



MINI-HAWK CAMP (AGES 4-11)

ACTIVITY REFERENCE GUIDE

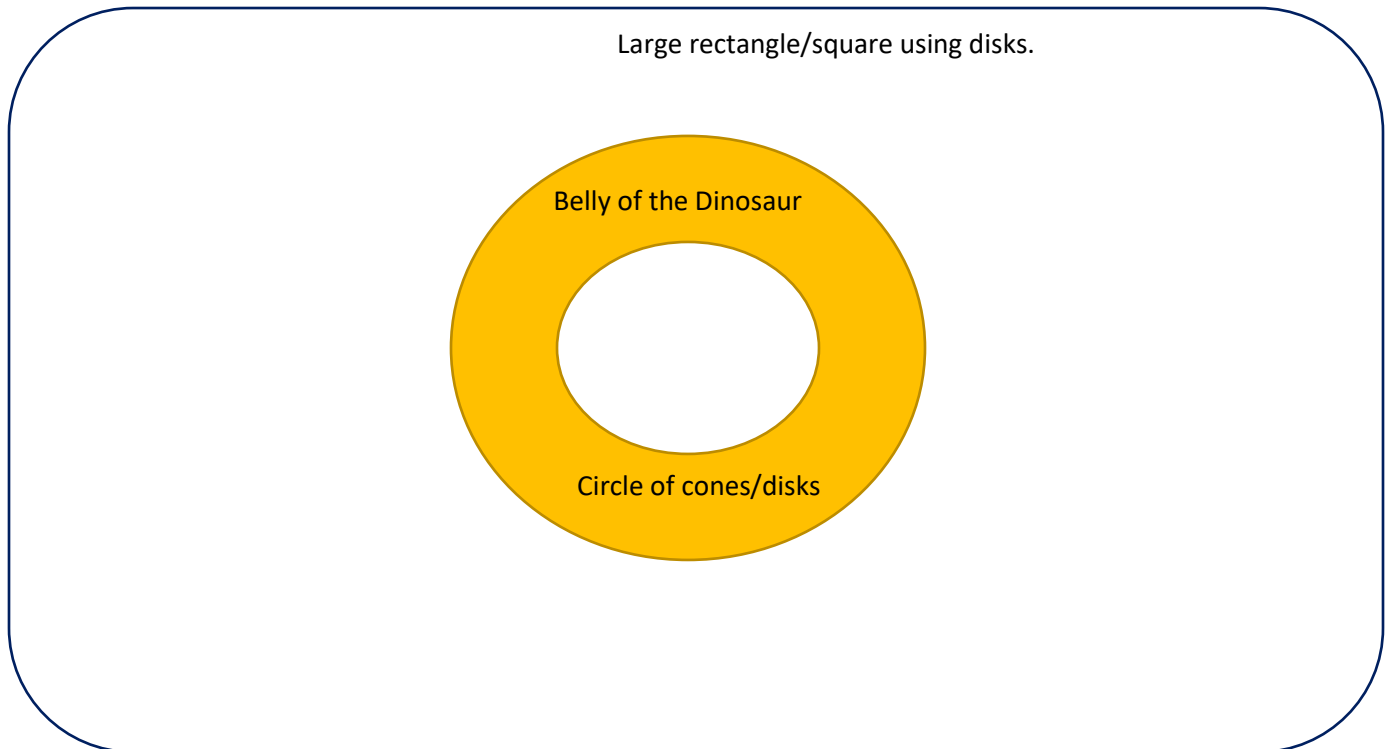


Jurassic Park

Purpose: Fun, Agility, Strategy

Equipment: Disks, Cones, Dodgeball

Set-up: Use cones to set-up a 30' x 30' grid. In the middle of the grid make a circle using the colored disks. This will be the "Belly" of the dinosaur.



Execution:

- The coach plus 2-kid start as the Dinosaurs. Dinosaurs should wear a Jersey/Pinnie to make them easily recognizable
- All the other kids are the Players (non-Dinosaurs)
 - The Coach is the Running Raptor. When he/she has the ball, they yell RUNNING RAPTOR and all the Dinosaurs try to tag the other players
 - Kid Dinosaur 1 – Coach assigns on the kid Dinosaurs a Dinosaur Name. There is a specific action that corresponds with each Dinosaur name. When that Dinosaur has the ball, all the players (non-dinosaurs) must do the correct action
 - Kid Dinosaur 2 – Coach assigns on the kid Dinosaurs a Dinosaur Name. There is a specific action that corresponds with each Dinosaur name. When that Dinosaur has the ball, all the players (non-dinosaurs) must do the correct action
 - Example of Kid Dinosaur Names:
 - Dance-A-Saurus: When the Dance-A-Saurus has the ball, all the players must Dance
 - Zombie-A-Saurus: When the Zombie-A-Saurus has the ball, all the players must walk like a Zombie
 - Spin-A-Saurus: When the Spin-A-Saurus has the ball, all the players must Spin in a circle
 - Freeze-A-Saurus: When the Freeze-A-Saurus has the ball, all the players must freeze



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- Sing-A-Saurus: When the Sing-A-Saurus has the ball, all the players must sing Take Me Out To The Ball Game
- Hop-A-Saurus: When the Hop-A-Saurus has the ball, all the players must Hop on 1 foot.
- Be Creative...
- The Dinosaurs pass around the Dino-Ball (Foam Football)
- A Player has to go to the DinoSaur Belly if:
 - They get tagged while the RUNNING RAPTOR has the Ball
 - They do not do the correct movement/action when one of the Dinosaur Kids have the Ball
- When the kids are in the Belly, they chant: DROP THE BALL, DROP THE BALL
- If the Dino-Ball hits the ground at any time, it is a jailbreak and all the players are back in the game.
- Game continues until there is only one person left or time expires for that round (5-minute rounds)
- Change the Player Dinosaurs every Round. Coach is always the Running Raptor

Comments: This game works best when you bring 2-groups together (16-kids)

Video Link: <https://youtu.be/W3d6omTFw9U>