

## Wildwood Lower Elementary Field Day

### Purpose:

The annual field day serves to bring the Wildwood community together in celebration of the 2016-2017 school year. This event will allow students to engage in various activities with their peers and have fun. Field Day also provides an opportunity to involve the general Wildwood community – staff and parents – in ensuring the success of the event’s functioning.

### Games:

Location	Activity
Front Basketball Court	Jump Rope and Games
Middle Concrete Area 1	Sidewalk Chalk
Back Basketball Court	Bubbles/Limbo
Back Hill	Potato Sack Relay
Left Field Area 1	Partner Spoon and Egg Relay
Left Field Area 2	Parachute Games
Middle Field Area 1	Sponge Relay
Middle Field Area 2	Water Balloon Toss
Right Field Area	Pool Fishing

Time	Agenda
1:00 pm-1:15 pm	Volunteers arrive in gymnasium; set up activity areas
1:15 pm-1:20 pm	Designate roles; explanation of activities and responsibilities
1:20 pm -1:25 pm	Arrival of students
1:25 pm -1:30 pm	Explanation of purpose, activities, and expectations
<b>1:30 pm -1:50 pm</b>	First activity areas
<b>1:50 pm -2:10 pm</b>	Transition  second activity areas
<b>2:10 pm -2:30 pm</b>	Transition  third activity areas
<b>2:30 pm -2:45 pm</b>	Snack; transition back into school
2:45 pm -3:00 pm	Clean up activity areas

### Goal:

The goals of this year’s event are to promote community and good health through physical activity. Ways to accomplish this goal include:

- promoting a safe and fun environment.
- encouraging interactions among peers.
- engaging the students in physical activity through alternative games.
- providing various options for students.
- encouraging students to be active
- coming together as an entire community to ensure a successful event.

## Logistics:

- The field day event is scheduled to begin tentatively at 1:20 pm in the gymnasium with an introduction of the event as a whole.
- Classroom teachers are expected to be with their students during the field day timeframe from 1:20 pm until the students return to their classrooms by 2:45 pm.
  - **Note: Arts team will cover designated classes during specials times**
- The lower elementary field day event will have three activity stations. Each grade level will have a 20-minute timeframe at each station.
- Parent and/or student volunteers will be explaining all of the games to the students at each station before students begin playing.
- All present *leaders* (teachers, support staff, parents, etc.) will have the responsibility of monitoring the students during the field day event. This includes, but is not limited to, the following:
  - Encouraging students to participate
  - Monitoring behaviors and promoting expectations
  - Assisting with all activities
  - Helping the students transition to each station and back to classrooms
- Students will be able to choose what activities they want to participate in at each stations. They are allowed to choose a new one at any time but may not disrupt an activity in progress.
- Students are scheduled to receive frozen treats at the conclusion of the field day's activity period. This time is also designated for students to begin returning to class with their teachers.

## Rules and expectations:

- Students are expected to uphold the Wildwood Elementary STAR standards throughout the entire field day event
  - **S: Students must be safe at all times during this event.** With the high volume of events occurring and number of moving students, students must display the ability to participate while controlling their bodies and actions. Students must also display safe actions, such as keeping their hands to themselves and being gentle with each other and equipment.  
Another important safety rule is making sure the students stay in with the group in the designated sections at all times. This ensures that all students are accounted for and are not straying away from the group intentionally.
  - **T:** The event is geared towards trying novel games, and the nature of some activities may be frustrating to students. **All students will be highly encouraged to try their best in all of the activities.** It is also important for the students to give their best efforts while participating because it makes the experience more enjoyable for others.
  - **A: Students must act responsibly during field day to help ensure safety and fairness to others.** This means sharing equipment with others and trying different

activities so that every gets a turn. This also means staying with their groups at all times and reporting to an adult when something unsafe occurs.

- **R: Students must be respectful to everyone at all times.** This includes being respectful of individual differences while playing different activities. This helps to create a safe space for students to try something new without feeling judged for failing. Students are also expected to listen to directions they are given in order to be safe while playing the games.

## Lower Elementary Field Day Game Descriptions

Below are the details for each game and activity that will take place at each Field Day station for upper elementary. The games are grouped into three stations in order to promote active participation and prevent redundancy of games over a period of time. Instead of rotating through each game, students will have twenty minutes to participate in any game at the designated station. Once the twenty minutes expire, each group will rotate to another station and participate in those games and activities.

### *Station One Games*

- Jump Rope and Games
  - There will also be a variety of jumping activities, such as jump roping and jumping sticks. Students will also participate in hopscotch, Sticky Ball, and bean bag toss to name a few alternatives.
- Sidewalk Chalk
  - The sidewalk chalk area gives students the opportunity to be artistic on a large canvas! Students will have the opportunity to collaborate with each other and be creative.
- Bubbles/Limbo
  - Students at this station will take turns making and popping bubbles with wands that come in different shapes and sizes. Students will also get to see how low they can go by participating in limbo

### *Station Two*

- Uphill Potato Sack Relay
  - Students will receive a potato sack and hop up the hill to the finish line. Then, they will walk their potato sacks down to the next person and repeat the relay.
- Partner Spoon and Egg Relay
  - Students will be bound with a friend using a partner ankle strap and given a wooden spoon and egg set. When instructed to start, partner groups will walk together at a comfortable pace to balance the egg. If the egg falls off, a student can just pick it up and continue going.
- Parachute Games
  - This activity will allow the students to practice teamwork and cooperation while playing some of their favorite games, such as Cat and Mouse, Traffic Light, and Color Run.

### *Section Three Games (water games)*

- Water Balloon Toss
  - Partners start close with a water balloon and begin tossing to each other. As they successfully catch it, they further the distance between themselves and continue to toss to each other. Partners continue to separate until the water balloon pops.
- Sponge Relay
  - This is a race to see which group can fill their bucket the fastest! Students will race to a small pool of water and soak up a sponge. Next, students will race back

to their bucket and squeeze all of the water out. The sponge is then passed to the person, and the activity continues until the pool is empty or the bucket is full.

- **Pool Fishing**
  - Students who prefer a slower pace activity will have the opportunity to do some fishing! Students will use a magnetic rod to catch plastic fish that will be floating around a pool.

***Gymnasium***

- Any student that is needs a break from the activities will be able to utilize the gymnasium during Field Day. There will always be someone supervising the space to ensure students are accounted for when they are away from their groups. There will be music playing from students who want to take a dance break, and the water fountains and bathrooms will be available for use.

<b>Activity</b>	<b>Equipment</b>
Jump Rope and Games	Hula hoops, single jump ropes, long jump ropes, bean bags, skip-it's, jumping bands
Sidewalk Chalk	Sidewalk chalk, mandala stencils
Bubbles/Limbo	Bubble solution, buckets, wands, inflatable limbo set
Uphill Potato Sack Race	Cones, potato sacks
Partner Spoon and Egg Relay	Wooden spoon and egg sets, cones, partner straps
Parachute Games	Parachute, foam balls
Water Balloon Toss	Water balloons, balloon hoses, water hose, cones
Sponge Relay	Buckets, water, sponges, inflatable pool
Pool Fishing	Fishing rods, plastic fish, water, plastic balls
Gymnasium	Music player, music



Potato Sack  
Relay

Partner Spoon  
and Egg Relay

Parachute  
Games



Sidewalk Chalk

Bubbles/Limbo

Jump Rope

and Games



Sponge  
Relay



Water Balloon  
Toss



Pool  
Fish