

May 14, 2010

Volunteer Field Day Information

Session 2

10:40 – 12:19

Grades: K - 1

Due to the increased number of elementary classes this year Field Day will again incorporate two separate sessions. The first session (grades 2-5) will run from 8:30 – 10:18 and the **second session (grades K-1) will go from 10:40-12:19**. Students have **9** minutes at each station and need to rotate to the next station on the signal (air horn)... even if the group is not finished! The students understand that there is a time limit. Please be at your station and ready 5- 10 minutes before the session starts. There will be breakfast items and juice in the office conference room for you. Please help yourself.

Field Day is an exhilarating, exhausting, and enjoyable day for students, staff, and parents. The philosophy of field day is to have fun. The students have learned and demonstrated this in their physical education classes. It is also a day to celebrate and reward those positive behaviors of sportsmanship, cooperation, and teamwork. Those necessary attributes are celebrated through this special day.

Students can be removed and not allowed to participate in the events if they show poor sportsmanship or unacceptable behavior.

The following schedule is where your group will start and then follow the stations in numerical order. Station 11 will rotate to station 1.

Break station # 6 allows the students to rest, get and a popsicle (courtesy of the PTA). Break station # 3 allows the students to use the restroom, get a drink, and guess the candy in the jar for \$1.00 per guess. The face painting is free (courtesy of Ms Marsh).

Starting Station Rotation at 10:40- *This is where you start then rotate to the next station on the air horn*

Station 1 – Estrada (1)

Station 7 – Forrest (K)

Station 2 – Huggard (1)

Station 8 – Hovey (K)

Station 3 – Mahlke (1)

Station 9 – Piazza (K)

Station 4 – Smith (1)

Station 10 – Stuhr (K)

Station 5 – Bateman (K)

Station 11 – Torres (K)

Station 6 – Baumann/Thomas (K)

Approximate times for each rotation: 12 rotations (classes will rotate at the sound of the horn)

10:40 – 10:49 10:49 – 10:58 10:58 – 11:07 11:07 – 11:16 11:16 – 11:25

11:25 – 11:34 11:34 – 11:43 11:43 – 11:52 11:52 – 12:01 12:01 – 12:10

12:10 – 12:19 12:19 - ? Picnic Lunch

Station 1: Face Painting:

- Ms Marsh and some of our artistic parents will paint the student's faces.
- Stamped Bobcat paw prints will also be applied to student's faces if desired.

Station 2: (gym) Jump Rope Endurance Contest(prize event) (last person in the contest gets to choose a prize)

- Students stand on the blue tape and must jump with both feet at the same time (basic jump) for as long as possible without stopping.
- This is a timed endurance event...
- All jumpers are ready when the rope is behind them and you signal for them to start jumping on "go" or "start"
- If a student misses or stops, they must sit down until the contest is over.
- The contest is over after the last person, in contention, stops or it is time to rotate to the next station.
- Only the last student jumping chooses a prize.

Hula Hoop Contest...if time permits (not a prize event)

- The hoop contest involves the student keeping the hoop going around the neck, waist, or knees as long as possible until either the hoop touches the ground or the student stops the hoop with their hand.
- The contest is over after the last person(s) in contention stops or it is time to rotate.
- This is NOT a prize event!
- Only do this if there is time before kids need to rotate.

Station 3: Break Station / Candy Jar Guess (\$1.00 per guess)

- For **\$1** (each guess), students try to figure out how much candy is in the jar. The closest guess (at the end of field day) gets all the candy in the jar.
- Remember... we only have 10 minutes before going to the next station!
- Students may use the restroom, get a drink, or relax.

Station 4: Frisbee Bulls-eye (prize event) (every student gets a prize)

- Each student gets 2 tosses (**behind** their respective line) attempting to get the frisbee in the bulls-eye...or as close as possible.
- There are NO PRACTICE throws at the bulls-eye.
- Each ring of the target will have a prize in it.
- Each student gets only **one** prize...take their best one.
- Once the students get their prize...replenish that ring.
- There are two targets, allowing two students to toss at the same time.

Station 5: Soccer Goal Shooting:

- The class is divided into 2 groups (similar to a relay)
- Each person gets one shot then becomes a retriever (NOT a goalie) for the next kicker.
- After retrieving the ball for the next kicker, the retriever goes to then end of the line and waits until it is their turn to shoot again.
- Both groups are trying to score a goal to get as many points as possible for their class.
- Write the total goals scored on the white board for each class.

Station 6: Popsicles/Break

- Students may relax and devour a popsicle here.

Station 7: Hop Sack Race (make sure students do not have popsicle sticks in their mouths)

- 4 cones will be provided for the start and finish (a start and finish line will be marked)
- Groups of 3 or 4 students will hop at a time (make sure they are spread out)
- The finish line may be moved up closer to the start for younger students
- Parents and teachers are encouraged to join these races as well.
- You may also do a relay (4 – 6 teams) and have them go one at a time around a cone and back.

Station 8: Running /Hurdle Races

Sprint (Running Race)

- Students will run in color assigned groups (you will receive a list of the students and their groups).

Hurdles

- Students get in their color assigned groups for hurdles.
- Students must go under the hurdles.

Relay (if time permits)

- Divide the class into 4 or 5 relay teams (boy, girl works well).
- The teams go around a cone and back, handing the baton to the next runner.

Station 9: 3-Legged Race

- Students will work with a partner.
- Each race should have about 3 or 4 groups.
- Each group needs to work together to finish.
- Older students may go down and back to finish.
- You may do a “spoon and marble relay” if time permits.

Station 10: Tug-o-War

- Cut the group in half as fairly as possible, or count off by “fours”.
- Play as many as you can...SAFELY use your imagination.
- The object is to pull the flag past the cone.
- Use different formats, boys vs. girls, students vs. adults, etc. Keep them as fair as possible.
- This is another activity to encourage parents, teachers, and siblings to join in as well.
- Emphasize the participants to stay on their feet and stop pulling (don't let go of the rope) when the whistle blows, or when you signal to stop.

Station 11: Water Balloon Toss & Water Relay

Water Balloon Toss

- Students will work with partners.
- Each pair will get a balloon and start a few feet apart from each other; with each successful catch, they take a step back.
- Only one balloon per partners.
- Encourage parents and teachers to play.

Water Relay

- Get the students in relay formation (lines of 3 – 4).
- The object is to fill the cup one sponge full at a time. This is another fun way to see which group devises a plan of cooperation that will make them successful.

The second Field Day session should finish at 12:19. Students and teachers will have a picnic lunch at that time. It would really help me out if you would please return ALL the equipment and extra prizes to the gym after field day.

THANKS SO MUCH FOR YOUR FANTASTIC HELP!

FIELD DAY EXISTS BECAUSE OF YOU!

HOPE YOU HAD A GREAT TIME!