



# TEAM USA

## Activity Cheat Sheet

**Capture the Flag:** Choose your space to play, the bigger the better, the more obstacles the better. Divide players evenly into two to four teams. Divide playing area into equal-sized territories, one for each team. Clear the area of any hazards (lawn tools, broken glass) before playing. Place one flag into each territory. The flag can be mostly hidden, but some part of it must be visible. Once it's placed, the flag can't be moved by its home team. Start all players at a neutral location on the edge of the playing area. When the game begins, players try to cross into opposing teams' territories to grab their flags. Players must stay at least 10 feet away from their own flag unless an opposing team's player is present. When a player is in an opposing team's territory, he can be captured by that team's players. If they tag him, he must perform a task—say, five jumping jacks or three push-ups—before returning to his own territory. Decide beforehand how you'll handle captured players, and make sure everyone knows the plan. Any time players cross back to their own team's territory, they are safe and can't be captured. The game ends when one team has successfully grabbed the flag(s) from the other team or teams and returned to their own territory.

**Space Race:** In the mid 1900s, there was a huge race by many countries to be the first to make it into space and even to the moon. Russia was the first to space but the USA was the first country to land on the moon in 1969. Today, we are going to race to space by designing our very own spacecraft. You will need; Cardboard, Tape, Scissors, Paint or markers, imagination. Your job is to take your supplies and create a rocket ship to go to space in. Your craft should be large enough for an astronaut to fit in. In this case, YOU are the astronaut. Be as creative as you would like. Your rocket ship does not have to look like any other rocket ship you have seen before. Once your rocket ship is done, show us what your rocket launch looks like.

