

SPORT IN A BAG

WHAT IS THE SPORT IN A BAG VIRTUAL SUMMER CAMP?

“Sport in a Bag” Virtual Camp is a summer program that provides youth with all the equipment, supplies, and instruction needed to enjoy a camp-like experience from the safety of their home! This exciting virtual program will include sport and fitness videos, as well as live Chalk Talk social skill sessions, to help our kids stay active this summer while learning and practicing S.E.T.S. (self-control, effort, teamwork and social responsibility)! The best part: The more the kids participate, the more they will earn!

HOW DOES IT WORK?

Three times throughout camp, youth and their families will pick up their ‘Sport in a Bag’ equipment at KIPP. Youth will log-in twice a week for one hour to live (Mondays and Wednesdays), virtual Chalk Talk sessions led by trained LiFEsports staff. Each Monday throughout the six weeks, LiFEsports will post to our camp website 6 new activities for each sport offered (18 new videos each week). Youth can do these videos once, or do them multiple times throughout the week. Youth also will be encouraged to practice their sport skills and S.E.T.S. and post videos on a private Flipgrid for all camp participants. Over the course of the camp, youth will earn points for every virtual activity completed. Points will be tallied so youth can earn weekly incentives (such as t-shirts and water bottles) and receive special invitations to Celebrity/Athlete Zoom Q&A sessions.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Before Camp June 7		Parent Orientation	Youth Surveys Open	Youth Survey Follow-Up	Youth Survey Follow-Up	Distribution 1: Basketball & Cones
Week 1 June 14	Sports: Basketball, Dance, General Fitness, & Health Education Chalk Talk Live (M/W)				Celebrity/Athlete Q&A	
Week 2 June 21	Sports: Basketball, Dance, General Fitness, & Health Education Chalk Talk Live (M/W)					Distribution 2: Soccer Ball, Jump Rope
Week 3 June 28	Sports: Soccer, Yoga, General Fitness, & Health Education Chalk Talk Live (M/W)				Celebrity/Athlete Q&A	
Week 4 July 5	Sports: Soccer, Yoga, General Fitness, & Health Education Chalk Talk Live (M/W)					Distribution 3: Football & Strength Band
Week 5 July 12	Sports: Football, Zumba, General Fitness, & Health Education Chalk Talk Live (M/W)				Celebrity/Athlete Q&A	
Week 6 July 19	Sports: Football, Zumba, General Fitness, & Health Education Chalk Talk Live (M/W)				Youth Surveys Open	Distribution 4: Final Incentives, Awards