

## Week 1: All Sports Week

June 1 – 5

Monday, June 1

### Activity 1: Basketball: HORSE

Description: Decide what order the players will shoot. First player shoots. If the player makes the shot, each of the remaining players must shoot from the same spot and make the basket. Players who do not make the shot, earn the corresponding letter (“H”, followed by “O” and so on until HORSE is spelled). Once all players have taken the shot, player one moves to a new location and makes another shot. If you spell HORSE, you are out. Play until there’s one person standing.

Items Needed:

- Basketball(s)
- Basketball Hoop
- 2+ players

Alternate Activity: Around the World – take turns taking shots at different points around the “3-point line.” If you make a shot, you advance to the next spot. First person to make it “around the world” wins.

### Activity 2: Bean Bag Toss

Description: Create targets using hula hoops, frisbees, or drawing a target with sidewalk chalk. Toss bean bags, or other flat toys/objects and try to hit the target. Keep score to make it more challenging. Each shot made by a player into the target counts as 1 point. You can also assign more points to specific targets that are harder to hit.

Items Needed:

- Targets (hula hoop, frisbees, chalk, etc)
- Bean bags (or other flat objects)

### Activity 3: Create your own ball

Description: Could be a drawing with crayons, colored pencils, paint etc. Could also be 3D using paper, tape, balloon, etc. Decorate your own ball. Be creative. Take a picture and send us an email at [jweems@paducahky.gov](mailto:jweems@paducahky.gov) and we’ll share your creations on our website and social medias.

Items Needed:

- Something to design the ball on (construction paper, etc. for 2D ball or balloon, etc. for 3D ball)
- Coloring items (colored pencils, paint, crayons etc.)

Tuesday, June 2

### Activity 1: Bowling

Description: Have a bowling match with plastic bottles and any kind of smaller ball.

Items Needed:

- Bowling pins (water bottles/cans)

- Ball to use for bowling

#### Activity 2: Soccer: Juggling

Description: Keep the ball up in the air using your feet, thighs, head, and chest. See how many times you can hit the ball without it touching the ground.

Items Needed: soccer ball

Link to video: <https://www.youtube.com/watch?v=SzZ7Ecql-sg>

#### Activity 3: Create a Bowling Set

Description: Do this before you go bowling. Use plastic water bottles or soda cans and paint them black for bowling pins. You can also get creative and make your own bowling pin designs.

Items Needed:

- Water bottles or soda cans
- Paint
- Brushes

Wednesday, June 3

#### Activity 1: Softball/Baseball/Wiffleball/Kickball

Description: Create a ball field using slip-n-slides or little kids pools for bases. Hit or kick the ball and run the bases. Don't have slip-n-slides or pools? Use water balloons and try to get your runners out by hitting them with a water balloon. You can also use sprinklers and have your runners through the sprinklers as they run the bases.

Items Needed:

- Softball, baseball, wiffleball (and a bat), or a kick ball (or soccer ball)
- Kiddie Pool
- Sprinklers
- Water balloons

#### Activity 2: Learn a New Dance

Description: Watch a video on Youtube to learn a new dance. Practice and preform you dance. Record a video of your dance and email it to us at [jweems@paducahky.gov](mailto:jweems@paducahky.gov) and we will share on our website and social medias.

Video Ideas: <https://www.youtube.com/watch?v=RU9XsurRTHI>

#### Activity 3: Create a Rubber Band Ball

How to: Wad up about 10 or so rubber bands into a ball shape. Use smaller rubber bands at first and start wrapping them around to form the ball. Keep wrapping rubber bands around the ball until you get it the size you want. You can also use a small ball like a ping pong ball as your starting point.

Items Needed:

- Rubber bands

Thursday, June 4

#### Activity 1: Volleyball

Description: No net needed. Play volleyball with a beach ball or balloon. Try and keep the ball in the air as long as possible between players.

Items Needed

- Balloon or beach ball

#### Activity 2: Learning to Juggle Video

Description: watch a video tutorial on how to juggle. Practice and perform your new skills for your family. Take a video and send us your talent at [jweems@paducahky.gov](mailto:jweems@paducahky.gov) and we will share on the website and social media.

Video: <https://www.youtube.com/watch?v=dCYDZDlcO6g>

#### Activity 3: Popcorn Balls

Ingredients:

- 7 quarts popped popcorn
- 1 cup sugar
- 1 cup light corn syrup
- ¼ cup water
- ¼ teaspoon salt
- 3 tablespoons butter
- 1 teaspoon vanilla extract
- Food coloring optional

Directions:

1. Place popped popcorn in a large pan; keep warm in a 200 degree oven
2. In a heavy saucepan, combine the sugar, corn syrup, water, and salt. Cook over medium heat until a candy thermometer reads 235 degrees (soft-ball stage)
3. Remove from the mixture from heat. Add butter, vanilla and food coloring if desired; stir until butter is melted. Immediately pour over popcorn and stir until evenly coated
4. When mixture is cool enough to handle, quickly shape into balls, dipping hands in cold water to prevent sticking.

Friday, June 5

#### Activity 1: Two Square or Four Square

Description: Using an outdoor playground, soccer, kickball, or other bouncing ball, play 2-square (4-square if you have enough players)

Items Needed:

- Chalk or tape to create your play space
- Ball (soccer, kickball, or other bouncing ball)

#### Activity 2: Mix and Match

Description: Choose a sport to play. Then, choose a different ball to play with. For example: play basketball with a soccer ball, baseball with a tennis ball etc.

### Activity 3: Murals

Description: Use a poster board, piece of paper, old white sheet, etc. as the canvas. Use paint and ball-shaped objects to create a mural. For example: use cotton balls as paint brushes. Use a ball covered in paint and throw them at the canvas. Get creative and send us your artwork at [jweems@paducahky.gov](mailto:jweems@paducahky.gov) and we will share on our website and social medias.

#### Items needed

- Canvas (poster board, paper, old white sheet)
- Paint
- Cotton balls
- Tennis ball, bouncy ball, etc.