

# LT Summer Camp





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# CRICKET

## Level 1 – Beginner



Coach Instructions	Activities	Targets
Show students how to hold the bat properly with both hands.	Batting Practice – hit a ball placed on a cone or tee.	Hit the ball from the tee 3 out of 5 attempts.
Demonstrate a simple underarm bowling technique.	Underarm Bowling – bowl slowly toward stumps or cones.	Bowl toward the wicket and hit the target 2 out of 5 attempts.
Explain wickets, boundaries, and the basic game idea.	Walk-through demonstration of the cricket field and wicket area.	Students correctly identify wicket and boundary areas.
Teach students how to catch the ball safely with two hands.	Catch and Throw Game – stand in a circle and gently throw the ball.	Catch 3 easy throws in a row.
Encourage students to watch the ball before hitting or catching.	Soft throw batting drill – the coach tosses the ball gently to hit.	Make contact with the moving ball 2 out of 5 attempts.

## Level 2 – Skill Development

Coach Instructions	Activities	Targets
Encourage students to keep eyes on the ball while batting.	Batting against slow underarm throws.	Hit the moving ball 4 out of 6 attempts.
Teach aiming bowling toward the wicket.	Bowling target drill using cones around wicket.	Bowl inside target zone 3 out of 6 attempts.
Teach proper ground fielding technique.	Ground fielding drill – stop rolling balls and return quickly.	Field ball and return within 5 seconds.
Teach quick running between wickets.	Running between wickets-relay race.	Complete run and return within 6 seconds.

## Level 3 – Game Application

Coach Instructions	Activities	Targets
Explain teamwork and field positions.	Mini team practice with field placement.	Students correctly take assigned field positions.
Encourage correct batting decisions (when to run).	Mini cricket match (short overs).	Score at least 2 runs in match play.
Improve bowling control during play.	Bowling challenge game.	Bowl one over without wides.



# FOOTBALL

## Level 1 – Beginner



Coach Instructions	Activities	Targets
Show students how to control the ball using their feet.	Basic ball control drill.	Control the ball successfully 3 times.
Teach a simple dribbling technique.	Cone dribbling practice.	Dribble through 5 cones without losing control.
Explain basic passing technique.	Partner passing drill.	Pass accurately 4 out of 6 attempts.
Encourage proper shooting stance.	Shooting practice into small goals.	Score 1 goal during practice.

## Level 2 – Skill Development

Coach Instructions	Activities	Targets
Teach controlled passing between teammates.	Passing triangle drill.	Complete 5 successful passes.
Encourage movement while dribbling.	Dribble and shoot activity.	Score 1 goal in practice play.
Teach small team coordination.	3 vs 3 mini football game.	Participate actively in team play.



## Level 3 – Game Application

Coach Instructions	Activities	Targets
Explain field positioning.	5 vs 5 mini match.	Maintain correct position during play.
Encourage teamwork in attack.	Team passing challenge.	Complete 3 successful team passes.
Teach scoring opportunities.	Penalty shootout challenge.	Score at least one penalty goal.



# BADMINTON



## Level 1 – Beginner

Coach Instructions	Activities	Targets
Show correct racket grip.	Racket holding and shuttle tapping.	Tap shuttle 10 consecutive times.
Teach basic forehand hit.	Forehand shuttle hitting practice.	Send shuttle across net 3 times.
Encourage controlled swings.	Short rally with partner.	Maintain rally for 3 hits.



## Level 2 – Skill Development

Coach Instructions	Activities	Targets
Teach basic serving technique.	Serve practice drill.	Serve correctly 3 out of 5 attempts.
Improve rally consistency.	Partner rally practice.	Maintain rally for 6 hits.
Teach court awareness.	Target hitting drill.	Hit target area 2 out of 5 attempts.

## Level 3 – Game Application

Coach Instructions	Activities	Targets
Explain scoring rules.	Singles mini match.	Win 2 points in match.
Encourage rally control.	Longest rally challenge.	Maintain rally for 10 hits.



# TABLE TENNIS

## Level 1 – Beginner



Coach Instructions	Activities	Targets
Demonstrate correct paddle grip.	Ball bouncing on paddle.	Bounce ball 10 times.
Teach basic forehand stroke.	Forehand hit practice.	Send ball across table 3 times.
Encourage controlled ball contact.	Short rally drill.	Maintain rally for 3 hits.



## Level 2 – Skill Development

Coach Instructions	Activities	Targets
Teach serving technique.	Serve practice drill.	Serve correctly 3 out of 5 attempts.
Improve rally control.	Partner rally practice.	Maintain rally for 6 hits.
Teach ball placement.	Target- hitting challenge.	Hit the target 2 out of 5 attempts.

## Level 3 – Game Application

Coach Instructions	Activities	Targets
Explain scoring and match rules.	Singles mini match.	Win 2 points in match play.
Encourage fast reaction during rallies.	Rally challenge game.	Maintain rally for 10 hits.



# CODING LEARNING PLAN (Scratch)

Group B (Age 7–12)

## Level 1 – Beginner

Galvanizer Instruction	Activities	Outcomes
Ask students what apps or games they use and explain that coding creates these digital products.	Discussion about apps and games students use.	Students understand what coding is and where it is used.
Guide students to open Scratch website and explain interface: stage, sprite, blocks area, coding area.	Students open browser type <code>scratch.mit.edu</code> click Create.	Students successfully open Scratch editor.
Demonstrate how to move a sprite using motion blocks.	Students drag 'when green flag clicked' and 'move 10 steps' blocks.	Sprite moves when program runs.
Explain how characters can talk using looks blocks.	Students add 'say Hello for 2 seconds' block.	Character speaks on screen.
Demonstrate changing costumes to create animation.	Students add 'next costume' block repeatedly.	Students create simple animation.
Explain how loops repeat actions automatically.	Students use 'forever' loop with movement or costume change.	Character moves continuously.

## LEVEL 2 – SKILL DEVELOPMENT

Galvanizer Instruction	Activities	Outcomes
Introduce concept of variables and explain how games track score.	Students create variable called 'Score' in Scratch.	Students understand variable concept.
Demonstrate falling object logic using motion blocks.	Students create falling ball using 'change y by -5' block.	Object falls from top of screen.

Galvanizer Instruction	Activities	Outcomes
Explain keyboard controls for game players.	Students add 'if key right arrow pressed then change x by 10'.	Player sprite moves using keyboard.
Demonstrate collision detection.	Students add 'if touching sprite then change score by 1'.	Score increases when object is caught.
Introduce obstacle concept in games.	Students add enemy sprite that causes game over.	Students add challenge to their game.



## LEVEL 3 – PROJECT APPLICATION

Galvanizer Instruction	Activities	Outcomes
Guide students to plan a simple game or story before coding.	Students draw a basic plan of their project.	Students understand project planning.
Demonstrate how to add multiple sprites and backgrounds.	Students add characters, objects, and backgrounds.	Students build project environment.
Teach students to combine movement, sound, and scoring.	Students add sound effects and scoring system.	Project becomes interactive.
Encourage testing and debugging.	Students run their program and fix errors.	Project works smoothly.
Allow students to present their project.	Students demonstrate their Scratch project to class.	Students complete and present final project.



# MUSIC

## KEYBOARD:

### Level 1 – Beginner



Teacher Instructions	Activities	Targets
Show students correct sitting posture and finger numbers (1–5).	Finger number tapping on keys.	Students identify finger numbers correctly.
Demonstrate basic C position on keyboard.	Play notes C–D–E–F–G slowly.	Play notes correctly 3 times.
Teach simple rhythm counting.	Clap and play 1-2-3-4 beat on one key.	Maintain rhythm for 10 beats.
Show simple melody playing.	Play Hot Cross Buns.	Play melody correctly once.
Encourage listening to pitch differences.	High vs low note recognition game.	Identify 3 different note sounds.

### Level 2 – Skill Development

Teacher Instructions	Activities	Targets
Encourage correct finger movement.	5-finger scale practice.	Play scale up and down 3 times.
Teach melody playing with rhythm.	Play Row Row Row Your Boat.	Complete melody correctly once.
Improve hand coordination.	Rhythm tapping and melody practice.	Maintain rhythm for 8 bars.
Teach memory playing.	Play melody without looking at keys.	Complete melody from memory once.

## Level 3 – Musical Application

Teacher Instructions	Activities	Targets
Encourage expressive playing.	Play melody with soft and loud dynamics.	Show 2 dynamics correctly.
Improve listening ability.	Aural melody recognition game.	Identify melody played by teacher.
Teach simple performance confidence.	Mini keyboard performance.	Play one full melody



# DRUM



## Level 1 – Beginner (Getting Comfortable with the Instrument)

Teacher Instructions	Activities	Targets
Show correct drum stick holding.	Stick grip practice.	Hold sticks correctly during activity.
Demonstrate basic beat counting.	Tap 1-2-3-4 beat on drum pad.	Maintain beat for 10 counts.
Teach hand coordination.	Right-Left tapping exercise.	Play 10 taps without stopping.
Encourage rhythm listening.	Clap and repeat rhythm game.	Repeat rhythm correctly twice.

## Level 2 – Skill Development

Teacher Instructions	Activities	Targets
Teach the paradiddle rhythm pattern.	RLRR LLLL practice.	Complete pattern 5 times.
Improve tempo control.	Slow vs fast beat exercise.	Maintain a steady tempo.
Teach simple groove patterns.	Drum groove practice with counting.	Play groove for 20 seconds.
Encourage rhythm memory.	Rhythm copy game	Clap rhythm count

## Level 3 – Musical Application

Teacher Instructions	Activities	Targets
Encourage rhythm creativity.	Simple drum improvisation.	Create a 4-beat rhythm.
Teach coordination with music.	Play beat with backing track.	Maintain rhythm for 30 seconds.
Improve performance confidence.	Mini drum performance.	Play groove smoothly once.



# GUITAR



## Level 1 – Beginner (Getting Comfortable with the Instrument)

Teacher Instructions	Activities	Targets
Show the correct guitar holding position.	Holding and posture practice.	Maintain correct posture.
Teach guitar string names.	Identify E A D G B E strings.	Identify strings correctly.
Demonstrate a simple plucking technique.	Open string plucking practice.	Pluck strings correctly 5 times.
Introducing basic strumming.	Down strumming exercise.	Maintain a steady strum.

## Level 2 – Skill Development

Teacher Instructions	Activities	Targets
Teach a simple chord shape.	Practice C chord.	Play the chord correctly 3 times.
Improve chord transition.	Change C G chord slowly.	Switch chords smoothly.
Teach rhythm strumming pattern.	Down-Up strumming practice.	Maintain pattern for 20 seconds.
Encourage rhythm listening.	Strum along with counting beat.	Stay on beat for 16 counts.

## Level 3 – Musical Application

Teacher Instructions	Activities	Targets
Encourage chord progression playing.	Play C-G-Am progression.	Complete progression once.
Improve musical coordination.	Strum with simple song rhythm.	Maintain rhythm for 30 seconds.
Build confidence through performance.	Mini guitar performance.	Play chord rhythm once smoothly.



# SHOOTING



## Level 1 – Beginner

Coach Instructions	Activities	Targets
Explain basic range safety rules and shooting line discipline.	Safety drill – students stand behind the firing line and follow commands.	Students follow commands and maintain safe range behaviour.
Introduce rifle/pistol, pellets and shooting targets.	Equipment familiarisation – coach explains basic shooting equipment.	Students correctly identify rifle/pistol and shooting target.
Demonstrate correct shooting stance and body balance	Stance practice – students stand in the correct shooting position.	Students maintain stable posture while aiming.
Teach students how to hold a rifle or pistol correctly.	Holding drill – practice grip and equipment positioning.	Students demonstrate correct holding technique.
Encourage focus while aiming at the target.	Guided shooting practice – students fire a few assisted shots.	Students hit the target sheet successfully.

## Level 2 – Skill Development

Coach Instructions	Activities	Targets
Encourage steady posture and focus during aiming.	Stability drill – students aim before taking a shot.	Students maintain steady aim before shooting.
Teach correct sight alignment for accurate shooting.	Sight alignment practice before firing shots.	Students demonstrate correct sight alignment.
Improve smooth trigger control during shooting.	Trigger control drill – students shoot short series.	Three shots land within scoring rings.
Encourage accuracy through a simple aiming challenge.	Target zone game – aim for the marked scoring area.	Students hit marked zone once in five shots.

## Level 3 – Game Application & Mini Competitions

Coach Instructions	Activities	Targets
Explain basic competition rules and range behaviour.	Range simulation – students follow commands while shooting.	Students follow commands correctly during practice.
Encourage a consistent shot routine before firing.	Shot routine drill – aim, breathe and shoot sequence.	Students demonstrate proper shooting routine.
Build confidence through friendly competition.	Mini shooting match between students.	Students complete match while following safety rules.



# DANCE



## Level 1 – Beginner

Teacher Instructions	Activities	Targets
Introduce basic body awareness and encourage students to move freely.	Warm-up game: move different body parts (head, shoulders, hands, feet) to music.	Students identify and move at least 4 body parts to rhythm.
Demonstrate simple freestyle steps using slow music.	Follow-the-leader dance where students copy the teacher's freestyle movements.	Students copy 3–4 simple movements correctly.
Encourage students to explore space while dancing.	Walk, hop, slide and turn around the room with music.	Students move confidently across the space without bumping into others.
Teach basic rhythm recognition.	Clap and step to the beat of music.	Students clap and step correctly to the beat 4 out of 5 times.
Demonstrate arm movements and expressions.	Mirror activity – students copy teacher's arm waves, swings and poses.	Students replicate at least 3 arm movements correctly.
Encourage creativity and self-expression.	Freeze dance game – dance freely and freeze when music stops.	Students react quickly and hold a pose when music stops.
Teach simple step combinations.	Combine 2 steps such as step-touch and turn with music.	Students perform a 2-step combination with rhythm.
Build confidence in dancing in front of peers.	Small group freestyle circle – each student shows a move.	Students perform one freestyle move confidently.

## Level 2

Teacher Instructions	Activities	Targets
Encourage students to control body movements with rhythm.	Warm-up with coordinated arm and leg movements.	Students maintain rhythm for 30 seconds continuously.
Teach step combinations used in freestyle dance.	Practice step-touch, grapevine and simple turns in sequence.	Students perform a 3-step combination correctly.
Introduce levels in dance (high, medium, low).	Dance using jumps, bends and floor-level movements.	Students demonstrate at least two different movement levels.
Improve musical interpretation.	Dance differently to fast and slow sections of music.	Students change movements according to music speed.
Encourage expression and stage presence.	Expression activity – dance showing happy, excited or energetic moods.	Students show clear expressions during movement.
Teach short choreography.	Learn a short freestyle routine (8 counts × 2).	Students perform the routine correctly with timing.



## Level 3

Teacher Instructions	Activities	Targets
Explain formation and group coordination in dance.	Practice dancing in lines, circles and small groups.	Students maintain correct formation while dancing.
Encourage students to create their own freestyle moves.	Group activity – students create 2 freestyle moves together.	Students contribute at least one creative movement.
Improve performance confidence.	Mini freestyle battles or dance showcase.	Students perform confidently in front of peers.
Guide students in applying learned steps into choreography.	Practice full routine combining Level 1 and Level 2 movements.	Students perform the routine with correct sequence.
Prepare students for final performance.	Final rehearsal with music and formations.	Students complete the dance routine smoothly without stopping.



# ART AND CRAFT



## Level 1

Coach Instructions	Activities	Targets
Introduce two to three colours together and demonstrate how colours can be grouped or matched.	Cup Sorting Game: Children drop coloured buttons or pom-poms into matching coloured cups.	Children correctly match colours and sort objects into the correct groups.
Encourage children to identify colours through visual comparison.	DIY Colour Wheel Puzzle: Children match coloured pieces to the correct section of the colour wheel.	Children recognise and match colours accurately.
Guide children to observe colour similarities and differences.	Clothespin Matching: Children attach coloured clips to the matching coloured cards.	Children differentiate between multiple colours correctly.
Introduce colour materials and encourage hands-on exploration.	Use of Colour Tablets for identifying and comparing colours.	Children identify colours and match similar shades successfully.

## Level 2

Coach Instructions	Activities	Targets
Introduce the concept that new colours can be created by mixing colours.	Magic Colour Mixing: Children mix two paints in a ziplock bag to discover a new colour.	Children understand that mixing colours creates new colours.
Encourage creativity through painting with different tools.	Sponge Painting: Children use sponges to stamp and create colourful patterns.	Children explore colour patterns and use colours creatively.
Connect colours with nature and observation.	Nature Colour Collage: Children collect coloured leaves or flowers and create a collage.	Children identify colours in nature and use them in creative artwork.

Coach Instructions	Activities	Targets
Encourage free artistic expression using colours.	Free Hand Painting: Children create their own paintings using different colours.	Children confidently use colours to express ideas in artwork.
Reinforce colour learning through storytelling and music.	Stories and Rhymes based on colours.	Children recognise colours and associate them with objects and concepts.
Introduce the sequence of rainbow colours.	Rainbow Painting Activity using VIBGYOR.	Children recognise and arrange rainbow colours in the correct sequence.

## Level 3

Coach Instructions	Activities	Targets
Introduce pattern creation using different colours.	Paper Napkin Tie-Dye Activity to create colourful patterns and small white handkerchief.	Children apply colours creatively to produce unique patterns.
Encourage children to explore colour combinations in design.	Pattern Art: Children create stripes, dots, or simple coloured patterns.	Children create simple patterns using multiple colours.
Promote independent creative artwork using colours.	Creative Colour Art: Children design their own colourful drawing or painting.	Children independently use colours to complete an artwork.







# LUMINA TERRA

## SCHOOL OF NATIONS

To connect, scan the codes



Next to Omaxe Palace, Opp. Palassio Mall, Lucknow



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[www.luminaterra.org](http://www.luminaterra.org)



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