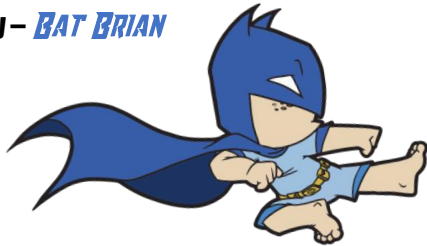


# ***SUPER HERO CAMP!***

**MEET THE CHARACTERS** - Welcome to SUPER HERO CAMP, where every kid can be a HERO! Here are the characters that students will engage with every day through **GAMES, CRAFTS & SKILLS!**

**Monday** - ***BAT BRIAN***



**Tuesday** - ***WONDER WENDY***



**Wednesday** - ***SPIDER MARK***



**Thursday** - ***BLAKE WIDOW***



**Friday** - ***THE INCREDIBLE HANK***



**THE BADGES** - Here are all the BADGES your students will have the chance to **EARN** throughout the week of camp! Check out the **CAMP ITINERARY** for details!

***STRENGTH***



***SKILL***



***CREATIVITY***



***COURAGE***



***SPEED***



# ***SUPER HERO CAMP!***

## **HOW THIS WORKS!** – This is a book of ***SUPER IDEAS***

Every gym is different. And every gym is full of smart, creative, fun coaches and managers. This book is full of creative concepts to improve upon things that are already working for you. What's more, this concept targets **CAMP STRUCTURE** instead of technical coaching. With that in mind...

This book **WILL NOT**-

- Discuss gymnastics technique
- Speak to safe spotting practices
- Teach class management skills
- Detail every camp setup and station

The goal in the material is to communicate simple, concise, understandable concepts for coaches to expand on with their own creativity. The slight vagueness in the material is meant to encourage creativity with the equipment YOUR BUSINESS has without requiring you to go and buy a bunch of stuff. What's more, detailing every setup for every station on every day would make this book TOO MUCH!

Instead, the goal is to introduce the idea and let your coaches, managers, and even students, run with it! For example: (from the included material below)

**Sticking Games:** Sticking game across the floor, first one to the end wins. Try one foot.

**Rolling Games:** Grab a bunch of wedge mats, rock and stand no hands. Roll and stand no hands.


These are two simple setup "ideas". For the "Rolling Games" setup, one coach may decide that the rolling games should be with panel mats instead of wedge mats, because their kids are more advanced... GREAT JOB COACH! The information provided is intended to get the creative process going! Your great coach will fill in the rest!

The **BLUE** coloring on the "Sticking Games" indicates that this station idea is different on this day and is meant to match the theme or character of the day. **BAT BRIAN** is Blue, so his changes are in Blue!



**GAMES** – Don't know the game listed? GOOGLE IT! Or use one of your favorites instead!

**BADGE BANDS** – Gamify your camps with earned badges for fun challenges!

Whenever you see a hexagon icon  (like this) your coach has the chance to give kids a **BADGE** for their **BADGE BAND**. The coach sets the parameters for how kids **EARN** the badge for each station based on the ideas presented in the daily itinerary below. Things to know:

- The badges are peel and stick! No ironing needed, just place and press for 5 seconds!
- Badges should be given AT the station to encourage growth and rewards in the moment!
- Kids ONLY earn badges if they are WEARING their band. They cannot take badges home. They are super sticky and could ruin clothes or furniture. EEK!

# ***SUPER HERO CAMP!***

**CRAFT PAGE** – Find some fun with these **SUPER HERO** themed **CRAFTS & GAMES!** Create the craft then use your imagination to play the **GAME**. Change as needed to fit your facility and campers!

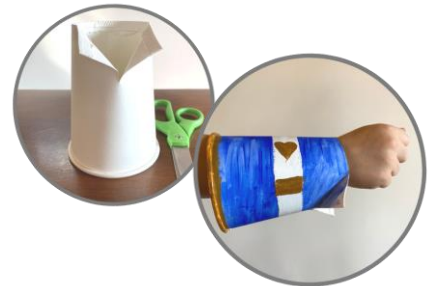
## ***BAT BRIAN:*** **Bat Sensors**

- Start with Ping Pong Balls
- Decorate like Batman “Listening Devices”
- **GAME:** Run an obstacle course and hide the devices in designated spaces without getting caught by the Joker!



## ***WONDER WENDY:*** **Power Cuffs**

- Start with White Paper Cups (or TP Rolls)
- Punch out bottom
- Cut slit and fold up
- Decorate!
- **GAME:** Run an Obstacle course “Gauntlet” and block noodle swings with Power Cuffs.



## ***SPIDER MARK:*** **Webeez**

- Purchase plain white frisbees. Each kid gets 3 →
- Decorate as “spider webs”!
  - Use puff paints, stickers, markers etc!
- Great TAKE HOME craft!
- **GAME:** Run an Obstacle Course and throw the webs/Frisbees at targets to catch bad guys!



## ***BLAKE WIDOW:*** **Treasure Stones**

- Grab some rocks!
- Paint them!
- **GAME:** Grab a partner. Find a designated space in the gym. Hide their rocks, they hide yours! Whoever finds them the fastest wins!



## ***THE INCREDIBLE HANK:*** **Bricks to Smash**

- Start with small cardboard boxes, taped shut
- Tape out “mortar lines”
- Paint the box like a brick
- Remove tape and let dry!
- **GAME:** Work together to build a wall with the dry bricks at the END of an obstacle course! Let everyone run the course and smash through the wall of bricks!



# ***SUPER HERO CAMP!***

**MONDAY**

**SUPERHERO: *BAT BRIAN***

**STRENGTH CHALLENGE:** Push Ups

**SKILL CHALLENGE:** Safety Rolls & Falls

**CRAFT:** Bat Sensors



**9:00 – Warm Up**

Batmobile through the streets of Gotham: Slider Course

**9:10 – Groups and Rules**

Separate into groups, then review the rules of the gym

**9:15 – Agility Games: 10 Minutes each** (up to 3 groups)

Sticking Games: Sticking game across the floor, first one to the end wins. Try one foot.

Rolling Games: Grab a bunch of wedge mats, rock and stand no hands. Roll and stand no hands.

Running Challenges: Ninja Slants and hoops across the floor. Touch the slant and run back. Use your Right Hand, Left, Feet, Hair. Gallop, Skip, Bear Walk, Crab Walk.

**9:45 – Instruction Time: 15 minutes each** (up to 3 groups)



Strength Challenges: Plank training. Half Push Up.

PERFECT PUSH UP Earns a **STRENGTH BADGE!**



Skill Challenges: Safety Vault and Safety Fall.

Earns a **SKILL BADGE!**

Floor Skills: 4-6 Stations for Building Better Floor skills

**10:30 – Snack Time** (coach observes while other coach sets up)

**10:45 – Small Group Games:** Duck, Duck, Goose (Robin, Robin, Joker)

**11:00 – Instructional Time: 15 minutes** (up to 3 groups)

Trampoline Challenges: Shape Jumps & a Return Setup

Cartwheels: 4-6 stations for Building Better Cartwheels

Bar Skills: Casts, Roll Downs, Kick Overs, Skin-the-Cats, Above the Bar shimmies, Hip Circles

# ***SUPER HERO CAMP!***

## 11:45 – Lunch & Craft



Craft Project: Bat Sensor! See *CRAFT SHEET!*  
EARN a **CREATIVITY BADGE!**

## 12:30 – Craft Game: See *CRAFT SHEET!*

## 1:00 – Instruction Time: 15 minutes each (up to 3 groups)

Handstand Training: 4-6 Stations for Building Better Handstands!

Beam Skills: 4-6 Stations for Building Better Beam Skills!

Swinging Challenges: Regrip Swings, Rope Skills, Rings, One arm Hangs, Monkey Bars, Hand Walks, Window Escapes, Glides

## 1:45 – Snack

## 2:00 – Agility Games: 10 Minutes each (up to 3 groups)



Speedy Locomotor Games: Run, Skip, Gallop through a simple course!  
EARN a **SPEED BADGE!**

Throwing Games: Throw & Catch with a friend/**ROBIN** (on a beam)



Climbing and Jumping Games: Climbing over beams & “Sticking” down off of them! Rock wall?  
Obstacle Course? Ropes? EARN a **COURAGE BADGE!**

## 2:30 – Big Group Game!

- **SHIPS AHOY! Batman Style:** It’s Gotham. Get into your Batmobile and do these actions!
  - Arkham Asylum (back of the boat)
  - Bat Cave (front of the boat)
  - Streets of Gotham (middle of the boat)
  - Joker (bend over laughing)
  - Penguin (waddle)
  - Mr Freeze (freeze)
  - Etc...

## 2:55 – Clean Up & Goodbye Ritual!



Handout (2) **KINDNESS BADGES** to individuals who showed great character!



# ***SUPER HERO CAMP!***

**TUESDAY**

**SUPERHERO:** *WONDER WENDY*

**STRENGTH CHALLENGE:** Lunge Walks

**SKILL CHALLENGE:** Cartwheels

**CRAFT:** Power Cuffs



**9:00 – Warm Up**

Running Relay Races! Make groups and Run Run Run!

**9:10 – Groups and Rules**

Separate into groups, then review the rules of the gym

**9:15 – Agility Games: 10 Minutes each** (up to 3 groups)

Sticking Games: Stick down from the beam

Rolling Games: Grab a bunch of wedge mats, rock and stand no hands. Roll and stand no hands

Running Challenges: High Knees with Hurdlers, Dots and Hoops. Strides over Half Rounds!

**9:45 – Instruction Time: 15 minutes each** (up to 3 groups)



Strength Challenges: Lunge Walks. Floor length and back with control.

2 LAPS Earns a **STRENGTH BADGE!**



Skill Challenges: Cartwheels!

CANYON CARTWHEEL Earns a **SKILL BADGE!**

Floor Skills: 4-6 Stations for Building Better Floor skills

**10:30 – Snack Time** (coach observes while other coach sets up)

**10:45 – Small Group Games: BLUE 3-2-1** (floor is lava, find a color!)

**11:00 – Instructional Time:** 15 minutes (up to 3 groups)

Trampoline Challenges: Shape Jumps & a Return Setup

Cartwheels: 4-6 stations for Building Better Cartwheels

Bar Skills: Casts, Roll Downs, Kick Overs, Skin-the-Cats, Above the Bar shimmies, Hip Circles



# ***SUPER HERO CAMP!***

## 11:45 – Lunch & Craft



Craft Project: Power Cuffs! See *CRAFT SHEET!*

EARN a **CREATIVITY BADGE!**

## 12:30 – Craft Game: See *CRAFT SHEET!*

## 1:00 – Instruction Time: 15 minutes each (up to 3 groups)

Handstand Training: 4-6 Stations for Building Better Handstands!

Beam Skills: 4-6 Stations for Building Better Beam Skills!

Swinging Challenges: Regrip Swings, Rope Skills, Rings, One arm Hangs, Monkey Bars, Hand Walks, Window Escapes, Glides

## 1:45 – Snack

## 2:00 – Agility Games: 10 Minutes each (up to 3 groups)



Speedy Locomotor Games: Run, Skip, Gallop through a simple course!

EARN a **SPEED BADGE!**

Throwing Games: Throw to Knock Down Targets



Climbing and Jumping Games: Climbing over beams & “Sticking” down off of them! Rock wall?

Obstacle Course? Ropes? EARN a **COURAGE BADGE!**

## 2:30 – Big Group Game!

### • **Capture the Flag: ACROSS THE FLOOR**

- Build your forts on opposing ends of the floor
- Choose your “flags” and hide them in the forts
- Coach sets up “hiding spots” between forts
- 3-2-1 HIDE:
  - The Coach says “3-2-1 Hide” then turns around. If they can see any part of a student that student is named and sent back to their fort.
  - First team member to get to the opposing fort and back with the flag wins for their team.
    - Spotted with the flag? Drop it there!
    - EXTREME version: Flag returns to the Fort if caught.

## 2:55 – Clean Up & Goodbye Ritual!



Handout (2) **KINDNESS BADGES** to individuals who showed great character!



# ***SUPER HERO CAMP!***

**WEDNESDAY**

**SUPERHERO: SPIDER MARK**

**STRENGTH CHALLENGE:** One Arm Hangs

**SKILL CHALLENGE:** Monkey Bars

**CRAFT:** Webeez (Frisbee with Webs)



**9:00 – Warm Up**

Tic-Tacs and building crawls! A course for them to run off the walls a bit!

**9:10 – Groups and Rules**

Separate into groups, then review the rules of the gym

**9:15 – Agility Games: 10 Minutes each** (up to 3 groups)

**Sticking Games: Stick onto a beam: from a jump, from a walk, from a run**

**Rolling Games:** Grab a bunch of wedge mats, rock and stand no hands. Roll and stand no hands

**Running Challenges:** Setup a wedge mat against the wall. Try running up the wedge, across the wedge. 1 step. 2 steps. Into a safety stick.

**9:45 – Instruction Time: 15 minutes each** (up to 3 groups)



**Strength Challenges: One Arm Hang!**

10 “Mississippi” on each arm Earns a **STRENGTH BADGE!**



**Skill Challenges: Monkey Bars!**

**CONQUER** and earn a **SKILL BADGE!**

Floor Skills: 4-6 Stations for Building Better Floor skills

**10:30 – Snack Time** (coach observes while other coach sets up)

**10:45 – Small Group Games: SPIDEY SENSE!** (Musical Mats but jump on or hide behind a mat)

**11:00 – Instructional Time: 15 minutes** (up to 3 groups)

Trampoline Challenges: Shape Jumps & a Return Setup

Cartwheels: 4-6 stations for Building Better Cartwheels

Bar Skills: Casts, Roll Downs, Kick Overs, Skin-the-Cats, Above the Bar shimmies, Hip Circles



# ***SUPER HERO CAMP!***

## 11:45 – Lunch & Craft



**Craft Project: Webeez! See CRAFT SHEET!**

**EARN a CREATIVITY BADGE!**

## 12:30 – Craft Game: See CRAFT SHEET!

## 1:00 – Instruction Time: 15 minutes each (up to 3 groups)

Handstand Training: 4-6 Stations for Building Better Handstands!

Beam Skills: 4-6 Stations for Building Better Beam Skills!

Swinging Challenges: Regrip Swings, Rope Skills, Rings, One arm Hangs, Monkey Bars, Hand Walks, Window Escapes, Glides

## 1:45 – Snack

## 2:00 – Agility Games: 10 Minutes each (up to 3 groups)



Speedy Locomotor Games: Run, Skip, Gallop through a simple course!

**EARN a SPEED BADGE!**

Throwing Games: **Diving Catches!**



Climbing and Jumping Games: Climbing over beams & “Sticking” down off of them! Rock wall?

Obstacle Course? Ropes? **EARN a COURAGE BADGE!**

## 2:30 – Big Group Game!

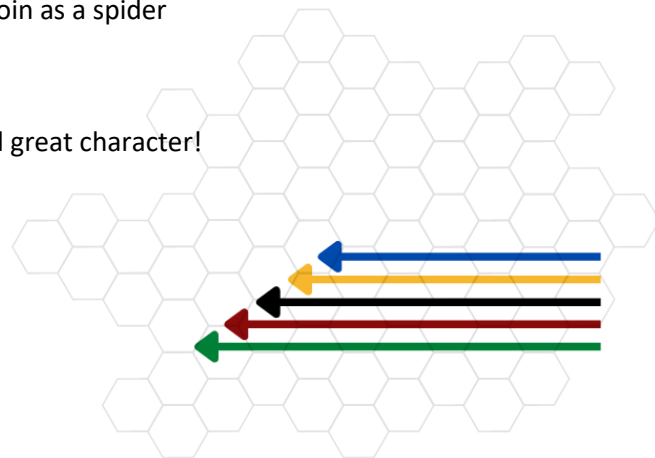
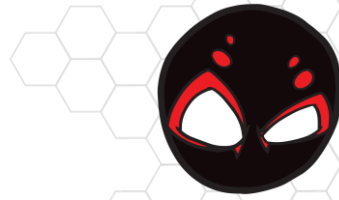
**FLY CATCHER! *Sharks and Minnows variation***

- One Spider in the middle of the floor
- All other students (flies) are on one side of the floor
- Run across, Spider tags flies and they become frozen flies
- Spider can strategically move flies before each round
- EXTREME: Spider chooses one fly each round to join as a spider

## 2:55 – Clean Up & Goodbye Ritual!



Handout 2 **KINDNESS BADGES** to individuals who showed great character!



# ***SUPER HERO CAMP!***

**THURSDAY**

**SUPERHERO: *BLAKE WIDOW***

**STRENGTH CHALLENGE:** Leg Lifts

**SKILL CHALLENGE:** Bear Walks on Beam

**CRAFT:** Treasure Stones



**9:00 – Warm Up**

Plyo Course! Up-down-up-down, mat to mat, one foot, strides, punches over!

**9:10 – Groups and Rules**

Separate into groups, then review the rules of the gym

**9:15 – Agility Games: 10 Minutes each** (up to 3 groups)

Sticking Games: Run, Jump, Stick! Onto a mat, over a mat, off a wall THEN stick!

Rolling Games: Grab a bunch of wedge mats, rock and stand no hands. Roll and stand no hands

Running Challenges: Running Backwards, Sideways, Skipping.

**9:45 – Instruction Time: 15 minutes each** (up to 3 groups)



Strength Challenges: Leg Lifts!

Using an incline mat and a low bar, 5-10 Lifts with a prop Earns a **STRENGTH BADGE!**



Skill Challenges: Bear Walks on BEAM!

CONQUER and earn a **SKILL BADGE!**

Floor Skills: 4-6 Stations for Building Better Floor skills

**10:30 – Snack Time** (coach observes while other coach sets up)

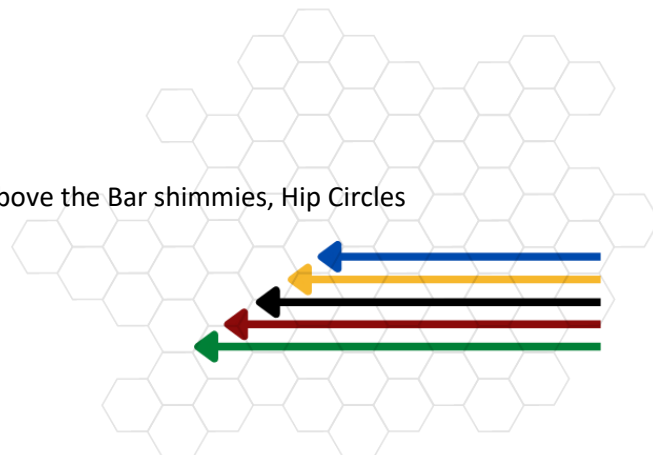
**10:45 – Small Group Games: CRAB WALK SOCCER!** (feet only)

**11:00 – Instructional Time: 15 minutes** (up to 3 groups)

Trampoline Challenges: Shape Jumps & a Return Setup

Cartwheels: 4-6 stations for Building Better Cartwheels

Bar Skills: Casts, Roll Downs, Kick Overs, Skin-the-Cats, Above the Bar shimmies, Hip Circles



# ***SUPER HERO CAMP!***

## 11:45 – Lunch & Craft



Craft Project: Treasure Stones! See *CRAFT SHEET!*  
EARN a **CREATIVITY BADGE!**

## 12:30 – Craft Game: See CRAFT SHEET!

## 1:00 – Instruction Time: 15 minutes each (up to 3 groups)

Handstand Training: 4-6 Stations for Building Better Handstands!

Beam Skills: 4-6 Stations for Building Better Beam Skills!

Swinging Challenges: Regrip Swings, Rope Skills, Rings, One arm Hangs, Monkey Bars, Hand Walks, Window Escapes, Glides

## 1:45 – Snack

## 2:00 – Agility Games: 10 Minutes each (up to 3 groups)



Speedy Locomotor Games: Run, Skip, Gallop through a simple course!  
EARN a **SPEED BADGE!**

Throwing Games: **Balancing Catch!** On a Bosu Ball or Balance Board, on one foot on a Hotspot



Climbing and Jumping Games: Climbing over beams & “Sticking” down off of them! Rock wall? Obstacle Course? Ropes? EARN a **COURAGE BADGE!**

## 2:30 – Big Group Game!

### **MAT BROKEN BRIDGE!**

- Teams: TIMED!
  - Each team has the same stack of mats.
  - Each Team starts on a panel mat and tries to get to another mat on the opposite side of the floor with as many teammates as possible.
  - They use the stack of mats to build a new bridge and cross the floor without touching the ground.
  - When a participant touches the ground they sit out
  - Each Team subtracts 10 seconds from their time for each participant who makes it across!

## 2:55 – Clean Up & Goodbye Ritual!



Handout 2 **KINDNESS BADGES** to individuals who showed great character!



# ***SUPER HERO CAMP!***

**FRIDAY**

**SUPERHERO: *THE INCREDIBLE HANK!***

**STRENGTH CHALLENGE:** Squats (with medicine ball) ADD Throws!

**SKILL CHALLENGE:** Straight Jump, Stick, Roll!

**CRAFT:** Brick Building!



**9:00 – Warm Up**

Mat Pushing Relay Race! Panel Mats, Trapezoids, Spotting blocks...

**9:10 – Groups and Rules**

Separate into groups, then review the rules of the gym

**9:15 – Agility Games: 10 Minutes each** (up to 3 groups)

Sticking Games: Trampoline Jump and Stick!

Rolling Games: Grab a bunch of wedge mats, rock and stand no hands. Roll and stand no hands

Running Challenges: Sled Runs with Sliders.

**9:45 – Instruction Time: 15 minutes each** (up to 3 groups)



Strength Challenges: Squats!

20 Full Squats! Or ADD a Medicine Ball! Or ADD Medicine Ball Toss! Earn a **STRENGTH BADGE!**



Skill Challenges: Straight Jump, Stick, Roll!

CONQUER and earn a **SKILL BADGE!**

Floor Skills: 4-6 Stations for Building Better Floor skills

**10:30 – Snack Time** (coach observes while other coach sets up)

**10:45 – Small Group Games: Simon Says** (Hank Says)!

**11:00 – Instructional Time: 15 minutes** (up to 3 groups)

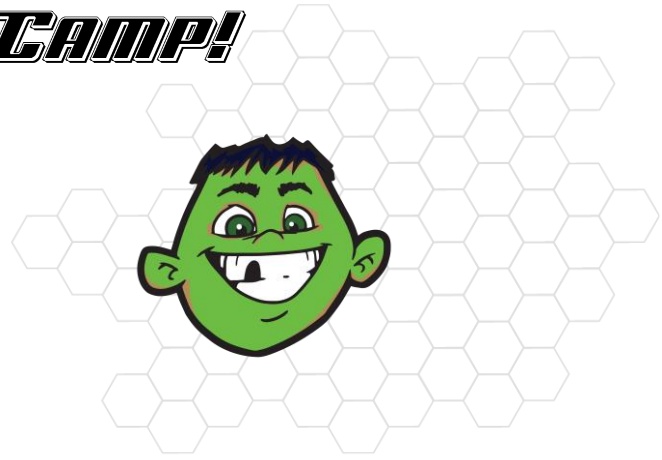
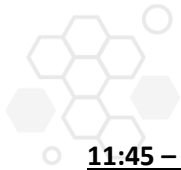
Trampoline Challenges: Shape Jumps & a Return Setup

Cartwheels: 4-6 stations for Building Better Cartwheels

Bar Skills: Casts, Roll Downs, Kick Overs, Skin-the-Cats, Above the Bar shimmies, Hip Circles



# ***SUPER HERO CAMP!***



## 11:45 – Lunch & Craft



Craft Project: Bricks to Smash! *See CRAFT SHEET!*  
EARN a **CREATIVITY BADGE!**

## 12:30 – Craft Game: *See CRAFT SHEET!*

## 1:00 – Instruction Time: 15 minutes each (up to 3 groups)

Handstand Training: 4-6 Stations for Building Better Handstands!

Beam Skills: 4-6 Stations for Building Better Beam Skills!

Swinging Challenges: Regrip Swings, Rope Skills, Rings, One arm Hangs, Monkey Bars, Hand Walks, Window Escapes, Glides

## 1:45 – Snack

## 2:00 – Agility Games: 10 Minutes each (up to 3 groups)



Speedy Locomotor Games: Run, Skip, Gallop through a simple course!  
EARN a **SPEED BADGE!**

Throwing Games: Beach Ball Smash! Serve up beach balls like volleyball and try to catch them!



Climbing and Jumping Games: Climbing over beams & “Sticking” down off of them! Rock wall? Obstacle Course? Ropes? EARN a **COURAGE BADGE!**

## 2:30 – Big Group Game!

### **CLEAN YOUR ROOM!**

- Grab FITNESS WHEEL or some mats to make a circle barrier
- Put a student (Hank) in the room
- People outside try to fill the room with:
  - Snowballs, felts, crumpled paper, foam blocks
- Hank tries to get them out of his room
- Hank can have a buddy
- After time expires, count Hank’s stuff and the stuff outside his room to decide the winners!

## 2:55 – Clean Up & Goodbye Ritual!



Handout (2) **KINDNESS BADGES** to individuals who showed great character!

