

May 14, 2010

**Volunteer Field Day Information**

**Session 1**

**8:30 – 10:18**

**Grades: 2 - 5**

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 10 minutes before the session starts. There will be breakfast items and juice in the office conference room for you at 7:00. 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 12 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 8:30** - *This is where you start then rotate to the next station on the air horn*

**Station 1 – Graziano (5)**

**Station 2 – Johnson (5)**

**Station 3 – Schoneman (5)**

**Station 4 – Beckwith (4)**

**Station 5 – Lewis (4)**

**Station 6 – Markson(4)**

**Station 7 –Gasamis (3)**

**Station 8 – Schonemaker (3)**

**Station 9 –Trumbull (3)**

**Station 10 – Diller (2)**

**Station 11 – Umberger/Moore (2)**

**Station 12 – Willett (2)**

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

**8:30 - 8:39**

**8:39 - 8:48**

**8:48 - 8:57**

**8:57 - 9:06**

**9:06 - 9:15**

**9:15 - 9:24**

**9:24 - 9:33**

**9:33 - 9:42**

**9:42 - 9:51**

**9:51- 10:00**

**10:00- 10:09**

**10:09- 10:18**

**10:18-? 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 to the next station.

### **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 the candy jar.
- Remember... we only have **9** 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: Sling Shot Class Challenge**

**I need STRICT supervision for this event as this can be very dangerous if the rules are not enforced! The sling shots must remain behind the marked line when loading and releasing. No one is to be in front of the firing line except for the station operators. Absolutely NO STUDENTS are to be in front of the sling shots when releasing. This is the first time we have attempted this type of activity but I need all the adults to be diligent in adhering to the strict guidelines in order for everyone to be safe and successful. I need one volunteer at each sling shot to insure safety. The**

**students will load the sling shots on your command. If ANY student is not following directions...do not hesitate to have them sit out.**

- Every class will be divided into 3 relay type teams (one team per sling shot)
- 3 students are needed for each sling shot (the other students must sit **behind the safety line** until EVERYONE in the class is finished releasing the tennis balls).
- 2 students are the “anchors” and hold the ends with BOTH hands (make sure they hold on tightly and never let go until after the ball is released)
- 1 student will “load” (make sure this occurs behind the sling shot) and release the tennis ball.
- After the ball is released, rotate students so each one gets to anchor (on each side) and fire the tennis ball.
- After the 3 students are finished, they sit and wait until the other groups finish.
- After all three groups have finished firing three tennis balls, then have them all switch behind the safety line and the next group of three comes to the sling shot.

After all the tennis balls have been released (or the air horn blows... whichever comes first), the adult volunteers will add up the total class points (in the target only) and write it on the white board.

### **Station 6: Soccer Goal Shooting:**

- The class is divided into 2 groups (similar to a relay).
- Each person gets one shot then becomes a retriever for the next shooter (NOT a goalie).
- After retrieving the ball for the next person, the student goes to the end of their 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 on the white board for each class.

### **Station 7: Popsicles/Break**

- Students may relax and devour a popsicle here.

### **Station 8: 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 9: Running /Hurdle Races**

#### **Sprint**

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

#### **Hurdles**

- Grades 3,4,5 will go over the hurdles
- 2<sup>nd</sup> graders may choose to go under or over 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 10: 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 11: 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 12: 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 first Field Day session should finish at 10:18. Students and teachers will have a picnic lunch. Volunteers signed up for both sessions get a 20 minute break before the next session starts at 10:40. Since we are in a “time crunch” with the large number of classes...Please make sure you are at your station before 10:40 in order for the kids to not miss any of their events with the 9 minute limit.*

**THANKS SO MUCH FOR YOUR FANTASTIC HELP!**

**FIELD DAY EXISTS BECAUSE OF**

**HOPE YOU HAD A GREAT TIME!**

