















**Note:** Centers can pick any activity from the component given below, one activity per day. On each day children must be given a 30 min break in between the curriculum. Centers can plan the schedule accordingly. Refer to sample schedule given under Summer Camp Guidelines.

### FUN 'n' SUN:

Activity	Description	Materials Needed
Balloon Volleyball	<b>Balloon Volleyball:</b> <ol style="list-style-type: none"> <li>1. Divide the class into two teams</li> <li>2. Draw a middle line on the floor. Students shall stand on the either side of the line.</li> <li>3. Teams shall take turns and hitting the balloon with their fist towards the opposite team.</li> <li>4. The team who doesn't drop the balloon on the floor is the gets one point.</li> </ol>	Shuttlecock
Newspaper Race	<ol style="list-style-type: none"> <li>1. Teacher shall give two newspapers for each student.</li> <li>2. Each player must race towards the end point, stepping only on his/her newspaper.</li> <li>3. They step on one, lay the other in front and steps on it.</li> <li>4. Later they have to move the first paper forward and steps on it and continue till the end point.</li> </ol>	Two newspapers
The Best Game	<ol style="list-style-type: none"> <li>1. Arrange students into groups of 4 or 5.</li> </ol>	-

    		<p>Everyone has to participate in at least one round.</p> <ol style="list-style-type: none"> <li>Teacher shall explain the rules: Teacher will be announcing a contest category for the group (for example, “The Tallest”).</li> <li>Each group needs to select one person who they think will win the category.</li> <li>The group which suits the category wins a point.</li> </ol> <p>Reveal the specific action or measurement the selected people have to do to win the contest (example: Whoever has the “The Tallest” thumb). The person with the best action or measurement wins a point for their team. The team with the most points wins the game.</p>		      
    	Over and Under	<ol style="list-style-type: none"> <li>Split everyone into two equal teams. Have both teams line up in parallel lines. Drop a sponge ball into a bucket of water, and hand the bucket to the first person in line.</li> <li>Everyone in line needs to be facing the front. When you say “go”, the first person of both lines needs to take out the sponge ball from the bucket and pass the ball over the head to the person behind them.</li> <li>The second person in line must pass the sponge ball between their legs to the third person behind them. The third person passes the ball over their head to the next person, and so forth in the same “over-under” pattern.</li> </ol>	<ol style="list-style-type: none"> <li>Sponge ball</li> <li>Bucket of water</li> </ol>	    

		<p>4. At the very end of the line, the last person has to pass it forward in the same pattern as before.</p> <p>The first team that passes the ball back to the first person wins the game.</p>		