



ENHANCED PE MOVEMENT

SUMMER CAMP

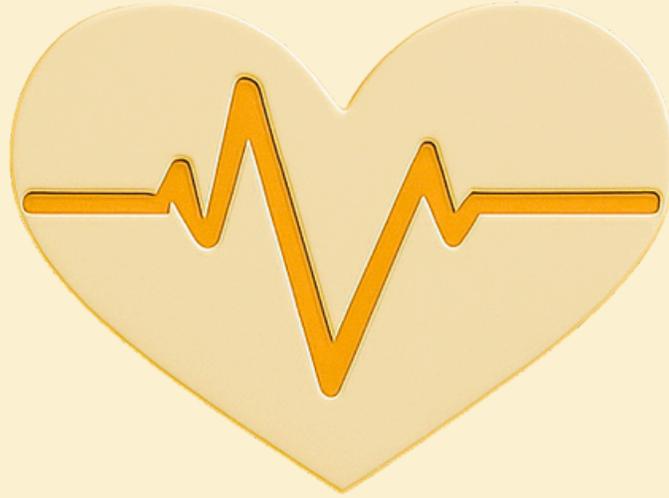
♥ *The Heartbeat of Every School*

Teacher's Guide



Anthony Caputo





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Anthony Caputo
2026



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WELCOME TO SUMMER CAMP!

The Summer of Movement Starts Here.

Welcome to the team! You are about to embark on 7 weeks of high energy fun, connection, and movement. This isn't just about playing tag or kicking a ball, it's about creating an environment where every camper feels safe, seen, and successful.

As a counselor, you are the heartbeat of this camp. Your energy sets the tone. If you are excited, they will be excited. If you are having fun, they will have fun.

OUR MISSION

Enhanced PE Movement is built on a simple promise: "The Heartbeat of Every School." This summer, we are bringing that heartbeat to the blacktop. We believe that movement is the best way to build confidence and friendship. We don't care about who is the fastest or the strongest. We care about who tries their best and supports their team.

YOUR ROLE: THE GAME MASTER

You don't need to be a pro athlete to be a great leader. You just need to be present.

Be Loud: Use your voice to cheer and encourage.

Be Clear: Give simple instructions so the fun starts fast.

Be Kind: High five the kid who missed the shot. Celebrate the effort, not just the win.

THIS BOOK IS YOUR TOOLKIT

We know summer days are long and hot. That's why we built this 7 week planner to do the heavy lifting for you. Inside, you will find everything you need to run a flawless activity in seconds. No guessing, no stress, just grab the gear and go.

Let's make this the best summer ever.

**Sincerely,
Anthony Caputo
Enhanced PE Movement**

About the Author



Anthony Caputo, M.S. Ed.

Founder of Enhanced PE Movement™ “The Heartbeat of Every School”

Anthony Caputo is a passionate educator and leader with a career dedicated to transforming youth programming into a source of connection and growth. With over 10 years of experience as a summer camp program director, Anthony specializes in creating environments that emphasize teamwork and joy.

His extensive background includes serving as a Director of Afterschool Programming and a Before-School Program Coordinator, giving him a unique understanding of how to support children through every energy level and emotion they experience throughout the day. This experience has made him highly attuned to the intersection of movement and emotional literacy, allowing him to meet campers exactly where they are to guide them toward physical and emotional balance.

Through Enhanced PE Movement, Anthony blends social-emotional learning (SEL) and physical activity into a seamless system designed to build character, empathy, and connection. He writes from the perspective of an administrator who understands the necessity for purposeful, inclusive programs, and a leader who knows how to make movement engaging and fun.



HOW TO USE THIS BOOK

Your Field Guide to a Perfect Summer!

Welcome to the team! This book is designed to be your "Cheat Sheet" for running an amazing, high-energy program without the stress. Every page follows the exact same simple formula so you can grab your gear and go.

1. THE DAILY CHEAT SHEET

Every lesson is a one-page "One Stop Shop." Here is how to read it:

- **GEAR:** The quick checklist of what you need to grab before campers arrive.
- **SCAN FOR DEMO:** Confused? Don't guess. Scan the big QR code in the corner to watch a brief diagram video of exactly how to set up the activity.
- **THE HOOK:** This is your script! Refer to the script from the teacher diagram videos to grab campers attention and set the scene instantly.
- **THE RULES:** The "Need to Know" basics. We stripped out the boring stuff. These are the bullet points you need to get the game started fast.
- **THE TWIST:** Is the game getting too easy? Is it boring? Use "The Twist" to add a new rule or challenge that keeps the energy high.



HOW TO USE THIS BOOK

2. START & END STRONG

A great activity isn't just about the game in the middle. It's about how you Open and Close.

- **THE WARM-UP:** Every single day starts with the "Build the Beat" sequence. You don't need to memorize a new warm-up every day. Flip to the Build the Beat Warm-Up Guide to learn the routine once, and use it all summer.
- **THE COOL DOWN:** Bring the energy down before sending them to their next activity. Every session ends with the "Yoga Pose Library." Flip to the Yoga Pose Library Guide to learn and display (if a smart board is available) the routine, and use it all summer.

3. THE GOLDEN RULE OF CAMP

"Connection Over Perfection." If a game isn't working, change it. If the kids are laughing, you are winning. Use this book as a guide, not a law.

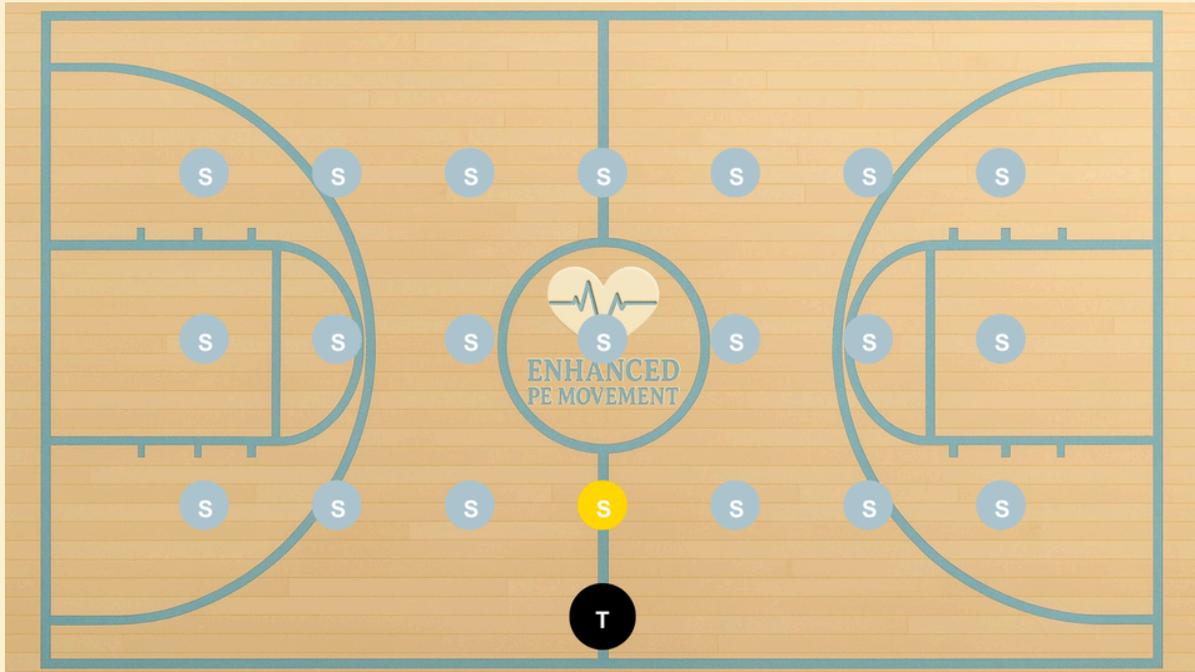
You set the vibe!



ENHANCED PE MOVEMENT

INTEGRATED DIGITAL RESOURCES

To streamline your preparation and enhance instruction, this summer camp guide features digital tools accessible via QR codes found throughout the book. Every lesson includes a Teacher Diagram QR Code. Scanning this provides instant access to a high resolution visual setup of the activity and a step-by-step teaching script, ensuring you can set up your activity and lead every class with confidence.



WEEK 1: CAMP KICKOFF

Day 1: Bumper Cars

GEAR



Pool
Noodles,
Cones,
Music



SCAN FOR DEMO

THE RULES

- **Setup:** Create a large square "Race Track" with cones.
- All students will be holding noodles or hula hoops (car bumper or steering wheel).
- **Play:** When the music starts, Drivers start their engines inside the Race Track. Drivers try to navigate around the race track without bumping into anyone.
- **Freeze:** If you bump into anyone you must sit until help arrives!
- **Rescue:** Students who have not crashed can tap drivers on the shoulder to repair their cars.

THE TWIST

- **Rescue:** Students who have not crashed can tap drivers on the shoulder to repair their cars.



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