

**GREAT FUTURES START HERE.**



**BOYS & GIRLS CLUBS**  
OF CARSON

**BGCC VIRTUAL PROGRAM: MIDDLE SCHOOL**

**WEDNESDAY, DECEMBER 23<sup>RD</sup>, 2020**

<b>Welcome!</b>	Introduction	Daily Introduction from BGCC staff
<b>Sports &amp; Recreation</b>	Sports	Balance and stability can be overlooked when it comes to improving as an athlete. Working and improving your balance and stability only helps improve your athleticism. Watch this video that will show you a few drills to work on these core athletic traits. <a href="#">Click Here</a>
<b>Academic Success</b>	How it works!	Today, Ms. Monica teaches us how water with different densities work, by creating a rainbow in a glass. For this experiment you will need sugar and water, 5 cups or glasses, measuring spoons, and food coloring. This is not as easy as it sounds, but don't give up! keep trying until you get it right. <a href="#">Click Here</a>
<b>Health &amp; Motivation</b>	Health & Motivation	One act of kindness Goes a LONG WAY. <a href="#">Click Here</a>