

LESSON 2

GO APPLICATION PRACTICE

Begin this lesson with a quick review of the Go Application. Once your boys and girls understand the Go App it's time to let them practice. Using different challenges makes this practice fun and exciting. Some of the activities are:

1. Move Dash between 2 lines for a distance of 5, 10,15.....feet. Then turn around and come back. (The distance between the lines should be at least 2 feet wide to begin.) Make the lines narrower once your campers exhibit proficiency with this skill.
2. Move forward 3 feet and make a left turn. Repeat with a right turn.
3. Move forward 10 feet and come backwards 10 feet.
4. Give campers a sequence of commands from the Go App to follow such as: Go forward, make a left turn, stop and make any sound, move head, light up eye, light up chest.
5. Break campers up into teams and have each team create their own sequence of commands for the other teams to execute.

You can create your own list of activities to meet the needs and ability of your group and what you feel will benefit them.

Make sure to end the class by asking the boys and girls if they have any questions. Always create excitement with letting them know what will take place tomorrow.