

MYC 16 Theta Recreation
Allison Holloway and Christy Fisher

Energizers:

Can't Hold Us

Can't Hold Us by Macklemore (radio edit)

Tango left, then right

Bernie

Arms up left x2, right x2

Spread it all out

Stank face while clapping x16

Little maestro

Big maestro

Macklemore (hands and legs)

Wax floor down and up (four count)

Shoulder dance

Go back up to Stank face and repeat

Slow walk left two steps, then right two steps

Wash hair x12, then rinse

Wash hair x12, then rinse

Tango, Bernie, hands, spread x2

Call and response:

NaNa, Na,Na (NaNa, Nana)

NaNaNaNaNaNaNaN (NaNaNaNaNaNaNaN)

Baby shark

Teenage shark

Daddy shark

Momma shark

RAWR!

Stank face while clapping

Macklemore

Wash hair, rinse

Chorus

Shut Up and Dance With Me

Shut Up and Dance With Me by Walk the Moon

Intro: Stars x4

Shooting Stars x2 (repeat 4 times)

Put on spacesuit

Verses: Awkward spacesuit walk (left, then right)

Arms up to blast off
Blast off left, center, right, center
Pre-Chorus: Walk on the moon forward (to the left)
Moonwalk backward
Chorus: Cosmic shake (little Carleton)
Robot
Fall in the black hole
Jump out of the black hole
Hand over mouth / stop sign
Monkey arms
Space cowgirl (to the left)
Arms up in an "Oh"
Hand over mouth / stop sign
Monkey arms
(move back toward center)
Verses: Awkward spacesuit walk (left, than right)
Arms up to blast off
Blast off left, center, right, center
Pre-Chorus: Walk on the moon forward (to the left)
Moonwalk backward
Freestyle: aliens and/or float through space
Pre-Chorus x2
Stars x2
Chorus

Ordinary Day
Ordinary Day by Great Big Sea

Morse Code
Cast Fishing Pole and reel it in
Throw out Net and Pull it in
Sunshine
Bob around in the water
Mop the Deck
Wash the Windows
Look left and right

Half row a boat, half blink like a lighthouse, then switch (repeat)
Repeat

Revolution

Revolution by Kirk Franklin

Cross - raise right hand straight up above the head in front of the face. Raise left hand to make
a

cross over the top of right hand.

Bring left hand down to side, then right hand down to side,
then make the cross on the counts again with the beats and with
arms crossed at wrists, raise crossed arms up in the air,
pushing the cross up for 4 counts

Revolution - roll forward, side, back, side, and forward

Dig down - reach down to the ground with both hands and then up in the air saying "woop,
woop"

Funky Walk - 6 counts to one direction swim arms.

Siren Turn - arms above head making siren noises as you turn

Funky Walk - 6 counts to one direction hitch-hiking

Raise the roof - push your hands up in the air three times saying "raise the roof"

Repeat

On Top of the World

On Top of the World by Imagine Dragons

Crazy stretch

Hike (4 count one way and then back)

1/2 pull up the mountain and 1/2 roll, then switch

Rock climb

Repel backwards

Look left, then right

Shimmy step, jump arms up

Spin around- soak up the fresh air

Dig 2 times each way- paying my dues to the dirt

Thunder- drum roll

Hike

1/2 pull, 1/2 roll

Look

Shimmy step, jump arms up

Spin around- soak up the fresh air

Dig

Rain wave- start in middle and go out and back

Shimmy step, jump arms up

Spin around- soak up the fresh air

Dig 2 times each way- paying my dues to the dirt

Numa

Numa-Dragostea Din Tei by O-Zone

Get ready for the day (wash face, drink coffee, stretch, etc)

Wiggle Walk (grapevine, then hop one foot, shaking other foot and arms; left, than right, x2)

Photographers and Models (switch)

Aisha

Carlton

1234

Numa arms (up, up and to the side, up, up and to the other side, while jumping)

Repeat beginning with Wiggle Walk

Wavin' Flag

Wavin Flag by K'naan

Drum Roll

Knees Knees Clap Clap – Taylor Swift (2 times)

Whoa Roll

Hop clap clap (left, then right) 2 times

Stomp Fist Pump (around in a circle)

Cross Cross Snap, (left, then right)

Knee knee, air air, air pump, air pump (left, then right)

Singing Forever Young

Hands in circle up

Hands in circle down (turn table)

Drum Roll

1234

Long short short long, strong arms

Freedom pose

Wavin Flag

Beyonce

Firework

Firework by Katie Perry

Hop-swing (left, then right) x8

Pump-wave (left, then right) x8

Cross walk (cross arms in front, snap – left x4, right x4)

Running man (center, left, center, right)

Rub hands to start the fire

Fan the flame

Sizzle wave (start at one end, move to the other making sizzle noise)

Roll up

Firework: Boom! (jump with hands clapping above head)

Ahhh! (Bernie)

Fist pump x8

Jumping fist pump x8

Run-Around by Blues Traveler

1. Charlie Brown – Hopping back and forth with arms at side – until end of harmonicasolo
2. Tango – Right arm out, left hand on stomach, step right 4 times – 8 beats
3. Repeat opposite arms, stepping left
4. Cha Cha – right 4 times – 8 beats
5. Repeat 4 left
6. Sprinkler – left arm out, right hand on back of hear, making sprinkler sound “Ch” 8times – 8 beats
7. Repeat opposite arms
8. Drink machine – facing left, use right hand, push button 3 times and drink, saying “Woo!” – 4 beats
9. Repeat
10. Drink machine – facing right, use right hand, push button 3 times and drink, saying “Woo!” – 4 beats

11. Repeat
12. Still facing right, start lawnmower with right arm 4 times - 8 beats
13. Mow forward (still facing right) 8 steps – 8 beats
14. Pull mower behind you back to left 8 steps – 8 beats
15. Still facing left, start lawnmower with right arm 4 times - 4 beats
16. Mow forward (still facing left) 8 steps – 8 beats
17. Pull mower behind you back to right 8 steps – 8 beats
18. Charlie Brown – 8 beats
19. Clap with back of hands, raising arms 4 times – 4 beats
20. Dig up right twice, saying “Woop! Woop!” – 2 beats
21. Dig up left twice, saying “Woop! Woop!” – 2 beats
22. Repeat 20 – 22 four (4) times
23. Charlie Brown – 8 beats
24. Repeat 2 – 23

Amazing Race Montreat Edition-

Youth participated with their back home groups to complete the following 8 challenges.

1. “Animal Party”-
2. “Group Cheer”-
3. “Word Teasers”-
4. “Hacky Sack Juggle”-
5. “Matching Game”-
6. “Common Sense”-
7. “Paper Airplane Challenge”-
8. “Building the Montreat Gate”-

Montreat County Fair- Tuesday afternoon

For the Montreat county fair we used Giant Jenga, Cornhole, Giant Kerplunk, Gaga Ball, sidewalk chalk, bracelet making station, henna, facepaint, and we had local Montreat vendors come to share their products. Local vendors included: 10,000 Villages, Bounty and Soul, Yoga, Presbyterian Heritage Society, Frank Boyd (carving wood), Keith Grogg from Montreat PC, Bob Hinkle from White Horse in Black Mountain (Irish music), Glenn Bannerman (Story Telling + Square Dance Calling).

On Tuesday night we had a movie night and played the movie “Inside Out.” We also served popcorn and had coloring pages, facepaint, bracelet making, Giant Jenga, and Giant Kerplunk available to those who did not wish to watch the movie.

GaGa Ball- Gaga is like dodgeball below the knees. Set up tables on their side with the tabletop facing inward in a hexagon or octagon. Using a soccer ball or kickball, one person starts by throwing the ball in the air and saying, “Gaga.” Then participants hit the ball inside the court or against the wall of the court. If a participant gets hit below the knee with the ball, they step outside the court. You can’t hold the ball and if the ball hits you above the hips you are still in. Play until there is one person left then start the game again. We used 6 tables turned onto their side to create the GaGa Ball pit.

Thursday’s Small Group Olympic Activity Descriptions:

Hungary Hungry Hippos- Based on the popular children’s game. Idea taken from:
https://www.youtube.com/watch?v=zebk7e_yanM

Kenya’s Giant Foosball

Small groups face off against each other with Quick rotation of players if needed. Players are required to sit in chairs (chairs are not permitted to move). They may only move the ball along by kicking it. No hands. (Players hold on to the bottom of their chairs to assist with this.) Teams are trying to score in their designated goals.

Australian Outback Shuffle

8 Small groups compete in a relay race at the same time. Each group will line up in a line oriented toward a baby pool. Each group will have a bin at the end of the line filled with either balls of one color or rubber ducks. The group must pass one ball/duck at a time from the back of the line (over the head of one person and between the legs of the next person) until it reaches the person at the front of the line. Once it gets to the first person in line, that person must throw the duck/ball at the baby pool and try to make it in. The first person runs to the back and the relay begins again from the back of the line. The team with the most ducks and balls in the pool wins.

German Archery

Each member of the team will try to throw the noodles (arrow) between the connected hula hoops. Teams should keep track of how many members get the pool noodle through the hoop.

Alpine Slalom

2 small groups will relay at a time. 4 people will participate from each team at a time. Teams should ski down to the cone then switch with 4 other team members who will ski back. Teams should ski down and back the course until all team members have had a chance to participate. Team that finishes first wins.

England Quidditch

The Team:

1 Seeker-chases and catches the snitch to score points and end the game; must grab the tail off the snitch. The snitch is worth 30 points.

3 Chasers- score goals with the quaffle by throwing or kicking it into the hoops (each goal is worth 10 points)

2 Beaters (use the bludgers to disrupt the other players)

1 Keeper- guards the hoops from the opposing chasers

Work Crew will be the Snitch- The snitch is a runner with a yellow tail attached to their pants.

They are released on the field at the 3rd minute and must evade capture. Once one of the seekers pulls their tail, the game is over.

1 Quaffle- A ball is used to score goals by throwing or kicking it into the hoops. The keepers and chasers are the only ones allowed to use this ball. Chasers can use a quaffle to block incoming bludgers.

1 Bludger- This ball is used by the beaters to set back other players. When a player is hit with a bludger, they must drop any ball they are holding, return to their side and touch one of their goalposts before re-entering play.

Three chasers score goals worth 10 points each with a ball called a quaffle. They advance the ball down the field by running with it, passing it to teammates, or kicking it. Each team has a keeper who defends the goal hoops. Two beaters use a ball called a bludger to disrupt the flow of the game by knocking out other players. Each team also has a seeker who tries to catch the snitch. The snitch is worth 30 points and its capture ends the game. If the score is tied after the snitch catch, the team chooses one person from their team to play rock, paper, scissors to see who wins. Each player must play with a noodle between their legs—like a broom stick.

Iceland Glacier Slam- Use your special winter hat to knock over glaciers for points!

Participants will wear a panty hose on their head with a tennis ball in them. Use tennis balls to knock over 10 cones or water bottles which are lined up in rows. Goal is to knock over all items in row.

USA Synchronized Swimming

Small groups will work together to create a synchronized swimming routine that lasts between 30-45 seconds. Once teams are ready they should present their routine to the other groups in the room.

Life Size Pacman-

Pac-Man Game Overview:

There will be 2 entrances for Pac-Man players to enter. There will be 2 lines at each entrance for Pac-Man Players to enter (that means four lines total). Work Crew will be Ghosts (4) who are in the middle of the Pac-Man maze. The Ghosts will be designated by a headlamp.

There will be 2 small group leaders who will be conductors at each entrance who will be releasing teams of 4 into the Pac-Man maze and ensuring that team members knees are tied together Pac-Man game.

Ghosts are released into the maze after 30 seconds of play.

Each group will play for 3 minutes. When the Pac-Man music starts, the teams enter the game and start collecting Pac-Dots. If one of the team members is tagged by a Ghost, then that member is out and must go back to the entrance of the game and lose all of the Pac-Dots they have gathered. They may not enter again.

Rules:

- Every player (Pac-Man teams and Ghosts) must tie knees together tightly with a pair of pantyhose so they walk with their knees together (like a penguin walks).
- Groups must prepare to enter the maze by tying their knees together before they enter.
 - Each team is responsible for keeping track of their team members.
 - You must have a team of 4 people to play.
 - Players must stay within the rope and rope lights of the game.
- When the Pac-Man Dubstep Music starts, Conductors will release teams into the maze.
- Ghosts will be released into the maze after 30 seconds of play. This will be announced via loudspeaker.
 - There is no pushing, shoving or horseplay in the maze.
- If you are tagged by a Ghost, you must leave the maze. There is no arguing about being tagged.
- Once the music stops, the round is over. All Pac-Man teams must leave the maze and return their Pac-Dots to the Conductor at the entrance of the maze and the Ghosts will re-set the Pac-Dots.
 - All players must listen to conductors.
- Work Team members will re-set the dots and the game will begin again.

Goals:

Pac-Man teams must work together to gather all the glow in the dark dots that they can during the 3 minutes of play without being tagged by a ghost.

Ghosts - tag Pac-Man to ensure the Pac-Dots are not taken by Pac-Man teams.

The team with the most Pac-Dots Wins!



The outer top and bottom (basic outline) will require 96 yards of rope light (two 48 yard lengths is best).

purchase 6 of these for the outline - at \$36 each. (50 ft rolls - need 3 for each side)

http://smile.amazon.com/Waterproof-Background-Lighting-Decorative-Christmas/dp/B00PZQQDP0?ie=UTF8&keywords=rope%20light&qid=1465414769&ref_=sr_1_17&sr=8-17

Middle sections 50 feet of glow in the dark rope - we will need 10 of these -(@\$7.86 each) that will give us 166 yards to work with

http://smile.amazon.com/IIT-48795-Glow-Dark-Rope/dp/B004YWELBE?ie=UTF8&keywords=glow%20in%20the%20dark&qid=1465416770&ref_=sr_1_14&s=hardware&sr=1-14
50 feet of glow in the dark rope

*Original Idea from: <http://www.youthgroupcollective.com/groupgames/lifesizepacman>
Theta Modified and created Pacman for MYC16.*

Rockaroke/Coffee House: Rockaroke offers a unique and memorable experience allowing youth to front their own rock band and release their inner rockstar!!! Youth sign up to sing one of the songs listed with a live band. It's karaoke but the music is played by a real band. Lyrics are projected. Youth can also sign-up to share a talent, too.