

## Pierce Summer Camp

### MORNING ACTIVITIES

#### SOCCER

##### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- It is the most popular sport in the world.
- It offers children intense entertainment and passion, in each moment.
- Children develop self-confidence and team spirit.
- Socialization is another goal that is achieved by participating in a team sport.

##### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- Familiarization of the kids with the basic skills and techniques, according to the age and level of each child.
- To have fun through learning soccer.

##### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- Basic technical skills (shooting, passing, ball control and dribbling).
- A lot of exercises with shooting in the goalposts, according to the level of the children.
- Basic moves according to the child's age, through play.
- Kinetic skills through specific exercises.

##### 4) HOW WILL THIS BE ACHIEVED?

- Design of weekly plan with specific aims and skills.
- Variety in the exercises and the educational stimuli.
- With a scrimmage at the end of each week and feedback on the performance of the children.
- Educational games with a specific aim in each lesson, according to the age and the level of the kids.

#### BASKETBALL

##### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- To try out a sport that is very popular.
- It is a pleasant team sport that involves a lot of action.

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- It contributes to the training of the body through play.
- 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?
- To learn the basic skills of the sport.
  - To have fun through the game of basketball.
  - To get across messages regarding team behavior.
- 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?
- The basic individual skills (passing the ball, shooting, dribbling).
  - The simplest form of a team game.
  - The basic rules and regulations of basketball.
- 4) HOW WILL THIS BE ACHIEVED?
- With a series of modern exercises suitable for the age of the children.
  - With specific exercises through play.
  - Through fun exercises that are competitive.

## **SWIMMING**

- 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?
- It is a holistic form of exercise.
  - It is a fun and safe sport that does not cause injuries.
  - It ensures the safety of the children when they go swimming in the sea.
- 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?
- Familiarization of the children with the liquid element and to learn skills according to their level.
  - Have fun through learning the sport of swimming.
- 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?
- Basic principles and skills at the first level (floating-breathing-familiarization).
  - Learning basic skills of the four styles of swimming according to the level of the children.
  - Basic 45' aerobic practice.

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### 4) HOW WILL THIS BE ACHIEVED?

- Lessons with the basic goal for kids to have fun in a safe environment.
- Designing daily programs with primary and secondary goals in each lesson.
- Variety in the exercises and educational stimuli.
- Checking and giving feedback on the taught skills at the end of each week.
- Educational games with specific aims in each lesson.

## **TENNIS**

### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- It is a fun sport that is carried out in the form of a game.
- The whole body gets a harmonious workout.
- It contributes to the muscle coordination of children.
- The sport tactics train the brain of the athlete.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- To learn the basic skills of the sport.
- To improve the child's hand-eye coordination.
- Socialization of children through the team sports that they will participate in.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- The basic hits of the sport (forehand, backhand, volley, serve).
- The rules and regulations of the game.
- The basic ways of movement in the court.

### 4) HOW WILL THIS BE ACHIEVED?

- Through game-like exercises of practicing the various hits.
- Through game-like exercises aimed at improving physical condition.
- Through the participation of children in friendly matches.

## **TRACK & FIELD**

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### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- It is the basis for all sports. Through the variety of sports events, the child develops the necessary skills for any sport.
- Through the variety and nature of the sports events (individual and team sports), it offers a unique opportunity for competitive sports among peers.
- The simplicity of the rules and regulations allow the kids to become familiar with the sport, so not only do they participate but they also do their best.
- Through competitive exercises, the children set goals and improve their performance.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- The aim is for children to become familiar with track & field events, and to be taught the basic principles of athletics.
- Utilization of the basic kinetic skills, speed, strength, ability to jump, stamina, agility, and explosive strength.
- Participation and group collaboration. The goal is for children to perceive the significance of the individual contribution to the final outcome of the team.
- Self-esteem is boosted as a result of taking part in this athletic activity.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- The children will become familiar with athletics and the different events (running races of speed and endurance, hurdles, relays, jumps, throws).
- How to conduct themselves in the area of track & field.
- Development of team spirit, collaboration and fair play.

### 4) HOW WILL THIS BE ACHIEVED?

- Every day, the focus will be on a different sport (e.g. 1st day running races, 2nd hurdles, 3rd jumps, 4th throws, 5th relays)
- Through various exercises from different sports.
- With special exercises related to the focus of the day.
- Through game-like exercises emphasizing the development of concentration, reflexes, balance and rhythm.

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- Through team games oriented towards the focus of the day.

### **TAE KWON DO**

#### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- First contact with martial arts – Olympic sport in a safe environment.
- As an outlet for energy through fun sports activities adjusted to Tae Kwon Do.
- Handling and avoiding bullying.

#### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- To have fun through familiarizing one's self with Tae Kwon Do.
- Initiation to the virtues of respect, collaboration, patience, discipline, self-control, and self-confidence.
- Beginners learn the first techniques. - Advanced athletes are taught new techniques while maintaining their level.

#### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- Basic principles of Tae Kwon Do: courtesy, respect, collaboration, discipline, patience, persistence, self-control, self-confidence.
- Participants will learn fundamental self-defense techniques.
- Children will learn basic attack techniques using hands (punches) and legs (kicks).

#### 4) HOW WILL THIS BE ACHIEVED?

- With a variety of fun sports activities designed on the principles of the sport.
- Practicing basic techniques through a different approach daily.

### **HIP-HOP**

#### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- It is one of the most holistic forms of exercise.
- Through dancing, we help children express their emotions.
- It enhances communication with peers and offers freedom regarding their inner psychological world.

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- They learn about art and music.
- It trains both body and spirit.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- To offer children the opportunity to try their skills at dancing.
- To help children learn the performing arts.
- To work on different styles of dancing, and to help children be integrated into this world.
- To offer the children a sense of satisfaction and joy.
- To have fun and to achieve the best possible result.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- Synchronization and movement.
- Technique and musicality.
- Choreography and steps.
- The art of hip-hop.

### 4) HOW WILL THIS BE ACHIEVED?

- Daily planning of the program.
- Continuous exercises based on the focus of the lesson.
- Repetitive exercises based on the choreography composition.

## **KIDS PILATES**

### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- To learn the principles of Pilates, which is one of the best forms of exercise.
- To learn some of the basic exercises of Pilates.
- To learn about meditation and mindfulness.
- To learn how people meditate, how they are connected with their own self, others, and nature.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- To teach children how to do Pilates exercises.

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- To teach children how to consciously connect with their inner self, others, nature and all forms of life.
- To help children discover meditation so they can:
  - Learn how to calm down, be happy and relaxed while reducing their stress level.
  - Be sensitized, regarding nature and the environment.
  - Learn how to concentrate on their studying, sports and other daily activities.
  - Boost their creativity.
  - Interact with their peers, without aggression and shouting, leading to better communication.
- To teach children how to balance their mind, body and spirit.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- How to apply the principles of Pilates: Center, Control, Breathing, Flow of movement, Precision, Concentration.
- How to do some of the basic Pilates exercises.
- How to concentrate.
- How to consciously connect with themselves and others around them.

### 4) HOW WILL THIS BE ACHIEVED?

- Through learning the basic principles of Pilates (Center, Control, Breathing, Flow of movement, Accuracy, Concentration) and exercises.
- Through learning of stretching.
- Through learning of concentration and meditation.

## **VOLLEYBALL**

### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- It is a team sport in which a ball is used.
- It is a pleasant activity.
- It promotes collaboration with other children, and socialization through play.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

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- The child to come in contact with a popular sport.
- To work out while having fun and playing.
- To cultivate a spirit of collaboration among the children, through this sport.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- Basic techniques of the sport.
- Basic rules of the sport.
- Combining rules and technique to show how this sport can be played.

### 4) HOW WILL THIS BE ACHIEVED?

- With pleasant exercises.
- With collaborative team exercises.
- Through game play.

## **AFTERNOON ACTIVITIES**

### **MAGIC ART**

#### 1. WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- Boosts self-confidence – every time a child presents a magic trick, they feel their self-confidence and self-esteem increase.
- Communication skills – in order to execute a complicated trick, excellent communication is required, which does not only entail words but also body language, and clarity of messages. The performance of magic tricks helps a child improve their public speaking and presentation skills.

#### 2. WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- Familiarization of children with magic art tricks and learning special skills.
- To have fun through learning magic tricks.
- For children to learn that through patience and effort, you learn how to conquer a magic trick and make it your own, just like it happens in real life with the goals we set.

#### 3. WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

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- Public domain magic, which means tricks that are simple, and low in difficulty.
- How to present magic tricks.
- How to synthesize two or more tricks to present a routine.

### 4. HOW WILL THIS BE ACHIEVED?

- Presentation of each trick to the children.
- Analytical explanation showing all the necessary skills to each child separately if needed.
- Children will practice the tricks.
- Presentation of each trick by the children.

## **ENGLISH**

### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- To develop linguistic skills.
- To take part in creative group activities, with English as their springboard.
- Learning of the English language will occur through games, songs and other interactive activities.
- The students will view learning a foreign language as a pleasant experience.
- It is a child-centered program and the ultimate goal is for children to love the language and learn new vocabulary.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- A safe environment in which students can express themselves freely.
- The accumulation of knowledge in a pleasant way.
- Playing games. Play is the medium for learning.
- The creation of happy memories that students will have after the program is over.
- The student looks forward to coming to the camp.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- To communicate.

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- To create using language as a medium.
- To express themselves in a foreign language.
- To gain self-confidence.
- To operate as part of a team.

### 4) HOW WILL THIS BE ACHIEVED?

- Role play.
- Songs.
- Drama.
- Interactive activities.
- Arts and crafts.
- Board games.
- Quizzes

## **COMPUTERS**

### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- Children are prepared for the society of technology, through creative activities and games on the computer.
- They obtain knowledge and develop computer skills.
- They have fun, develop, socialize and learn how to collaborate on group projects.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- Familiarization of children with computers.
- Develop computers skills.
- Introduction to fundamental concepts of computer science.
- Spark the imagination and creativity of the children through games and projects.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- The parts of a computer system.

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- Introduction to fundamental concepts and principles of operation of a computer system.
- Rules for the correct use of the computer.
- Use of software for processing images, texts etc.

### 4) HOW WILL THIS BE ACHIEVED?

- Educational games, activities and projects with specific educational goals for each lesson.
- The use of software and multimedia applications that offer a plethora of educational stimuli.
- Carefully selected, fun, and engaging activities that attract the interest of the children, enhancing their knowledge and broadening their cognitive horizons.

## **ROBOTICS**

### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- The child prepares for the technologically advanced society through arts and crafts and robotic games.
- Obtains knowledge and develops computer operation skills.
- The child has fun, socializes and learns to collaborate on the creation of missions.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- Familiarization of the children with robots.
- Development of computer operation skills.
- Introduction to fundamental concepts of Computer Science.
- Sparks the imagination and creativity of the children through activities and missions.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- The structural parts of a robot.
- Introduction to the fundamental concepts and principles of a robotic system.
- Rules for the correct use of the computer.

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- Use of programming languages.

### 4) HOW WILL THIS BE ACHIEVED?

- Through educational games, activities and missions with specific educational goals for each lesson.
- Through contact with new technologies, enhancing their knowledge and broadening their cognitive horizons.
- Placing the student in the place of the robot so they can understand the problems with missions from the perspective of a robot.
- Team building, collaborating in order to achieve success in the mission.

## **COOKING**

### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- To learn the fundamental principles of cooking and to be able to follow some recipes on their own.
- Because they love food and the kitchen as a space.
- Because they wish to discover the world of cooking.
- Because they want to learn how to cook, but never had the chance.
- Because they will learn how to prepare their favorite food (burger, pizza, souvlaki).

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- To come in contact with the kitchen and the cooking equipment.
- To follow a recipe, in their own space.
- To develop a love for cooking and respect for the raw materials.
- Basic principles of sanitation and hygiene in the kitchen.
- Harmonious collaboration with others, as a member of the team.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- Introduction to the world of cooking.
- Traditional Greek cooking, as well as international culinary creations.
- Principles of sanitation and hygiene.
- Art de la Table – The art of preparation and presentation.

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- Recipe analysis, quality control and chemical composition of raw materials.
- 4) HOW WILL THIS BE ACHIEVED?
- Through experiential and theoretical training.
  - Through the coordination of each team by the Chef-Instructor.
  - Through practical implementation, buffet presentation, twice during the period of the Summer Camp for the parents and the rest of the students.
  - Through the appropriate infrastructure that the summer camp offers, fully equipped kitchens with all the cookware and cooking utensils that are needed to create superb dishes.

### **DRAMA**

- 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?
- If the theater is a microcosm and the mirror reflects society, then... when we get it across to the children, as knowledge through play, we open a magic "window" which is high up, and from which they have a view to the whole world... and color it the way they envision it!
  - They will choose Drama to live the magic!
  - To discover their hidden talents.
  - To release their feelings and imagination.
  - To learn how to express themselves in their own unique way!
- 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?
- Children will learn the concept and the function of the team.
  - To learn, the importance of collaboration, communication, and discipline within the team.
  - To learn how to express themselves and how to share. Drama is a "team sport." A collective activity which allows the child to discover themselves through play.
  - Through drama the child is liberated.
- 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?
- At Summer Camp, through "drama," we will give the opportunity to the children to improvise and express themselves creatively.

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- How to play a role, how to create a story, a fairy-tale.
- How to use their imagination, to get to know their body better as well as their inner self.
- How to set their emotions free, giving way to courage, self-esteem and creativity.
- They will feel joy, multiplying their potential.

### 4) HOW WILL THIS BE ACHIEVED?

- Through a series of drama and bonding games.
- Through exercises of concentration and observation, listening to music.
- Through games of pretend, with verbal and non-verbal improvisations.
- Through words but also through valuable silence.
- Through the creative process of a theatrical performance, we will “pack our bags,” open our bright red umbrella, and climb into the multi-colored hot-air balloon and we will fly up, as high as possible, to see how magical the world is!

## **PAINTING**

### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- Through the happy process of creativity and individual expression, children have the opportunity to learn the genres of the visual arts.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- For children to be introduced to some representative artists, to experiment and discover painting through different materials like: paint-brushes, acrylics, pastels, watercolors and charcoal.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- All the works of the painting group of the Summer Camp will comprise a surprise exhibition, which will allow children to discover that every color has an emotion, every brush stroke has perspective, every line has expression, and every child’s work is unique!

### 4) HOW WILL THIS BE ACHIEVED?

- Through original - mixed art - constructions, which spark children’s curiosity and imagination, and have as their goal the development of their perceptive ability and critical thinking.

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### **SINGING**

#### 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?

- It is an easy way to have fun while learning.
- Through singing, emotional communication is strengthened.
- Through the recitation of lyrics, verbal linguistic understanding is enhanced.
- Through the various songs and musical stimuli that children are exposed to, they broaden their musical knowledge-experience, and boost their self-confidence.
- Learns how to identify the tension and the challenges, in body and soul, and how to handle them through self-observation, self-correction, since in singing the "instrument" are ourselves.

#### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- To recognize "songs" as free expression of the soul.
- To explore our vocal capacity.
- To find our personal style (pop, rock, Greek music etc.)
- First and foremost, to have fun.
- To learn about the procedure of performing on the stage.

#### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- The lesson is going to focus on how the child can sing in the proper way, without shouting.
- How the child can select a repertoire, which is appropriate for their voice and their temperate.
- We are going to refer to the rules of pronunciation of the Greek language, the importance of applying them to their singing and the help they offer to the soul and to the body.
- We are going to emphasize bringing out emotion, as a determining factor for singing.
- We are going to talk about musicality and aesthetics in singing.
- We are going to deal with the respiratory function.

#### 4) HOW WILL THIS BE ACHIEVED?

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- Through appropriate games and exercises.
- Through lyrics and music.
- Through psychological and vocal guidance.

### **COMIC ART**

- 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?
  - It is fun and it offers a sense of satisfaction, with the completion of each page.
  - It is a creative pastime which awakens the imagination.
  - The children improve their design and drawing skills.
  - It cultivates a love for art.
- 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?
  - To learn how comics are made.
  - To improve our story telling and story creation.
  - To have fun in a creative way.
- 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?
  - What is a comic?
  - How a comic is made.
  - Learn basic principles of design according to the level of each child.
- 4) HOW WILL THIS BE ACHIEVED?
  - Creation of comic pages using pencils and markers.
  - Learning with examples and practical application of the basic principles of design, through the stories of the children.

### **SCULPTURE**

- 1) WHY SHOULD A CHILD SELECT THE SPECIFIC SPORT OR ACTIVITY?
  - It comprises a complete expressive language of the visual arts.
  - The lessons aim at highlighting the creativity of children.
  - The children come in contact with the importance and the assessment of sculpting in their daily life.

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- It allows children to perceive the concept of plasticity through the procedure. In addition, the value of a handmade work/object is highlighted.
- It is a safe and fun activity, in a suitably arranged and equipped space.

### 2) WHAT DO WE WANT TO ACHIEVE AT SUMMER CAMP?

- To familiarize the children with the concepts of plasticity and the three dimensions in relation to space and their sculpture.
- To familiarize children with the technical materials, which we will use, and the development of the respective skills.
- The children, as young sculptors, express and materialize their ideas, through the sculpting of their works.
- To encourage and compel children to use sculpting, as a way of expressing themselves.
- To have fun through creative activities.

### 3) WHAT ARE WE GOING TO TEACH THE CHILD AT SUMMER CAMP?

- Fundamental principles and the materials of sculpting.
- How to use clay and other simple easy-to-use materials.
- The creation of small sculptures.
- The combination of different materials with the goal to create functional works which will be based on the concept of a toy/functional item.
- Decoration and further coloring of sculptures.

### 4) HOW WILL THIS BE ACHIEVED?

- Designing a daily program with specific aims and stages of work.
- Presentation of visual materials through the history of the sculpting art with the aim of enhancing the visual stimuli of the children.
- Variety of themes and techniques.
- Emphasis is placed on the personal expressive capability of each child, while highlighting their personal style.