

# UNITED STATES OF AMERICA

## THEMED PROGRAMME



### AIM

America is one of the largest countries in the world. Run a themed programme celebrating some of our favourite things about the USA. Link with American Independence Day (4th July).

### ACTIVITIES

-  Find Me The ...
-  Doughnuts
-  Red, White & Blue Tag
-  Basketball Skills
-  Jesus and the Doughnut
-  4th July Confetti Poppers

# UNITED STATES OF AMERICA

## » INTRODUCTION

The USA is one of the largest and most powerful countries in the world.

American culture is popular around the world such as their films, music, sports and even their fast food restaurants.

Americans celebrate their Independence Day on the 4th July, marking the day they became an independent country from British rule. 4th July is known for its parades, parties and fireworks.

## ? DID YOU KNOW?

- Nearly 330m people live in the USA. That's 5 x more people than live in the UK.
- USA is the 4th largest country in the world with only China, Canada & Russia being larger.
- There are 50 states in America and 50 stars on the American flag. Each star represents a state
- It is estimated that 150 million hot dogs are eaten by Americans on Independence Day



GET LEARNING



15 MINUTES



PREPARATION NEEDED

## GET LEARNING: FIND ME THE ... THEME: ME & MY WORLD

Download and print the **Find Me The ... Activity Sheet**. Cut the pictures into individual squares and hide them under cones on the floor around the room.

- 1 Split the group into small teams of roughly 3 or 4 in a team. Sit them in their teams at one end of the room.
- 2 For each round, teams will need to nominate one child to play. A leader will say 'Find me the ...' followed by one of the 12 pictures. They must run around the room searching under the cones to find the correct picture. A team scores one point for finding the correct picture first.
- 3 Between each round, share some facts from the 'Did You Know' section on the activity sheet.
- 4 After all 12 pictures, the team with the most points is the winner.

To make the game more difficult, mix up the cones between rounds so children can't remember where the pictures are. The 12 images are:

**President of the USA**  
**American Flag**  
**American Football Player**  
**Statue of Liberty**

**White House**  
**Hollywood Sign**  
**Date of Independence Day**  
**Outline of the USA**

**American Space Agency**  
**American Money**  
**Bald Eagle**  
**Baseball Player**



GET CREATIVE



10 MINUTES



PREPARATION NEEDED

## GET CREATIVE: DOUGHNUTS THEME: IN THE KITCHEN

One of America's favourite snacks is a doughnut. In fact, they eat over 10 billion doughnuts a year!

Prepare some bowls with different flavours of icing and various toppings and get the children to decorate their own doughnuts.



### What you'll need :

- Plain Ring Doughnuts
- White and Chocolate Icing
- Red, White & Blue Sweets, Sprinkles
- Spoons



GET ACTIVE



10 MINUTES



PREPARATION NEEDED

## GET ACTIVE: RED, WHITE & BLUE TAG THEME: PLAYING GAMES

Celebrate America's patriotic colours of red, white and blue, with this simple twist on a game of tag.

- 1 Depending on the group size, nominate 2 or 3 children to be 'it'. Secretly give all the other children a red, white or blue token. This could be a counter, deflated balloon, ribbon or piece of paper.
- 2 On **GO** children run around the room, with those who are 'it' trying to tag them.
- 3 Once tagged the child must hand over their coloured token to the person who tagged them and then stand to the side.
- 4 The game continues until one of the taggers has a red, white and blue token. When this happens they must shout '**America**' and the game stops.
- 5 Continue playing the game by nominating new children to be 'it' and start again. Make sure everyone gets the opportunity to be 'it' during the game.

If playing with a smaller group, nominate one child to be 'it' and time them to see how quickly they can get a counter of each colour



GET ACTIVE



15 MINUTES



IN THE CUPBOARD

## GET ACTIVE: BASKETBALL SKILLS THEME: PLAYING SPORTS

Basketball is very popular in the United States and forms a big part of American culture. Learn some basic basketball skills with this activity. For this age group it is suggested that you obtain some smaller basketballs (size 5 is optimum for under 9's), alternatively you could just use a lightweight plastic ball for many of these activities.

**Passing** – Passing is a crucial skill for any basketball player. Start by learning and practising an air pass. This is where the ball is passed to another player without it touching the floor. Then progress to the bounce pass, which is where the ball is thrown to the floor so that it bounces to the intended receiver.

**Intercepting** - Spread the children around the room and nominate 1 or 2 players to be defenders. The rest of the group need to pass the ball between each other using the air and bounce passes. Defenders must try and intercept play by catching the ball between a pass. When a defender intercepts the ball, switch them out for a new defender and continue playing.

**'Shooting Hoops'** – Getting the ball into the hoop is called scoring a basket. Get a leader to hold a hoop against the wall to create a hoop and backboard. One at a time, challenge children to try and score a basket by either hitting the ball against the wall and then through the hoop, or by throwing the ball directly through the hoop. Have a competition to see who can score the most baskets.



15 MINUTES




PREPARATION NEEDED

## GET INTO THE BIBLE: JESUS AND THE DOUGHNUT

THEME: DEVELOPING MY FAITH.

This activity follows on well from the 'Doughnuts' activity. You could combine the two and run this whilst the children are enjoying eating their doughnuts. This activity requires ringed doughnuts.

- 1 Ask the group what they think the best thing is about a doughnut. Some may say the taste, the icing or just the fact it is full of sugar.
  - 2 Now ask the group what the worse thing about a doughnut is. This might be more difficult, as doughnuts are just so tasty! Is it the fact that there is a big hole in the middle? Imagine if a cake came with half of it missing or if a chocolate bar had a chunk missing. An important part of the treat would be missing and you'd probably want to take it back and get a whole one.
  - 3 Life without Jesus is like a doughnut – there would be a big hole in the centre of our hearts and something important would be missing.
  - 4 With Jesus in our life, that hole is filled. We always have someone there to help us with our life, support us when things get hard and guide us when we need it most. Jesus is our number one fan and helps us live our life to the full.
-  **John 10 V 10** *"I have come so they may have life, and have it to the full."*
- 5 Finish in prayer, thanking God for bringing Jesus into our lives and being at the centre of our hearts. You could ask the young people to share things that they are thankful for and include these.



GET CREATIVE



15 MINUTES



PREPARATION NEEDED

## GET CREATIVE: 4<sup>TH</sup> JULY CONFETTI POPPERS

THEME: ARTY & CRAFTY

Celebrate American Independence Day by creating a DIY confetti popper. Unlike a traditional confetti popper, these can be used over and over again.

- 1 Ask a leader to cut a large hole in the bottom of the plastic cup
- 2 Decorate the plastic cup using stickers and marker pens. Use red, white and blue colours to help fit the theme of the USA.
- 3 Tie a knot in a deflated balloon. Using scissors carefully cut off the top end of the balloon. You want to create a coin sized hole in the top.
- 4 Stretch the hole of the balloon over the bottom of the cup. You can use tape to fix the balloon to the cup for added strength if you wish.
- 5 Fill the bottom of the cup with confetti or small pom poms. You can create your own confetti by tearing small squares of red, white and blue paper.
- 6 Whilst holding the bottom of the cup to keep the balloon in place, carefully pull the knotted balloon and then release. This will launch the confetti just like a party popper.

### What you'll need :

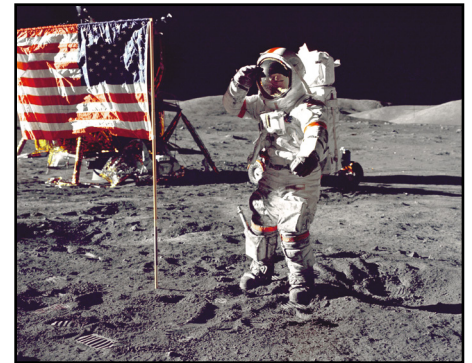
- Clear Plastic Cups
- Balloons
- Scissors
- Stickers to Decorate
- Marker Pens
- Sellotape
- Red, White & Blue Paper or Small Pom Poms





# ANCHORS

GET LEARNING  
FIND ME THE...



# GET LEARNING: FIND ME THE... 'DID YOU KNOW' FACTS FOR LEADERS

## **President of the USA**

Donald Trump is the current President. He is the 45th President, with the first being George Washington in 1789. To be US President, you need to be born in USA and be at least 30 years old.

## **American Flag**

The American flag is known as the 'Stars and Stripes'. It features red and white stripes, with 50 stars. The stars each represent a state in America.

## **American Football Player**

American football is one of America's most popular sports. It is played all across the country and attracts huge TV audiences. The biggest American football game each year is called the 'Super Bowl'.

## **Statue of Liberty**

The Statue of Liberty is located in New York and is well over 130 years old. It was a gift to America from the people of France. Around 4 million people visit the statue every year - you can even climb inside to the top!

## **White House**

The White House is the official home of the American President. There are 132 rooms, 35 bathrooms and 6 floors inside. The White House also has a swimming pool, bowling alley, cinema, jogging track and tennis court for the President to use.

## **Hollywood Sign**

The Hollywood sign is one of the most famous landmarks in America and is linked with the huge amount of popular movies that America make. The sign is 100 years old.

## **Date of Independence Day**

Independence day falls on 4th July and marks the date they became an independent country. The very first independence day was in 1776.

## **Outline of the USA**

USA is the 4th largest country in the world - in fact it's big enough to fit around 40 United Kingdoms inside it!

## **America's Space Agency**

NASA is America's space agency. They were the first people to put a man on the moon and continue to launch rockets and satellites into space to this day.

## **American Money**

Americans use the 'Dollar', which has the symbol of \$. Their coins are called cents. In America the highest value of a note is \$100.

## **Bald Eagle**

This is the USA's national bird. It features on passports, bank notes and even the President's seal. It represents America's freedom and strength.

## **Baseball Player**

Baseball is very popular in the USA and is said to be its national sport. Millions of Americans play and watch baseball each year.