

# ***Grades 3-5 Programs***

## Play Ball!

Suggested Ages	Grades 3-5
Books	<u>Zachary's Ball</u> by Matt Tavares <u>Home Run : The Story of Babe Ruth</u> . by Robert Burleigh <u>The Girl Who Struck Out Babe Ruth</u> by Jean L. S. Patrick <u>Diamond Life</u> by Charles R. Smith, Jr. <u>American Sports Poems</u> by R.R. Knudson
Websites	For a definition of terms and how to play a game of baseball, go to: <a href="http://eteamz.active.com/baseball/rules/basic/index.cfm?m=1,2,3,4,5">http://eteamz.active.com/baseball/rules/basic/index.cfm?m=1,2,3,4,5</a>
Materials	Gloves Bats Balls Bases – all the equipment one would need to play ball
Fun Facts	There has been much speculation about the origin of baseball. In 1907, a special commission decided that Abner Doubleday, a West Point cadet, at Cooperstown, N.Y., invented the modern game in 1839. One hundred years later, the National Baseball Museum was opened at Cooperstown to honor Doubleday.
Warm-up	Ask children if they've ever been to/played in a baseball game. What kind of sounds did they hear? What kinds of words are used in baseball that aren't used in everyday language?
Main Event	Read one of the books above, having the children pay attention to the words used in and the sounds of baseball. Then break out the poetry! Read a selection from <u>Diamond Life</u> . If unavailable, try another baseball poem from a book like <u>American Sports Poems</u> by R. R. Knudson. Again, look at the descriptive words and sounds.  If time and space permit, go outside and play a game of baseball!
Post Game Wrap-up	Hand out baseball puzzle sheets (See next page), serve popcorn and Cracker-Jack, or have a member of a local baseball team come and visit!

# BASEBALL WORD SEARCH

B E D P W B D R O H F M T T H H P H  
X U L L D S E C O N D N U O L C O O  
W D L G E D O D T U U O M H L T P K  
T I N L N I B I J B G E C I A A U W  
S P N U P I F A W U R T W C B C P A  
S B O D O E S M D U I R R I E M Z L  
B R E T U M N O N P L A T E V N T K  
G A I V F P Z N B E K B H M R W R S  
N M S Y C Q H D E F O U L B U C V J  
K J I E I J B Q S H W U A P C X X L  
S P I T B A L L S C P T N I K B Q S  
B O D W F D D E T E O E L B U O D E  
O U T I W R B V R N J R J R L C P L  
F T R Q I K E O I B J O E X N M J P  
L S I V H C S L K F B C E L U X Z I  
T O E H C H C G E R K Q R N J J P R  
L U U L T O W Q H V M T R O R R E T  
I S X H O D R I H T Z O J Y L F L Z

BASE

BAT

BULLPEN

BUNT

CATCH

CURVEBALL

DIAMOND

DOUBLE

DRIVE

DUGOUT

ERROR

FIELD

FIRST

FLY

FOUL

GLOVE

GROUNDER

HIT

HOMERUN

MIT

MOUND

OUT

PITCH

PLATE

POPOP

RBI

SCORE

SECOND

SINGLE

SPITBALL

STRIKE

THIRD

TRIPLE

WALK

WINDUP

## **Motocross**

Suggested Ages	Grades 3-5
Books	<u>Motocross</u> by David Armentrout <u>Wide Open: A Life in Supercross</u> by Jeremy McGrath with Chris Palmer <u>Dirt Bikes</u> by Jesse Young
Websites	<a href="http://www.supercross.com">http://www.supercross.com</a> <a href="http://www.amadirectlink.com">http://www.amadirectlink.com</a> <a href="http://www.ama-cyle.org">http://www.ama-cyle.org</a>
Materials	If possible, locate a neighbor, friend or dirt bike enthusiast. Better yet, call a local dirt bike dealer. The dealer could bring in some bikes to showcase and discuss care, maintenance, safety, and fun. What businessperson would pass up an opportunity to talk to an interested potential customer? If this is not possible, use a Supercross video, or the movie, <u>On Any Sunday</u> with Steve McQueen, to have running at the beginning of the session as participants arrive.
Warm-up	Ask if any participants have ever ridden a dirt bike. Have them share their experiences.
Fight Song	"We Will Rock You". We Are The Champions: Great Football Hits. Golden Stars, 2000. B00004SE1G
Main Event	Read <u>Motocross</u> . Share an excerpt from the Jeremy McGrath book, <u>Wide Open: A Life in Supercross</u> . It is set up like a personal journal and is an enjoyable read, even for the non-rider. Have your "professional" share his/her story, pictures, trophies and perhaps even bike(s). Be sure to have magazines, books and any contact information for local riding clubs and associations the enthusiastic participants might be interested in.
Post Game Wrap-up	Share some "dirt-bike" pudding. Make a 9x13 pan of chocolate pudding with Oreos on top for the dirt. Add a few "matchbox" dirt bikes or make some out of candy, using frosting as glue. Checkered flags are cool too. Have fun, and ride safely. Remember to strap on your helmet and gear correctly!

## Let's Go Out to the Green

Suggested Ages	Grades 3-5
Books	<u>Tiger's Tips: Beginners Golf for Kids</u> by Donald Emerick <u>Alana's 12 Step Guide to Fun Golf</u> by Celeste Resch <u>Golfbook for Kids</u> by Jim Corbett <u>Tiger Woods: a Biography</u> by Bill Gutman
Website	<a href="http://www.uskidsgolf.com">www.uskidsgolf.com</a>
Materials	Spoons Golf balls Golf clubs
Warm-up	<p>Divide children up into teams of 4-8. Have players face each other 100 feet apart. Race a golf ball on a spoon across to each other. The fastest team wins.</p> <p>Have your own mini putt putt golf in the library. Place plastic cups on their side and tape to the floor. Have children try to hit the golf ball into the cup.</p>
Fight Song	<p>"Take Me Out to the Golf Course" (Tune: Take Me Out to the Ball Game)</p> <p>"Take me out to the golf course. Take me out to the green. Buy me some golf balls and rent a cart. Show me the tee where I need to start. It's swing, swing, swing with the golf club. Watch the ball as it soars. For it's 1-2-3 shots it's in, and the golfer scores."</p>
Main Event	Plan a trip to mini putt putt golf, or set up your own golf course at the library. Each child gets a swing at the ball for every five books read.

## **Gatorade and First Aid**

Suggested Ages	Grades 3-5
Books	<u>Frankenstein Doesn't Slam Hockey Pucks</u> by Debbie Dadey <u>Hockey Machine</u> by Matt Christopher <u>Ice Magic</u> by Matt Christopher <u>Face-Off</u> by Matt Christopher <u>How Hockey Works: the Science of Hockey</u> by Keltie Thomas <u>My Life as a Human Hockey Puck</u> by Bill Myers <u>The Chicken Doesn't Skate</u> by Gordan Korman
Websites	<a href="http://www.collectionscanada.ca/hockey/kids/h39-3500-e.html">http://www.collectionscanada.ca/hockey/kids/h39-3500-e.html</a>
Fun Facts	Most athletes have superstitions about things that may or may not give them luck before a game. Hockey star, Wayne Gretzky, always had to drink a Diet Coke, a glass of iced water, a Gatorade, and then another Diet Coke before every game. This was good luck! Ask the children if they have any sport superstitions.
Warm-up	Have a hockey player come and bring his/her gear. Using a volunteer from the audience, have him/her demonstrate how to put the gear on correctly.
Fight Song	Do the "Hockey-Pokey": for "feet" do skates, for "arms" do goalie gloves, for "heads" do helmets or masks, etc.
Main Event	Do a booktalk using some of the books listed above. (See section on booktalks).  Put together a collection of band-aids, gauze, anti-bacterial ointments, etc., and help kids assemble their own first-aid kits. Accidents and injuries do occur when playing sports, especially hockey. Have a paramedic come and talk about sport injuries and how to treat/prevent them.
Post Game Wrap-up	Find some empty wall space and cover it with paper. Call this your "Autograph Wall". Have visiting athletes put their autographs there and allow the kids to practice their own autographs on this wall!

## Spike It

Suggested Ages	Grades 3-5
Books	<u>Volleyball In Action</u> by John Crossingham <u>Spike It!</u> by Matt Christopher <u>Volleyball Fundamentals</u> by Joel Dearing
Materials	Lightweight ball or balloon and netting material for indoors. Volleyball and net for outdoors.
Warm-up	Describe how volleyball is played and some terms used as described in <u>Volleyball In Action</u> .
Fight Song	“My Volley Lies Over the Net”
Main Event	Booktalk <u>Spike It</u> . Introduce the story and set up to read aloud. Begin with the seventh paragraph in Chapter 12. Booktalk other books on volleyball and sports in general. Divide the group into two teams. Set up the meeting room like a volleyball court using a fishnet or other lightweight material. Keeping it on a small scale, use a balloon or lightweight ball to demonstrate the techniques of the game. On a nice day, go outside and play for real. Ask local high school coaches to demonstrate techniques and the rules of the game.
Post Game Wrap-up	Have each team develop a cheer for their team and share it with the others.

“My Volley Flies Over The Net”  
(To the tune of “My Bonnie Lies Over the Ocean”)

My volley flies over the net.  
My volley flies over to you.  
My volley flies over the net.  
Oh bring back my volley to me.  
    Bump it, spike it,  
Oh, spike my volley to me, to me!  
    Bump it, spike it,  
Oh rally my volley to me!

## A Celebration of Horses

Suggested Ages	Grades 3-5
Books	<u>The Girl who Loved Wild Horses</u> by Paul Goble <u>Where Horses Run Free</u> by Joy Cowley <u>The Tennessee Walking Horse</u> by Charlotte Wilcox <u>A Horse Named Seabiscuit</u> by Mark and Cathy Dubowski
Websites	<a href="http://www.twhbea.com/">http://www.twhbea.com/</a> Tennessee Walking Horse <a href="http://www.ansi.okstate.edu/breeds/horses/">http://www.ansi.okstate.edu/breeds/horses/</a> Horse Breeds <a href="http://www.fortnet.org/~meh/scouts/bugle/">http://www.fortnet.org/~meh/scouts/bugle/</a> Bugle calls.
Materials	Saddle Brush Bridle Saddle Pad Martingale Bit Shoe Lunge line
Warm-up	Download or have a bugler perform “First Call”, played prior to the start of a horse race. Scouts can earn a merit badge with the bugle calls. Read <u>The Girl Who Loved Wild Horses</u> .
Main Event	Invite a horse owner to bring a horse for an outdoor program. Alternatively, ask them to bring a saddle, brushes, and other equipment used in riding and caring for horses. Talk about different horse breeds including the Tennessee Walking Horse and Thoroughbreds. Talk about the story of Seabiscuit. Have the movie “Seabiscuit” available for check out.
Post Game Wrap-up	Read <u>Where Horses Run Free</u> .

## Hoop It Up

Suggested Ages	Grades 3-5
Books	<u>Rimshots: Basketball Pix, Rolls and Rhythms</u> by Charles R. Smith <u>Basketball: Rules of the Game</u> by Bryant Lloyd
Websites	<a href="http://www.hoophall.com">http://www.hoophall.com</a> <a href="http://www.hoopology.com">http://www.hoopology.com</a>
Materials	Ideally, basketballs and a portable outdoor hoop. Trash can, scrap paper and tape if indoors.
Warm-up	Read <u>Rimshots: Basketball Pix, Rolls, and Rhythms</u> . Talk about how the rhythm of the poems, mimic the rhythm and movement of the game.
Fight Song	“Pump up the Jam”. Basketball’s Greatest Hoop Hits. Rhino Records, 1998. B000003486
Main Event	<p>This would be an ideal program to invite your local school or collegiate team to share their programs and love of the game. They may even be willing to give a demonstration.</p> <p>If this is not possible, or weather does not permit outdoor play, a great game of “Basketball Trivia” can be played indoors with scrap paper and tape balls. Split up the players into two teams. Each player gets one shot. If they answer the question correctly, they get two. The questions can be simple and taken directly from the books and websites listed. This game can easily be modified for any topic. This would also be a wonderful alternative if you have special needs patrons participating. They could work in teams to answer and shoot.</p> <p>Have a slam dunk of a great time!</p>
Post Game Wrap-up	Take a time-out and slam dunk some cookies and milk!

## Sports Scavenger Hunt

Suggested Ages	Grades 3-5
Books	<u>Arthur Goes to Camp</u> by Marc Brown <u>What Homework?</u> by Linda Hayward <u>Wave Dancer Is Missing</u> by Jan Carr <u>Remember Me to Harold Square</u> by Paula Danziger <u>Scavenger Hunt</u> by Christopher Pike
Websites	<u><a href="http://www.factmonster.com">www.factmonster.com</a></u> <u><a href="http://www.sptimes.com">www.sptimes.com</a></u> <u><a href="http://www.skateboard.com">www.skateboard.com</a></u> <u><a href="http://www.surfing-waves.com">www.surfing-waves.com</a></u>
Materials	Paper Pencils Prize Internet
Warm-up	Read one of the books recommended above, or for an older crowd, do a booktalk on one of the bottom three.
Fight Song	"Scavenger Hunt" <i>Do Turtles Need Girdles</i> . Denny Dey CDB0263980042
Main Event	Provide a copy of the scavenger hunt to all the children. If the children are in groups, give each group a copy. The rules are simple: Using both books and the Internet find as many answers as you can in the given time period. The person or group who answers the most questions or the first to answer all the questions, wins the prize.
Post Game Wrap-up	Bring all the children back together. Present the person or group with the most correct answers the prize. You may choose to give a prize to the winner of each age group. To determine how much time the children will need, try the scavenger hunt yourself. This will also ensure that you have access to all the answers.

## Sports Scavenger Hunt

1. What is the biggest soccer tournament in the world?
2. Where is the Hockey Hall of Fame?
3. How old was Tiger Woods when he won his first Master's tournament?
4. What is NASCAR's biggest race?
5. How many seasons did Nolan Ryan play major league baseball?
6. Which two teams share the record for the most Super Bowl wins?
7. What team won the first NCAA women's basketball tournament?
8. In what year did Mary Lou Retton win an Olympic gold medal for gymnastics?
9. Where did surfing originate?
10. What does it mean to "bail" in motocross?
11. What country won the gold in the 2000 Olympics for the women's 400 Medley Relay?
12. What country has won the most World Cups?
13. How tall was the original Stanley Cup?
14. When did Dale Earnhardt win the Daytona 500?
15. Who formed the American Bowling Congress?
16. What teams played in the first World Series?
17. What does the surf term "goofy foot" mean?
18. Who was the first woman to swim the English Channel in both directions?
19. Who holds basketball's NCAA career scoring record?
20. What is the fastest speed ever recorded on a skateboard?

Bonus: What is awarded to the champion of the Canadian Football League?

Answers:

- |                                          |                                          |
|------------------------------------------|------------------------------------------|
| 1. World Cup                             | 11. Jenny Thompson                       |
| 2. Toronto                               | 12. Brazil                               |
| 3. 21                                    | 13. 7 inches                             |
| 4. Daytona 500                           | 14. 1998                                 |
| 5. 27                                    | 15. Joe Thum                             |
| 6. Dallas Cowboys<br>San Francisco 49ers | 16. Pittsburgh and Boston                |
| 7. Louisiana Tech                        | 17. Surfing with your right foot forward |
| 8. 1984                                  | 18. Florence Chadwick                    |
| 9. Hawaii                                | 19. Pete Maravich                        |
| 10. to ditch your bike before a crash    | 20. 63 miles per hour                    |
|                                          | Bonus: The Grey Cup                      |

## Race Car Fun

Suggested Ages	Grades 3-5
Books	<u>The Usborne Book of Racing Cars</u> by Clive Gifford <u>A Kid's Guide to Nascar</u> by Loren Mooney <u>Stock Car Race Shop</u> by Bill Burt <u>Hot Wheels Racers Book and Toy Set</u> by Wayne Moyer
Website	<u><a href="http://www.hotwheels.com">www.hotwheels.com</a></u> <u><a href="http://www.facthound.com">www.facthound.com</a></u>
Materials	4 small round metal jar lids for each child Construction paper Scissors Glue stick, liquid school glue Six brass paper fasteners per child Small aluminum bread pan for each child Ruler White paper
Warm-up	Provide computer time to allow each child to build his/her own race car at <u><a href="http://www.facthound.com">www.facthound.com</a></u> .
Fight Song	"Na Na Hey Hey" (Kiss Her Goodbye) from "Sugar Beats Everybody is a Star", Sugar Beats Entertainment (Play this at the end of the program.)
Main Event	Make Your Own Race Car Cut four circles out of construction paper smaller than your jar lids. Use glue stick to attach. With liquid school glue, attach a brass paper fastener to the center of each metal jar lid. Stick a wheel into each hole and bend back the ends of the paper fastener. On a sheet of white paper, draw the race car driver onto the strips of windows for the sides of the bread pan. Glue the windows onto the aluminum bread pan.
Post Game Wrap-up	Have each child bring a T-shirt to paint his/her favorite race car driver number on the front or back of the shirt.

## Be a Winner! (Games)

Suggested Ages	Grades 3-5
Books	<u>CDB?</u> by William Steig <u>CDC?</u> by William Steig <u>A Little Pigeon Toad</u> by Fred Gwynne
Suggested Websites	<a href="http://www.eduplace.com/tales/">www.eduplace.com/tales/</a> for MadLibs type stories <a href="http://www.penguinputnam.com/static/packages/us/yreaders/madlibs/history.html">www.penguinputnam.com/static/packages/us/yreaders/madlibs/history.html</a>
Materials	Books of <u>MadLibs</u> by Roger Price and Leonard Stern, the original creators of the word-game books Paper Pencil Crayons Books of other word puzzles
Warm-up	“Get on your thinking caps. We’re going to give our brains a wicked workout!” Practice thinking exercises (there may be more than one answer): Q: What has an eye but cannot see? A: a potato (or hurricane or needle) Q: What has a tongue but cannot speak? A: a shoe Q: What has legs but cannot walk? A: a table (or chair)
Fight Song	The “Jeopardy” theme song for background music
Main Event	Continue thinking “outside of the box” by showing the group one of the pictures in the Steig books, or by reading the description of a picture in the Gwynne book, without showing them the picture. See if they can guess what the letters mean (Steig) or what picture those words could describe (Gwynne) – literally or imaginatively.  Draw pictures of weird expressions, like in Gwynne, or write and illustrate your own letter-based word games like Steig!
Post Game Wrap-up	Other Books: <u>Jumanji</u> by Chris Van Allsburg <u>What Game Shall We Play?</u> by Pat Hutchins <u>Heckedy Peg</u> by Audrey Wood

