

# Sacramento Adventure Playground

POWERED BY



## Homeschool Enrichment

Sacramento Adventure Playground is proud to offer a new Homeschool Enrichment program. Each session will feature three areas of programming that are unique to the Playground. An **ENRICHMENT** component will feature a science or art activity. **PHYSICAL PLAY** will comprise structured movement within sports basics, fitness and/or fun games. Students will be given time to enjoy **FREE PLAY** within the Playground and a visit to *916 Ink's* story book writing **IMAGINARIUM**. The final day will be at Fairytale Town featuring the **BARYYARD BUDDIES** animal tour.

Fees: \$85 per child  
(\$10 discount for siblings.)

Ages: Grades 1st-8th\*.

Registration: Register at Sacramento Adventure Playground. Registration form is available on the website. Space limited.

Please check back with us for eligible State reimbursement/payment through your charter school

\*Targeted teaching level will be 3rd-6th grade. Students may be broken up into two age appropriate groups.

**ENRICHING  
& FUN!**

**Class Schedule:** Wednesday & Friday, 12—2 PM

Each two-hour class includes three 40-minute segments of Enrichment, Physical Play and Free Play. The final day will be held at Fairytale Town. On Wednesdays, students may continue to play after class during the regular Playground hours. On Fridays, an additional 30 minutes will be given for free play (optional). See the reverse side for class descriptions.

### Winter Session

	<u>Enrichment</u>	<u>Physical Play</u>
Feb. 22	Rockets	Run Match Game
Feb 24	Rockets	Bean Bag Relays
Mar. 1	Paper Mache	Basic Fitness
Mar. 3	Paper Mache	Basics of Kickball
Mar. 8	Stickman	Obstacle Course
Mar. 10	Imaginarium	Obstacle Course
Mar. 15	String Float	Basketball Skills
Mar. 17	Barnyard Buddies	Basketball Skills

### Spring Session

	<u>Enrichment</u>	<u>Physical Play</u>
Apr. 26	Paper Battleships	Silly Relays
Apr. 28	Sail Boats	Beachball Volleyball
May 3	Insects	Obstacle Course
May 5	Insects	Obstacle Course
May 10	Colored Sand Art	Mud Wars
May 12	Imaginarium	Cross Fit
May 17	Mud Sculptures	Water Relays
May 19	Barnyard Buddies	Water Relays

Sacramento Adventure Playground • 3301 37th Avenue • Sacramento, CA 95824  
Located in the Maple Neighborhood Center  
sacadventureplay.org • (916) 222-3831

## Enrichment Activity Descriptions

### **Rockets (Science & Art)**

Students make rockets constructed of paper and launched by air power. Students will be given basic instructions with encouragement to experiment with different features to see what design will gain the best flight. Once settled on a design, students will put their artistic touch on it.

### **Paper Mache (Art)**

Using a glue-based mixture, students will create their own sculpture or piñata.

### **Stickman (Art)**

Using nature's treasures (branches, pinecones, etc.) students will design and make their own stickman or other artistic creation.

### **String Float (Science)**

Using only the materials provided, students must make a string float in air.

### **Imaginarium (Writing)**

Students will tour 916Ink's Imaginarium (located adjacent to the Playground in the Maple Neighborhood Center). 916Ink empowers students in the Sacramento region with creative writing, thereby developing strong readers and inspired writers who lead a higher quality of life due to increased literacy skills and improved academics. The Imaginarium is a bastion of creativity hosting drop-in creative writing classes, book-making field trips for elementary school children, whimsical summer camps, and resume and college essay writing weekends for teens.

### **Barnyard Buddies (Animal Enrichment)**

The final class will be held at Fairytale Town featuring the Barnyard Buddies guided animal tour. Note: Students and a single family adult member are free. You are welcomed to stay until the park's closing time.

### **Paper Battleship (Engineering)**

Using only paper, students will design a ship that can withstand bombardment by pennies.

### **Insects (Science)**

Students will enjoy a hands-on exploration of insects. The featured bug will be a Ladybug, but it can vary depending upon the season.

### **Sail Boats (Engineering)**

Using only the materials provided, students will make and race their mini sailboats in our man-made "lake" using air propulsion.

### **Colored Sand Art (Art)**

Using an assortment of colored sand, students will make their own artistic painting.

### **Mud Sculpting (Art)**

Students will create art using one of Mother Nature's most abundant element.

## Physical Play Activity Description

### **Large Matching Game (Physical Education)**

Students will play a pair-matching game requiring memory, teamwork and hustle.

### **Bean Bag Relay (Physical Education)**

Students will take part in a relay game that challenges innovation and teamwork.

### **Basic Fitness (Physical Education)**

Students will learn basic fitness exercises and stretches.

### **Basketball Skills (Physical Education)**

With a creative and fun approach, students will learn basic basketball skills and drills.

### **Basic Kickball (Physical Education)**

Students will gain an understanding of the basics of baseball through kickball drills.

### **Obstacle Course (Physical Education)**

An Adventure Playground favorite, the obstacle course is a fun racing activity. Students will be having too much fun to realize they are getting in a great workout.

### **Silly Relays (Physical Education)**

A series of surprise relays brings as much laughter as physical exercise.

### **Beach Volleyball (Physical Education)**

Using a beach ball, students will enjoy a basic and fun introduction to volleyball.

### **Mud Wars (Physical Education)**

A mud throwing contest—you will get muddy!

### **Water Relays**

Students will enjoy a classic relay with a fun and cool twist—water!

## About the Sacramento Adventure Playground

The Sacramento Adventure Playground is an after-school youth development program for youth ages 7 to 15 to engage in supervised play activities free of charge. The Playground is powered by Fairytale Town and located at Maple Neighborhood Center. Essentially a makers' laboratory or tinkerers' workshop, the Adventure Playground puts real tools into the hands of youth so they can build and create things that reflect their own ideas and visions. Research shows that youth are inspired to be more imaginative, creative, collaborative and thoughtful in these nontraditional environments than they are in more structured playgrounds; and the range of play and activities offered in these playgrounds helps children express themselves while building useful skills that prepare

