



CAMPS ON TRACKS

ESTD 2011

Teaching TRACKS - Musical Instrument Cheer

A creative idea when teaching TRACKS, is to turn it into a cheer to make it fun and motivating.

Complete the following steps:

- Make a poster for each of the letters in the TRACKS mnemonic.
- Have 6 campers stand at the front of the room, holding the posters, with the letters hidden.
- Provide the rest of the campers with different musical instruments (i.e., noise makers, horns, tambourines, shakers)
- Ask the camper holding the 'T' to flip over the letter. Tell the group what 'T' stands for, and provide an example.
- Then ask the group to yell out what 'T' stands for and they can shake their noise makers. Ask them again, with more enthusiasm.
- Repeat this routine for each of the letters in TRACKS.
- At the end, get different campers to hold up their letters and check the group's memory of what they stand for. Have them make noise for each TRACKS term they yell out.

Check out the following repeat-after-me song composed by staff at the City of London summer camps.

T.R.A.C.K.S Repeat after Me Song

T is the first letter
To becoming a good friend
If you ask someone to play
And they say no you Try Again.

R comes after
And friendship it will bring
A friend is doing something wrong
Please show them the right thing

A friend is having trouble
Tying up their shoe
Well if you follow A
Assisting is what you'll do

You friend does something awesome
And you say, "That was great"
Well you just followed C
That's how we congratulate

K will sound familiar
But it's a real important thing
We're never gonna give up
We're gonna Keep Trying



A friend's doing up their backpack
But they really don't know how
Just use S and show them
We have all the letters now

Now that we have all the tools
To have each other's backs
We'll all be the best of friends
If we follow T.R.A.C.K.S!

