

Full Day Curriculum

| | SHRED Theme | 30 Min Game | 30 Min Art/Skate Culture activity | 15 Min Game | Extra TK |
|------------------|----------------|-----------------------|---------------------------------------|-------------------------|------------------------|
| Monday | Self-confident | Fruit Salad | Building a Board & Coloring/Worksheet | Clappity-clap-clap | Biggest Fan |
| Tuesday | Humble | Relay Race | Skate Zines - reading and creating | Cornhole on skateboards | Coping Hang |
| Wednesday | Radical | Red Light Green Light | Obstacles, skate terms, and etiquette | Hardcore Parkour | Knee slides |
| Thursday | Equitable | Scavenger Hunt | Skateboard Jeopardy | Mario Kart | Everybody's It |
| Friday | Determined | Obstacle Course | Grip/Truck Decorating | Skate Limbo | Skateboard stack/house |

Monday: Self Confident

Game #1: Fruit Salad (30 min)

- Setting
 - Grass is best, but flat concrete/asphalt could work
- Supplies
 - Everyone brings their board
- Instructions
 - Have all campers & counselors get into a giant circle - large enough for everyone to walk around in the middle of the circle, and around each person's board
 - If on concrete, consider sitting on boards
 - If no grass, consider standing on boards
 - Ask for one camper to be "it"
 - One person (counselor) will put their board away and is designated as "it"
 - Away = upside down and far away from the circle
 - Person who is "it" says something out loud that's true for them
 - Examples:
 - I'm an only child
 - I'm goofy footed/right foot forward
 - I am going to middle school in the Fall
 - All people who agree or the statement is true for has to get up and find a board to sit on, including the person that was just "it"
 - Whoever couldn't find a board to sit on is the next person to go
 - Repeat
 - Debrief at the end with some questions (if there's time)

- What is one thing that you have in common with others in this group?
- Is there anything you think you don't have in common with anyone else?
- How did it feel when you were "it"?

Art/Skate Culture Activity: Building a Board & Coloring/Worksheet (30 min)

Setting:

- Flat, clean-ish surface - could be grassy area
- Find an area that isn't too busy (not in the middle of the bowl)
- Tables and shade, if possible

Supplies needed:

- 3-5 skateboards you can take apart easily (not super old or rusty, can use staff boards or loaner boards)
- 3-5 skate tools
- Skateboard part worksheets

Instructions:

- Seat group together in a big circle
- One counselor goes over all key parts of the board
- As one counselor goes over key parts, other counselors take apart a few boards
 - Trucks off the deck, wheels off the trucks
- Group breaks up into smaller groups - roughly 4-7 campers/counselor, depending on group size & amount of volunteers present
- Each small group takes apart the skateboard and puts it back together
 - Option to have groups race each other
- If anyone finishes early, they complete the skateboard parts worksheet or designs their own deck
 - Option to incentivize campers with a sticker if they finish their skateboard parts worksheet

Game #2: Clappity-clap-clap (15 min)

Setting:

- Grass is best, but flat concrete/asphalt could work
- Place for participants to side, if possible

Supplies needed:

- None

Instructions:

- Seat group together in a half circle, designating one area as the stage

- One person (counselor first) is designated as “it” and is walked a ways away so they cannot hear the conversation of the group (make sure they are still in sight and send a counselor with them)
 - Option for future campers who are “it” to do it as a pair (potentially less embarrassing than being “it” by themselves)
- The group that remains decides on a action
 - Examples: do a jumping jack, pretend to be a frog, etc)
- The person who is “it” is summoned back to the group, where they will try and guess what the action is, like charades but in reverse
- The group will clap louder/faster if the person who is “it” is getting warmer to the action, and lighter/slower if they are not close
- Counselors give hints after every 5 wrong guesses by the person who is “it”
- Option to share what the “broad category” is
 - Examples: dance moves, skateboarding trick, gesture, etc.
- Repeat (encourage youth participants to be “it” and flex their self-confidence)

Extra Time Killer: Biggest Fan (10 min)

- Setting
 - Grass or flat surface
- Supplies
 - None
- Instructions
 - Explain the rules of rock, paper, scissors
 - Have everyone practice the symbols together
 - Decide if it’s on “three” or on “shoot”
 - Give everyone the chance to practice a few times with their neighbor so there’s no confusion on how to play
 - Everyone picks a partner to play rock paper scissors against
 - If they lose, they become the BIGGEST FAN of the person that just beat them (ex: yelling their name, cheering, clapping, etc)
 - As a team, they go to battle another group
 - The game continues until there’s only one biggest fan remaining!
 - Everyone cheers for the winner because they are their biggest fan
 - Repeat a few times!

Tuesday: Humble

Game #1: Relay Race (30 min)

- Setting
 - Grassy area is best, but any open area works
 - Do not do this in the middle of a public skatepark

- Supplies
 - Cones or something to use as cones (ex: helmets)
 - Skateboards
 - Pads
 - Helmets
 - Anything else to get creative!
 - 2 objects to use as a “baton” (ex: a skate wheel, an elbow pad, a stick, etc)

- Instructions
 - One counselor explains what a relay race is to the group of campers
 - While counselor is explaining, other counselor designs/builds the obstacle course
 - Sample course:
 - Player is given the “baton” which is a skate wheel
 - Player puts a helmet on, balancing the baton (wheel) on their head from point A to point B
 - Once at point B, player goes around the cone on the ground 3 times
 - When done going around, player can now hold the wheel in their hand
 - Player walks back while balancing on a path of skateboards with trucks facing up while holding the wheel
 - Player passes the wheel to the next team mate upon return to point A
 - Repeat until the last player finishes
 - First team done, is crowned the winner
 - Split the camp into 2 teams
 - Ways to split the teams
 - Count off by 1, 2, 3, 4's and evens go together, odds go together
 - Have campers get into groups of 3, 2, 4, and then finally in the group number you're looking for for the teams
 - If there's an odd number, include a counselor
 - Explain the rules of the obstacle course
 - Option to include the campers in the rule making
 - Place counselors, volunteers, or older campers around the obstacle course to remind players of the rules or to help them with challenges
 - Let the teams battle it out
 - Option to play again, but each team gets to submit a new rule or challenge to the game

Art/Skate Culture Activity: Skate Zine (30 min)

- Setting
 - Flat, clean-ish surface

- Find an area that isn't too busy (not in the middle of the bowl)
- Tables and shade, if possible
- Supplies
 - Old skate magazines (Transworld, Thrasher, etc)
 - DIY skate magazines (Skate Witches, Xem skaters, etc)
 - Enough 8.5 x 11 paper for all campers to have 1 sheet each
 - 2 x Scissors
 - 2 x Glue stick or scotch (clear) tape
 - 10 x Markers, crayons, and other coloring supplies
- Instructions
 - Start by passing out different skate magazines for campers to check out, and ask them what sticks out to them, what types of people do they see, who do they not see?
 - After the conversations ends, add that we are going to have the chance to make our own skate zines, or collaborate with a fellow camper or counselor.
 - Guide campers into making their own 4 page booklet ([link to youtube video](#))
 - Fold piece of paper in half (hamburger style)
 - Then fold it again (hamburger style)
 - Then fold it again (hamburger style)
 - Unfold it completely, and then you should see 8 fold marks
 - Fold it back in half
 - Cut the middle fold marks
 - Unfold back to see the 8 fold marks, with a slit in the middle of the paper
 - Create 4 page booklet by folding hot dog style
 - Work with campers to create their own zine using magazine cut outs, stickers, and their own artwork
 - Give campers a finite amount of time to create their zine so the activity does not become boring
 - Allow for campers to show off their creations to the group through a zine fair (everyone walks around and looks at each others) or a show-and-tell type presentation

Game #2: Cornhole on Skateboards (15 min)

- Setting
 - Grassy area
 - Flatground concrete/asphalt is workable
- Supplies
 - Skateboards or decks
 - Elbow pads to be used as bean bags. Bigger pads seem easier, but don't work as well. Make sure it's just one single pad = a bag, not 2 elbow pads together.

- Instructions
 - Set up the “cornhole” by putting 3 skateboards next to each other and then another 3 skateboards next to each other about 5 feet or more apart (the 2 main cornhole boards)
 - If you aren’t in the grass, the boards will roll away, so put pads next to the wheels so the boards don’t roll away
 - Explain how it works generally - it’s slightly different than typical cornhole
 - Skaters will be broken up into teams of 2 - add in counselors to make it work for everyone to have a teammate
 - Each person gets 2 pads (like bean bags) to throw per round
 - Each player has to stand behind the boards to throw
 - Team 1 goes first, each teammate throws twice for a total of 4 throws per team, then a score is totalled.
 - Then the next team goes, and their points are totalled.
 - Games can end when a team meets a certain score (ex: 10 points) or after a certain amount of rounds are played
 - Establish how many points each throw is worth. Examples:
 - Getting a pad on the middle of the board = 1 point
 - Getting a pad on the bolts area/zone = 2 points
 - Getting a pad on the nose or tail = 3 points
 - Confirm any other rules, such as the thrower has to throw bean bags while standing on a board, or from behind the boards
 - Pair up skaters to play each other in cornhole
 - Option to create a tournament, biggest fan style

Extra Time Killer: Coping Hang (10 min)

- Setting
 - Skate Park, ideally steeper and bigger bowl (not a mellow 2 ft ramp)
- Supplies
 - None, but campers should be in helmets/full pads (if required by their parents via camper paperwork)
 - Recommended for kids to take their wrist guards off, so they can effectively hold the coping. Make sure they match them up, so they are easy to find when the game is done!.
- Instructions
 - Demonstrate a coping hang by running up the ramp, and then grabbing the coping, extending your arms, and resting your body on the vertical and transition of the ramp
 - Give campers a few minutes to try a coping hang, with counselors helping if needed. Option to have more experienced campers demonstrate and support others if there’s a big group, or various skill levels.

- If there's enough ramp for all campers to go at the same time, have all campers start at the bottom of the quarter (on the flat bottom). If there's not enough ramp, split the group into 2, or into pairs, and do a bracket style elimination. Encourage campers to make a team name if so!
- Yell "coping hang" loudly and slowly, and by the end of the word, campers have to be in coping hang position
- Camper who hangs the longest is crowned the "coping hang champion"
- Option to host a post-hang interview with the winner to ask them if they're going to Disneyland, who they would like to thank, and what contributed to their success out on the course today
- If time remains, starting at the smallest and mellowest bank in the park, try and get all campers to make it up to the top of every ramp

Wednesday: Radical

Game #1: Red Light, Green Light (30 min)

- Setting
 - Flat, smooth, and wide area of the park, or nearby basketball or tennis court
 - If there's debris, be sure to sweep it before this activity
- Supplies
 - Cones, markers, or something else to establish the boundaries of the game
 - Starting line
 - Finish line
 - Side lines
- Instructions
 - Explain how it works generally
 - Someone is "it" and will tell you when you can go, when you stop, or other actions. If you don't do these correctly, you'll go back to the starting line, at the judges discretion.
 - Establish the specific rules of red light, green light such as:
 - When going forward, the person who is "it" must say "simon says" first
 - When stopping, you don't need to hear/they will not say "simon says"
 - What other commands will there be (ex: yellow light, strobe light = dance)
 - Will this be on foot or on skateboards
 - Establish one camper to be "it" (or start with a counselor to get it going)

- Establish someone to be the “judge” (they get to tell folks to go back to the start)
- Line up all skaters at one end of the court, the camper who is “it” down at the other
- Camper who is “it” will yell commands, and if any skaters mess up, they go back to the starting line
- Campers win if they cross the finish line first!
- The winner can be “it” or pick who is “it” next

Art/Skate Culture Activity: Obstacles/Terms/Etiquette & Word Find Worksheet (30 min)

- Setting
 - Skate Park
 - Find an area that isn’t too busy (not in the middle of the bowl)
 - Tables and shade, if possible
- Supplies
 - [Word Find worksheet](#)
 - Pens
- Instructions
 - Walk around skate park area, going over all key obstacles and terms, starting by pointing at an obstacle/area and asking campers if they know what it’s called
 - Once you go over all the key obstacles, sit everyone down
 - Pass out word find worksheet and give campers the chance to try on their own
 - If any campers are stuck, team them up with each other to complete the sheet
 - If there are still some campers struggling, counselors can help
 - Option to incentivize campers with stickers

Game #2: Hardcore Parkour (15 min)

- Setting
 - Skate Park, ideally during a time when the park is less busy with other users
- Supplies
 - None, but campers should be in helmets/full pads (if required by their parents via camper paperwork)
- Instructions
 - Warm up by practicing jumps, spins, hopping side to side, etc. on flatground
 - Go into the skate park and practice specific “moves” like safely getting up and down ramps, stalling on a ledge, and spins off of a curb
 - Share any boundaries/off limits areas (super steep pool coping bowl kids could get stuck in)
 - Line campers up and, starting slowly, lead them through the park doing different jumps, turns, etc. throughout the park, exclaiming hardcore parkour when they do

a sick “move” - at least one counselor at the front and one counselor as the caboose (very back of the line)

- Option to let campers lead, or do a specific routine in front of the group or teach a “move” to everyone by saying “does anyone have an epic move they want to show the group?”

Extra Time Killer: Knee slides (10 min)

- Setting
 - Skate park, ideally the smoothest parts
 - Option to do this on a slightly rainy day/while park is drying out
- Supplies
 - Beefy knee pads on campers, as well as all other pads and helmets
- Instructions
 - Teach youth participants how to knee slide, starting with dropping to their knees, then slowly adding more of a job into the motion, ensuring campers are leaned back and keeping their bottom to their heels (not flying forward)
 - Once campers are feeling confident, allow them to try on different obstacles
 - Option to create a distance slide challenge, or a talent show for most creative knee slide

Thursday: Equitable

Game #1: Skateboard Scavenger Hunt (30 min)

- Setting
 - Skatepark and surrounding area
- Supplies
 - Printed [Skate Camp Scavenger Hunt sheets](#)
- Instructions
 - Split camp into 2-4 teams and assign a counselor or volunteer to each team and bring the team energy including making a team name, cheer, call, etc.
 - Option to do the scavenger hunt together as a whole camp
 - Give teams time to create a team name
 - Once teams are formed, give each team their scavenger hunt challenge sheet
 - Give each team time to complete as many challenges as possible within 20 minutes. The main rule is that all team members must participate / be included!
 - At the end, bring teams back together to crown the team that completed the most challenges.
 - Go around and allow each camper to share their favorite challenge, or give shout outs to their teammates.

Art/Skate Culture Activity: Skateboard Jeopardy (30 min)

- Setting
 - Flat, clean-ish surface
 - Find an area that isn't too busy (not in the middle of the bowl)
 - Tables and shade, if possible

- Supplies
 - Sheet with [jeopardy questions & answers](#) (print double sided & laminate)
 - Piece of paper and pen for score keeping
 - Whiteboard marker

- Instructions
 - Establish roles for counselor
 - Host
 - Points keeper
 - Explain how jeopardy works - it's like trivia, but reverse! You give the answer, and they respond with the question. Example:
 - You say: "the name of the organization running this skate camp."
 - Camper responds with: "what is Skate Like a Girl?"
 - Establish some basic rules:
 - How to "buzz in" (ex: tap skateboard, raise your hand)
 - The team that answers correctly picks next category
 - What happens if someone accidentally shouts out the answer
 - What happens if you get a question wrong or forget "what is..."
 - Divide campers up into 3 total teams, using counselors to make it work evenly
 - Team with the youngest camper teammate goes first
 - Share prompts, and allow campers to answer, with points keeper taking note of the score
 - The camper or team with the most points are the winner(s)!

Game #2: Mario Kart (15 min)

- Setting
 - Flat area, ideally with a feature in the middle (pyramid)
 - If there isn't a feature in the middle, put a cone or helmet in the middle of the space

- Supplies
 - Cone, or something to be a cone

- Instructions
 - Skaters skate around the central obstacle, practicing their pushing, riding, ticktacks, and carving

- Counselor in the middle periodically shouts different commands to get campers to...
 - Skate in different directions
 - Skate faster or slower
 - Do tricks like flippy uppy's or poppin their board up
 - Grab different parts of their board
 - High five someone
 - Change directions
- Option to include different objects that skaters can collect to earn points
- Option to include different objects that skaters must avoid

Extra Time Killer: Everybody's It (10 min)

- Setting
 - Grassy area
- Supplies
 - Cones or something to be used as a code
- Instructions
 - Mark the boundaries of the playing space, using cones to mark what's in vs out
 - Decide with the group how campers will "free" eachother from being frozen.
Options:
 - Tunnel tag (go through other campers legs)
 - Trio (2 free players put their arms, holding hands, around frozen player to free them)
 - The person who tagged you gets tagged
 - Spread campers out in grassy area
 - Yell start, and campers are all "it" and trying to tag others
 - If tagged, campers are "frozen" until freed by another camper
 - If there is a "tie" or dispute, rock paper scissors to decide who was tagged
 - End the game before the game become unfun, or campers are too tired
 - Option to change rules midway through the game

Friday: Determined

Game #1: Obstacle Course (30 min)

- Setting
 - Skate park, ideally during a less busy time, or nearby area
- Supplies
 - Any random objects like cones, etc.
- Instructions

- Design an obstacle course for all campers to go through
 - Examples:
 - Weave through the cones
 - Ticktack around the pyramid
 - Push up the bank
 - Roll down the stairs
 - Push back to the start
 - Do a flippy uppy
- Each camper goes through the course, with the goal of everyone making it through
- Option for less advanced skaters to have a counselor help them through the course
- Option to do time trials, where campers can be timed going through the course, and try to beat their prior score

Art/Skate Culture Activity: Skateboard Decorating Grip, Trucks, Helmets, etc (30 min)

- Setting
 - Flat, clean-ish surface
 - Find an area that isn't too busy (not in the middle of the bowl)
 - Tables and shade, if possible
- Supplies
 - Paint pens/silver sharpies
 - Sharpies
 - Crayons
 - Stickers
- Instructions
 - Spread out skateboards upside down & helmets
 - Spread out all art supplies
 - Demonstrate a few different options for decorating different objects/parts
 - Give youth time to decorate their own boards or loaner boards

Game #2: Skate Limbo (15 min)

- Setting
 - Flatground open skateable area
- Supplies
 - Pool noodle or rope/line that is clearly visible (not fishing wire)
- Instructions
 - Line up campers on one side of the space
 - One at a time each camper goes under the limbo bar
 - Start the limbo bar high, and make it go lower each round

- If skater runs into the bar, they get one more try to go under. If they don't make it without touching the bar the second time, they are out, and join the cheer squad for the rest of the skaters who are still in the game.
- The lowest skater wins
- Option to allow more advanced skaters to hippie jump over limbo

Extra Time Killer: Skateboard Stack / Skateboard House / Skateboard Rainbow (10 min)

- Setting
 - Flat area
- Supplies
 - Skateboards
- Instructions
 - First start by showing how to stack skateboards vertically
 - Then build a box by doing it lincoln log style
 - Give groups of campers the mission of creating different types of objects
 - House
 - Car
 - Rainbow
 - Allow for skaters to get creative with it, as long as they are safe

Supply list:

- Monday
 - 3-5 skateboards you can take apart easily (not super old or rusty - counselors can use their own boards)
 - 3-5 skate tools (in mesh bags)
 - [Skateboard part worksheets](#) (1 per camper, print 2 per sheet and print double sided so campers can try again on the back if they mess up)
- Tuesday
 - 2 objects to us as a "baton" (ex: a skate wheel, an elbow pad, a stick, etc)
 - 5-10 pages of Old skate magazines pages (Transworld, Thrasher, etc)
 - 5 pages of DIY skate magazines (Skate Witches, Xem skaters, etc)
 - Enough 8.5 x 11 paper for all campers to have 1 sheet each (colored paper if you have it)
 - 2 x Scissors
 - 2 x Glue stick
 - 1 x scotch (clear) tape
 - 10 x Markers, crayons, and other coloring supplies
 - Example mini zine
- Wednesday
 - 4 Cones or something to make the boundaries/finish line clear (if needed)
 - [Word Find worksheet](#)
 - Pens (enough for each camper to have 1)
 - Beefy knee pads (for knee sliding)

- Thursday
 - Printed [Skate Camp Scavenger Hunt sheets](#) (3 single sided & laminated)
 - Sheet with [jeopardy questions & answers](#) (1 copy print double sided & laminated)
- Friday
 - 1 paint Paint pen
 - 1 silver Sharpies
 - Crayons
 - Stickers
 - 1-2 Pool noodles