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EDUCATION



Summer campers at Peninsula Heritage School celebrate the completion of their challenge in the popular "Survivor" camp. Aug. 2 is the start of a new week of "Amazing Race" camp. The cost of the camp is \$100 for the week.

The "Amazing Race" camp at Peninsula Heritage School will offer children ages 7 to 12 the opportunity to visit a different country each day, sample its food, visit landmarks and learn the cultures of other people — all on the school's campus, located at 26944 Rolling Hills Road in Rolling Hill Estates. Kim Nygaard, the school's physical education instructor,

has finalized plans for the "Amazing Race" camp, held Aug. 2 through 6, with fees that are a summer value.

Team members will race to the finish line while searching for a suspect of a stolen item through clues — Who did it? What was taken? And where was it hidden?

Children engage in outside games each

day, enjoy an awards party on Friday, Aug. 6, and receive a DVD of their "Amazing Race" adventure.

"Children love to be part of these age-appropriate versions of TV series. They

In addition to the vigorous physical exercise children experience at the camps, Nygaard also stresses problem-solving skills and the school's award-winning Character Qualities.

TV-themed camps keep kids entertained through summer

relish the physical challenges and the problem-solving skills required to successfully compete," Nygaard says.

Just completed was a week of the school's popular "Survivor" camp, where children were grouped into tribes that work cooperatively to complete each age-level challenge — compass and map reading, shelter setup, shark island, connection relays and many more.

"We also do 'Survivor' as a physical education unit during the regular school year for our fourth- and fifth-graders. It's a real highlight for them; they frequently ask during the school year, 'When is "Survivor" going to start?'"

Nygaard also shared her experience with other PE instructors through her book, "Survivor ... PE Style," and has presented her "Survivor" curriculum at state and regional conferences, and often contributes articles to www.pelinks4u.org.

"Our Character Qualities are part of whom we are here at PHS — we include and model the qualities of caring, perseverance, self-control and respect," she says. "Children learn that a can-do attitude and expressions of gratitude are vital in working together as a team."

Peninsula Heritage's other summer programs include soccer, Handwriting without Tears and Leaps, an academic review and readiness course given in late August.

To enroll for "Amazing Race" or other summer programs, call the school at (310) 541-4795. "Amazing Race" camp will be held between 10 a.m. to noon from Aug. 2 to 6. The fee is \$100 for the week. PHS is located on Rolling Hills Road at Palos Verdes Drive North, with the entrance at Rolling Hills Road, in RHE.