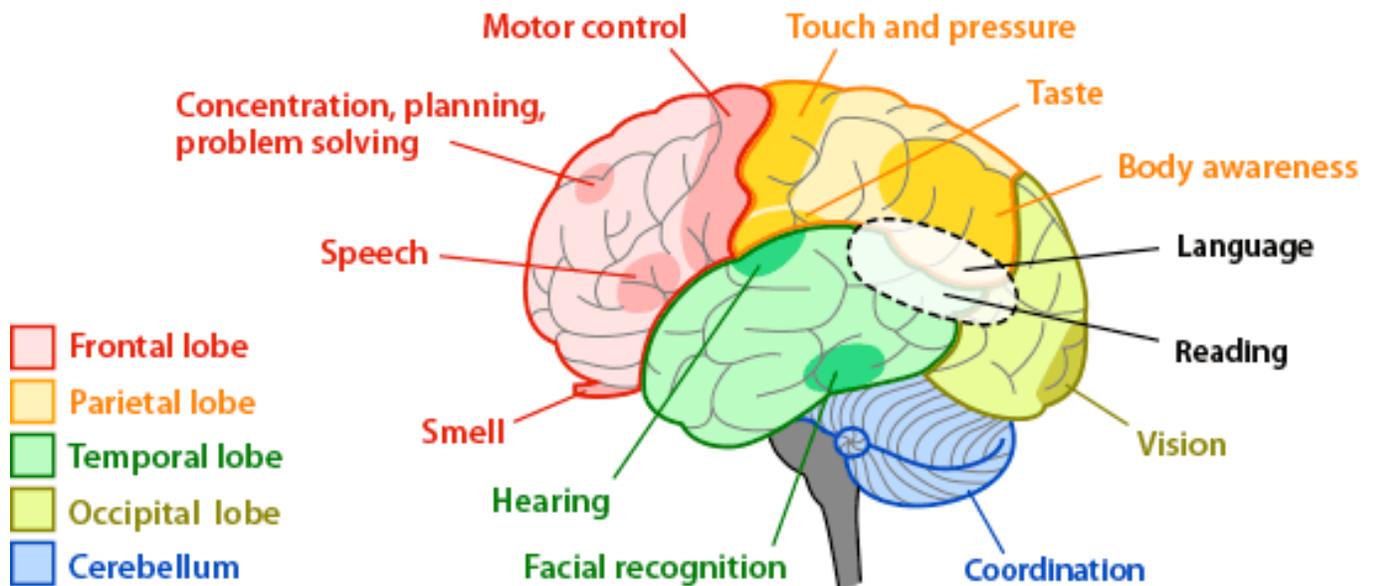
Here are the Answers:

Frontal lobe – Smell

Temporal lobe – Hearing

Occipital lobe – Sight

Parietal lobe – Touch & Taste



Now that you know where your senses come from, make a list of 10 things you have done in the past week and include which senses you used for those actions.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

5:00PM-6:00PM Triple Play: 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.