

Wildwood Upper 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
Gymnasium	FIT Stations
Front Basketball Court	Jump Rope Games and Chalk
Middle Concrete Area	Bubbles /Cup Stacking
Back Basketball Court	Blindfold Free Throw/P-I-G
Back Hill	Three-Legged/Potato Sack Relays
Left Field Area 2	Flag Tag
Left Field Area 3	Javelin Throwing
Middle Field Area 1	Water Balloon Toss
Middle Field Area 2	Splash Tag
Right Field Area	Slingshot

Time	Agenda
9:00 am	Volunteers arrive in gymnasium; set up activity areas
9:30 am	Designate roles; explanation of activities and responsibilities
9:50 am	Arrival of students
9:55 am	Explanation of purpose, activities, and expectations
10:00 am-10:20 am	First activity areas
10:22 am-10:42 am	Transition second activity areas
10:44 am-11:04 am	Transition third activity areas
11:05 am-11:20 am	Snack; transition back into school
11:25 am	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 9:50 am 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 9:50 am until the students return to their classrooms by 11:20 am.
 - **Note: Arts team will cover designated classes during specials times**
- The upper elementary field day event will have three activity stations. Each grade level will have a 20-minute timeframe at each station.
- Adult 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.

Upper 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 the 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

- FIT Stations
 - Students will have the opportunity to try out third and fourth grades' FIT intervention stations. There will be a series of workouts using fitness equipment, such as battle ropes and medicine balls, to test muscular strength and endurance.
- Jump Rope Games and Chalk
 - Students will participate in activities, such as jump roping, skip-it's, and hopscotch. They will also have a chance to win prizes for answering heart trivia questions, courtesy of the American Heart Association's Jump Rope for Heart.
- Bubbles /Cup Stacking
 - Students at this station will take turns making and popping bubbles with wands that come in different shapes and sizes. They will also try their hand at competitive cup stacking. Using hand-eye coordination, students will try to complete a series of pyramids using twelve plastic cups as quickly as possible.
- Blindfold Free Throw/P-I-G
 - Students will have the opportunity to test their basketball shooting skills while eliminating a key sense. They will be blindfolded and handed a basketball to try to make free throws. Others will assist by telling that student where to aim his or her shot. Students can also challenge others to a game of P-I-G, where one person tries to make a shot from anywhere on the court. Each time a student misses after another's make, he or she gets a letter until P-I-G is spelled out. The game ends once there's only one player remaining.

Station Two

- Three-Legged/Potato Sack Relays
 - 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. Students will also have the option to use the partner straps with one other person and do a three-legged relay instead.
- Flag Tag
 - Students have to use their quick moves and awareness in this game. Each person will receive a belt with two flags on it and spread out in space. Once the game begins, all students must protect their own flags while trying to pull off other people's flags. Students are still able to play if they lose one flag, but students must take a seat if they lose both. Once they are sitting, they can continue reaching for other students' flags if a student comes near them. The game continues until there is a restart or until one student remains.

- Javelin Throwing
 - Students will have an area to review javelin throwing from the track and field unit. Up to five students will receive a plastic track missile to throw. Once every student has completed his or her turn, they will collectively retrieve their track missiles for the next group of throwers and stand clear to avoid being hit.

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.
- Splash Tag
 - Students will try not to get splashed in this tag game with a twists. Students will try to not to get soaked by a tagger, who will have an aqua blaster. If a student gets splashed by the tagger, he or she will be the new tagger.
- Slingshot
 - Students will attempt to hit target by using a water balloon slingshot. They will have to determine how much force to use in order to reach the different targets.

Activity	Equipment
FIT Stations	Battle ropes, bosu balls, spooner boards, slam balls, medicine balls
Jump Rope Games and Chalk	Sidewalk chalk, mandala stencils, skip-it's, single jumps ropes, long jump ropes, jumping bands, hula hoops, bean bags
Bubbles /Cup Stacking	Bubble solution, buckets, wands
Blindfold Free Throw/P-I-G	Basketballs, blindfolds
Three-Legged/Potato Sack Relays	Cones, potato sacks, partner straps
Flag Tag	Complete flag belts, cones
Javelin Throwing	Track missiles
Water Balloon Toss	Water balloons, balloon hoses, water hose
Splash Tag	Aqua Zooka, water
Slingshot	Water balloons, slingshot, targets



Three-Legged/
Potato Sack
Relay

Flag Tag

Javelin
Throwing

Bubbles
Cup Stacking

Jump Rope Games
and Chalk

Blindfolded Free Throw

P-I-G

Water Balloon
Toss

Splash Tag

FIT Stations

Slingshot