

PE + Plus Summer Camps

Dates, time, and places will be announced soon!

Chemistry Lab:

Grades: 3rd-11th

Teachers: Debbie Kemp and Marsha Brower

Hands on science! We never get enough of this done at home! We will be working with basic principles of chemistry as a class and in smaller groups. The Periodic Table of Elements will be thoughtfully explored.

Outdoor Education (with Daily Hikes):

Grades: 4th-12th

Teacher: Coach Kemp

This class includes daily hikes, (parents are welcome to join in) with hands on biology and geology. It's based on an outdoor education curriculum that Coach taught for years. We will include daily hikes to different areas in the metro area. The wonder and the blessing of God's creation (rocks, trees, flora & fauna, & local wildlife) will be emphasized. The bark on which tree smells like vanilla?

Weather Science:

Grades: 4th-10th

Teacher: Coach Kemp

We will be completing a hands-on study of our world's weather and God's amazing creation in this class. Some geography will be included as we look at weather phenomenon. Many experiments are a part of this class; tornado in a tube, lightning in a bulb, precipitation in a pan, and fog in jar. A great opportunity for some extra science mixed with fun!

Beginning Sewing:

Grades: 7-18 years old - 10 and under Moms will need to stay to help their daughters unless an exception has been discussed. We plan to accomplish a lot in 3 days.)

Teacher: Debbie Kemp

Prerequisite: 1 sewing machine per 2 students. Please bring 1 spool of white thread, pins, needles, and a full size scissors as well. Students must know how to completely thread their own machine.

Sewing has supplied clothes, coverings, and décor for years in our lives as well as the relaxation, and joy of creativity! In class we will be sewing aprons and pillows while practicing a variety of techniques. Learning to mend for others makes a great small business at home.

Apron supplies are included with this class. Students will bring pillow supplies of their own choosing.

Art:

Grades: K-3rd

Teacher: Leslie Barstad (Leslie is a homeschool mom from a very artistic family.)

Again, this year, we plan to explore art with messy moments and abundant creativity. Each child will have an opportunity to experience the wonder of creativity and success. We will be completing fabric, decoupage vases, artistic hot air balloons, and some painting projects.

Kids Play Games:

Grades: K-4th

Teacher: Brooke Berberich or Deborah Vega (2008 High School Graduates)

This will be a fun filled day full of a variety of games ranging from Parachute to Chase/tag games to classic games such as Mother, May I?, Red Light- Green Light, Shoe Scramble, and more. This will be a day for the students to enjoy a time of games and laughter.

Old Fashion Fun:

Grades: K-4th

Teacher: Coach Kemp

Remember marbles, jacks, and hopscotch? "Old Fashioned Fun" is an opportunity for your children to experience this piece of American history with time honored games of fun, skill and development. Your children will enjoy these and other childhood games of yesteryear taught by Coach.

Worship Dance:

Grades: All grade levels (Young and mature beginners)

Teacher: Brooke Berberich (Brooke has been doing worship ballet for 15 years she is also the leader of the Radiance dance team at her church.)

*Students will learn how to glorify their Creator with dance. They will learn technical ballet; such as ballet position, pirouette, plié, shashé, et cetera. We will also go into different types of worshipful types of dancing: Israeli dance, Worship ballet, Praise dance and more. They will learn how to use their facial expression and movement to give praises to their King of Kings. **We will have breakout sessions for very young students.***

Basketball:

Grades: 4th-12th

Teacher: Coach Kemp

This was and still is one of my favorite games to play! Students will learn the foundations of shooting, jumping, dribbling and passing as well as the basics of offense, defense and simple plays such as “pick and roll” plus “give and go”. There will be both skill practice and game play each day!

Dodgeball:

Grades: 5th-12th

Teacher: Coach Kemp

Can you ever get enough dodgeball? Professional team elimination players take dodgeball to a whole new level. We will be playing Elimination Dodgeball as well as some of the old familiars like: Snowball, Prison, Battleship, Dynamite, Bears and Bunnies, Trench Ball (a version of Prison). We will also do a tournament each day.

Gymnastics:

Grades: All grade levels

Teacher: Coach Kemp (And all his enthusiastic assistants!)

Students will learn and practice basic level tumbling and explore basic skills on a balance beam, floor, vault, climbing rope, parallel and uneven parallel bars, trampoline, at a real gymnastics’ gymnasium. Their experience will culminate in a live performance for their parents, family and friends.

Jump Roping: -Pending

Grades: Basic Rope Jumping Skills Require or at Least 10 Years Old (for boys & girls)

Teacher: Denaye Austad & the Austad Family (Denaye is an excellent rope jumper. Denaye and her family have helped run PE+PLUS in Littleton for years)

Jump Roping is an intense sport for cardio and endurance training, not to mention coordination and balance. Many athletes use jump roping to improve their speed and agility. We will be focusing on taking each student’s skill to the next level, and everyone should come away feeling more confident in their abilities. We will be teaching proper jumping techniques, group jumping (single rope, Double Dutch, and routine jumping), drills and games, speed jumping and more.

Primary Age Soccer:

Grades: K-3rd

Teacher: Deborah Vega (Deborah has played high school soccer with the Denver Eagles soccer team as well as helped her father Coach Vega as an assistant coach.)

Students will learn how to dribble, pass, and shoot the ball. They will learn how to work as a team and have fun at the same time. We will discuss and practice proper position play for all positions, do some warm-ups with a soccer ball, as well as play a game of soccer each day

Intermediate Level Soccer:

Grades: 4th-9th

Teacher: Felix Vega (Felix, a homeschool dad, is coach to the very successful Denver Eagles soccer team.)

Felix Vega is coach of the Denver Eagles soccer team and his team was champion of their state league in 2008. (Eagle Sports is a home school, high school level, competitive sports league). Felix will teach the skill fundamentals, positioning and conditioning of soccer in a Godly and fun way with practice and game time in each session.

Beginners as well as intermediate level players are welcome at this camp.

Varsity Level Soccer:

Grades: 9th-12th (High School Level, Competitive Soccer)

Teacher: Felix Vega

Felix Vega is coach of the Denver Eagles soccer team and his team was champions of their state league in 2008. (Eagle Sports is a home school, high school level, competitive sports league). Felix will teach the skill fundamentals, positioning and conditioning of soccer in a Godly and fun way with practice and game time in each session.

Track:

Grades: 4th-12th

Teacher: Coach Kemp

This is the sport I did and loved in high school. Students will explore most of the events of an American track meet and actually participate in one. Students will also learn the basics of stretching and the mechanics of running, jumping and throwing Events will include Hurdles, Long Jump, Relays, Dashes, Intermediate & Long Runs, Shot, Discus and Softball Throw.

Volleyball:

Grades: 4th -12th

Teacher: Coach Kemp

*Students will learn the basics skills of volleyball: serve, set, bump, spike, dig, dink as well as rules and proper volleyball etiquette in a fun way practicing and playing games each day. **This is a great opportunity to learn volleyball for all of those summer picnics, parties, and barbeques!***

