

A collection of various sports balls including basketballs, soccer balls, and tennis balls in a basket. The balls are in shades of orange, yellow, green, blue, and white. Some have logos like 'NIOP' and 'DODGE' visible.

PartnerSports Guide **2020**

July 13 - 23 - Activities

July 25 - Parade and Ceremony

Welcome to PartnerSports Camp

You get to enjoy several days of at-home activities,
followed by a car parade and ceremony!

Submit a video that shows your participation to be entered into a raffle to win a prize.

Video submission details can be found on the last page of this document.



**Get
Ready!**

**July 13
Monday**

**Welcome to the first day of
PartnerSports Camp!**

Hop on right
foot 5 times,
Hop on left
foot 5 times.



Move and Freeze Dance

Click on the link!

July 14
Tuesday

Ready for more fun?

Walk like a bear
for a count of 5.



Seated Yoga

Click on the link!

**July 15
Wednesday**

Did you get a chance to make a video yet?

Do 10 jumping
jacks!



Five Exercises, Five Minutes



Click on the link!

July 16
Thursday

Are you having fun?

Hop like a frog 10
times!



Paper Tube Raceway

Click on the link!

July 20
Monday

Balance on your right
foot for 10 seconds.
Balance on your left
foot for 10 seconds.



You can do it!

Fun Chair Exercises



Click on the link!

July 21
Tuesday

Walk backwards
25 steps and skip
back.



Ready for more fun?

Zumba



Click on the link!

July 22
Wednesday

Crawl like a crab.



You are amazing!

[Kung Fu for Kids](#)

Click on the link!

July 23
Thursday

Flap your arms
like a bird.



You did it!

Use milk or your
favorite milk
alternative!

Make ice-cream in a plastic bag!



Click on the link!

Additional Resources Links:



[Young Athletes](#)



[Special Olympics Young Athletes Activity Guide](#)



Looking for more
fun activities?

**July 25
Saturday**

Parade & Ceremony Day

Meet at the YMCA parking lot (1151 NW Stewart Pkwy, Roseburg) by 9:30 am. There will be a motorcade through parts of Roseburg. After the motorcade, we will all reconvene at the YMCA parking lot where campers and partners will be recognized. There will also be a raffle. The event will end at 12:00 pm.

People will not be allowed out of their cars and those who are volunteering to support the event will be required to wear a mask and observe social distancing.

Submit a video!

Submit a video to be entered into a raffle to win a prize!

Film your video like a pro!

- **Equipment** - Use your smartphone
- **Lighting** - The main source of lighting should be behind the camera
- **Audio** - Speak clearly and loudly, and be aware of background noises
- **Orientation** - Film horizontally
- **Film yourself participating in one of the daily activities**
- **Length** - 60 seconds or less

Upload video to:

<https://drive.google.com/drive/folders/1V5lb90x5BoiaR9mC0gTeZnK5SerCOVNS?usp=sharing> Click on the Google link, click the Google + icon, upload video.

If you have any questions about creating or uploading a video, please contact:

Chelsea Duncan at
chelsea.duncan@douglasesd.k12.or.us or
541-670-6882

Heather Villa at
heather.villa@douglasesd.k12.or.us or
541-530-3880

Videos submitted may be shared on the Douglas ESD website or Facebook page!



Thank you for participating!
We're glad you joined us.