



Name: _____

Free Choice Activity Plan

Name of Activity:

Activity Description:

Physical or Psychological Dangers:

Time Required:

Level of Physical Activity:

Group Size:

Age:

Source of supplies & cost:

Formation:

Location/s:

Variations/Adaptations:



Explanation of Activity Plan Sheet

Free Choice Activity Plan

Name of Activity: *We offer two free choice periods a day to our campers. What would you like your free choice period to be called? Think of something creative that will attract the campers and catch their interest!*

Activity Description: *Please do your best to describe your activity here. Free choice activities are often announced at meal times. Imagine sitting and explaining your activity to a 7 yr old camper what would you say your activity is all about? If you became sick and someone else had to lead your activity this is what they would refer to, to find out what to do. Be as clear as possible here!*

Physical or Psychological Dangers: *Could someone get hurt? It is good to think about the possible dangers before starting any activity this way you can warn the campers and do the best you can to prevent injury. What about psychological dangers. Is there something you should pay attention to, to make sure everyone has a good time???*

Time Required: *Our free choice periods last an hour. If your activity is less than an hour long you will need to address how you will make the most of the time you have with the campers. Sitting around is never an option at camp. The only down time our campers should ever have is at rest hour. It is your job to make camp fun for them. What will you do if your activity doesn't last as long as you think it will? - We will go over filler games during staff training, but it is always helpful to have your own bag of tricks when working with campers!*

Level of Physical Activity: *Can anyone participate? Is this a quiet activity or really active, will you need water breaks, rest breaks etc?*

Group Size: *Some activities at camp can accommodate many campers while others only a few. We would rather limit group sizes in order to ensure a quality experience. You will never be alone when leading an activity. If you say your activity can accommodate up to 50 campers you will have plenty of staff scheduled with you to help lead and monitor behavior!*

Age: *We often separate our age groups from 7-11 and then 12-16. Will your activity require a split or can everyone participate at once?*

Source of supplies & cost: *Do you need supplies, where can we get them and how much??*

Formation: *How will the participants stand, sit etc. what to you need to do first to get them started with the activity?*

Location/s: *Indoors, outside, by the creek, pool, basketball court, woods, field etc?*

Variations/Adaptations: *Are there other ways to make this activity new and fun? Could you adapt the skill level for older/younger groups, or adjust for various abilities? Make it more interesting for boys/girls??*

Keep in mind you do not have to go way out of your way for variations/adaptations. If there is something obvious great, but more often than not you will have to adapt on an as needed basis and there is no way to prepare for all needs ahead of time. Please don't stress too much over this form. If you are having a hard time, call or email I will be glad to help you. While coming up with a free-choice activity is part of the job requirement and your special talents are what makes each summer unique and fun I recognize that programming can feel overwhelming at first and will help you get through it to make your free-choice the best it can be!