



2014

"Fall
Fun Day"
Field Day

> Information Packet <

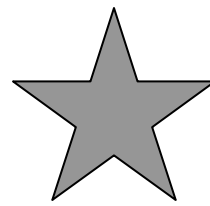
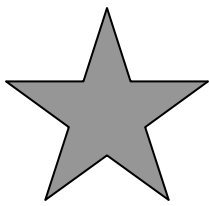
4th Grade
5th Grade



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Field Day Information
4th & 5th Grades
Thursday, October 23, 2014

***** Report to the Gym by 12:50pm on Thursday afternoon.**

Pre-Field Day

- ➔ Invite Parents
- ➔ Wear Annandale Terrace T-shirt or blue and white
- ➔ Stress proper attire
 - Rubber-soled athletic shoes
 - No boots, cleats, sandals, flip-flops, clogs, wedge heels, or bare feet.

Participation

- ➔ Stress good sportsmanship.
- ➔ Stress behaving appropriately.
 - If a student is disruptive in any manner, please send them with 2 other students to the time-out area.
- ➔ Please emphasize doing their best and having fun rather than just competition.
- ➔ Participation will be by class.
- ➔ Have students stay active and remain in the area for their station until rotation.

Special NOTES:

- ➔ Please go or send 2 students to the main table, if you encounter a problem.

Rotation at Stations

- ➔ Rotations will be approximately 8 minutes + 1 minute for rotations.
- ➔ The 1st rotation will be 10 minutes to give everyone a chance to get the flow going.

Main Table

The following may be found at the main table.

1. Restroom passes
 2. Water
 3. First Aid
 4. Time-out
- ➔ Students may get water from the main table or the table located in the middle of the field (dependent on availability of help)
 - ➔ Students must come with a partner.

Scorecards & Certificates

- ➔ Student scorecards, pins & certificates will be placed in teachers' boxes by **Wednesday, October 22nd – PM.**
- ➔ Please pin or have the students pin their scorecard on before coming to gym.
- ➔ On the scorecards, there will be the following punches:
 - 2 water
 - Time-outs (10min./AM)
- ➔ Since our theme is cooperation, we will have two choices: frown or smiley face. **If they earn the smiley face, punch out the frown, so that the smiley face remains and vice versa.**
- ➔ Or you can use a marker to draw a circle around the smiley face or frown.
- ➔ **If you don't have a hole punch, we have a few extras.**

STATIONS

- ➔ Students are assigned to stations by classes.
- ➔ Please look at the schedule and have your class report to that station name located on the playground or in the gym. The students 1st station will be circled on their scorecard (time-permitting).
- ➔ Station signs are at each station to explain the activity.
- ➔ Most stations are group activities and don't require a start or finish line. When needed, we will put them out.
- ➔ **Students will be rotating on their own. Please stress walking from one station to another.**
- ➔ **Keep students at the stations until the siren sounds.**

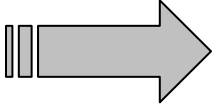
WATER BOTTLES, etc.

- ➔ Students are allowed to bring water bottles, fruit juices, or sports drinks.
- ➔ **NO sodas.**
- ➔ **NO glass containers.**
- ➔ **NO squirting or pouring water on heads or body.**
- ➔ **Must be filled before field day.**

AWARDS

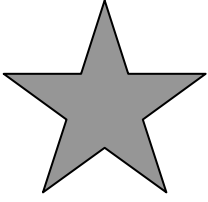
**Please hand out
 'Participation' certificates
 and ribbons
 at the end of the day.
 If you're missing certificates, let us know.**

*** Please let us know, if you have any questions or concerns. Thank you for your support. ***

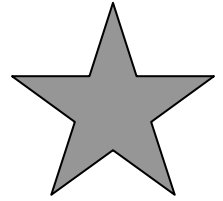


FIELD DAY REMINDERS

- ❖ Please **READ** over **INFORMATION** packet, especially the times and your station assignment.
- ❖ Students who do not have PE shoes or clothing (appropriate shoes and clothing), please send them to the main table.
- ❖ Make sure each student has a **tag**.
- ❖ **Awards** are for participation, fair play and good sportsmanship. Circle the smiley face or frown on scorecard.
- ❖ For team games divide your groups into 2 - 4 groups, depending on the activity.
- ❖ Students need to remain at stations until instructed to move on.
- ❖ Have each group reset the stations for the next group.
- ❖ Have a few students from your **last group** bring the equipment to the gym. [At the end of the morning.]
- ❖ When sending students to the main table, please make sure they come with a **partner**.
- ❖ Students, when coming into the gym for inside stations, take a few seconds to stop at the main table for water, if needed.
 - It should be fairly cool, so we probably won't need a lot of water.
- ❖ After the last station, students **line up** on the playground for the dance party. Students will need to find their teacher's name.
- ❖ **Normal lunch for 4th & 5th grades.**
- ❖ **Recess (on Playground Equipment ONLY).**
- ❖ **NO specials** on field day (for anyone).
 - [includes: PE, Music, and Art]
 - Library only in the AM (if a part of regular schedule)



***** FALL FIELD DAY - TIME SCHEDULE *****
4th & 5th GRADE



→ Please report promptly to the gym in the PM at 12:50pm (weather-permitting).

→ AM(10 Stations) - 9 minutes + 1-minute for transition. [Times are estimates.]

◆ If we don't get started on time, students will miss one or more of their stations or activities.

◆ Stress walking from one station to the next.

◆ *If you have extra time, let the students go through activity again.*

12:45pm: Be in the GYM.

1:00pm - Report to first station. - #1

1:10 - #2

1:20 - #3

1:30 - #4

1:40 - #5

1:50 - #6

2:00 - #7

2:10 - #8

2:20 - #9

2:30 - #10

2:40 – Go to **Blacktop** area. Students look for their teacher's name.

➤ 2:45pm - Return to classrooms

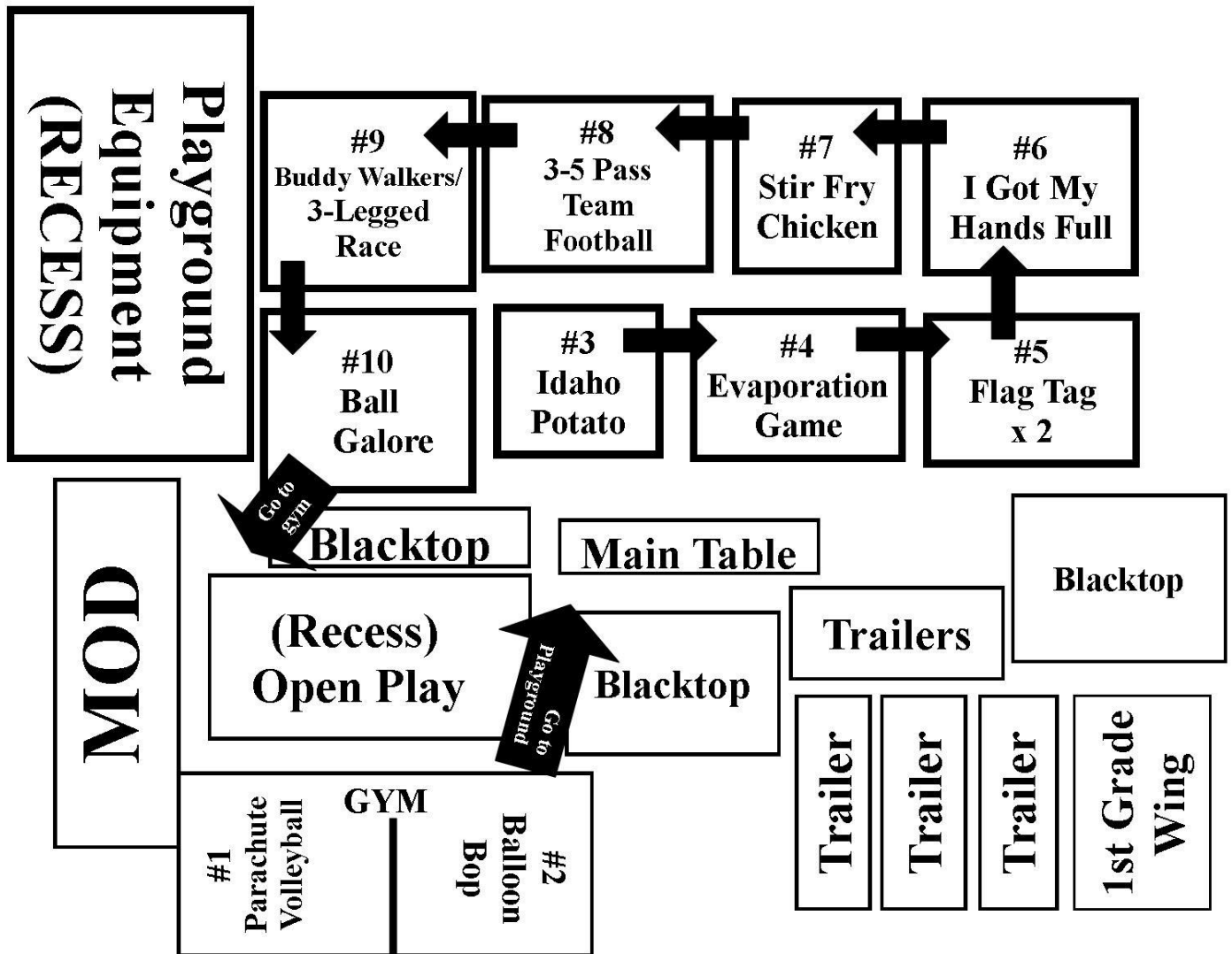
PE Staff and Volunteers > CLEAN UP from Upper Field Day: 2:45-3:10pm

*****THERE WILL ONLY BE RECESS
 ON THE PLAYGROUND EQUIPMENT
 ON FIELD DAY
 FOR EVERYONE. *****

Fall Field Day Station Assignments - 2014

<u>#</u>	<u>STATION</u>	<u>Station Leader - 1</u>	<u>Station Leader - 2</u>	<u>Parent Volunteer/Teacher</u>
1	Parachute Volleyball (gym)	Dillon	E. Linton	
2	Balloon Bop (gym)	Jenkins	Miller	
3	Idaho Potato	Perotti	Duncan	
4	Evaporation Game	Davis	Shifrin	
5	Flag Tag	Metcalf	Jacobs	Max Riden
6	I Got My Hands Full	Jolevski	Greene	
7	Stir Fry Chicken	Altenburger	Laurie Balbaugh	Sorenson
8	3 or 5 Pass Team Football	Stensrud	Clarke	Rossen
9	Buddy Walker Challenge & 3-Legged Race	Seleme	Hashime	Joey Balbaugh
10	Balls Galore	Grant	Grandizio	
	<u>Main Table</u> First Aid/Restroom/ Water/Time-out		Berkon Wolf's sub	
	Photography		???	

Station Location Map – Fall Field Day – 4th & 5th Grades



Station Descriptions – Fall Field Day – Upper 2014

#	STATION	Brief Description of Activity (See Activity Packet for more details)
1	Parachute Volleyball (gym)	➤ Divide into 2 groups. <u>Object of the game</u> : To use the chute to throw ball over opponent's heads. A point is scored each time the ball goes over a team's head.
2	Balloon Bop (gym)	➤ Students begin by standing in a circle, holding hands. The teacher drops one balloon into the circle. The goal is for students to see how many times they can tap the balloon into the air (students may use their hands, arms, heads, shoulders, chests, or knees – but NO feet), keeping it up in the air, without losing connection (all students just continue holding hands). If the balloon falls to the ground or a student taps the balloon with their feet, the count begins again. (Optional: add additional balloons.)
3	Idaho Potato	➤ Using a hockey stick, try to dribble a potato around the cone and back.
4	Evaporation Game	➤ Teams try to collect their hoops by throwing their Frisbee into hoop.
5	Flag Tag	➤ Divide the group into 2-4 teams. Play 1 or 2 games. One team tries to be the last team with at least one player left with a flag to win the game.
6	I Got My Hands Full	➤ Students must collect items (one at a time), as a team. Students may not use their hands to hold items on the try. Students may place rings on their arms.
7	Stir Fry Chicken	➤ Groups of 4: 2 students hold the hoop; 2 students support the chicken on rhythm sticks over the hoop
8	3 or 5 Pass Team Football	➤ Divide the class into 2 – 4 teams. Play 1 or 2 games. One team starts with the ball. Teams try to pass the ball back and forth between your players for 3 or 5 consecutive passes. Each set of passes equal 1 point. After the team earns a point the other team gets the ball.
9	Buddy Walker Challenge & 3-Legged Race	➤ Using either the Buddy Walkers and/or 3-legged bands, partners try to work together to go around the cone and back.
10	Balls Galore	<ul style="list-style-type: none"> ➤ Divide into 4 teams. ➤ The object of the game is for 1 player in the group to hold as many tennis balls off the ground as possible. ➤ Each team will have the ball holder, and the other players will be the stuffers (those who help place the balls onto the holder). ➤ Rules: <ol style="list-style-type: none"> 1. Players may not use their clothes or pockets to hold the tennis balls. 2. The tennis balls cannot be touching any other player or object. 3. The tennis balls need to be held for 10 seconds to qualify as a hold. ➤ If a ball(s) are dropped, students return balls to crate and start again.

Fall Field Day – ROTATION SCHEDULE

#	Stations	Altenburger-5	Grandizio- 4	Davis- 5	Jacobs- 4	Dillon- 5	Jolevski- 4	Jenkins- 5	Seleme- 4	Metcalfe- 5	OPEN
1	Parachute Volleyball (gym)	<u>1:00 PM</u>	2:30 PM	2:20 PM	2:10 PM	2:00 PM	1:50 PM	1:40 PM	1:30 PM	1:20 PM	1:10 PM
2	Balloon Bop (gym)	1:10 PM	<u>1:00 PM</u>	2:30 PM	2:20 PM	2:10 PM	2:00 PM	1:50 PM	1:40 PM	1:30 PM	1:20 PM
3	Idaho Potato	1:20 PM	1:10 PM	<u>1:00 PM</u>	2:30 PM	2:20 PM	2:10 PM	2:00 PM	1:50 PM	1:40 PM	1:30 PM
4	Evaporation Game	1:30 PM	1:20 PM	1:10 PM	<u>1:00 PM</u>	2:30 PM	2:20 PM	2:10 PM	2:00 PM	1:50 PM	1:40 PM
5	Flag Tag	1:40 PM	1:30 PM	1:20 PM	1:10 PM	<u>1:00 PM</u>	2:30 PM	2:20 PM	2:10 PM	2:00 PM	1:50 PM
6	I Got My Hands Full	1:50 PM	1:40 PM	1:30 PM	1:20 PM	1:10 PM	<u>1:00 PM</u>	2:30 PM	2:20 PM	2:10 PM	2:00 PM
7	Stir Fry Chicken	2:00 PM	1:50 PM	1:40 PM	1:30 PM	1:20 PM	1:10 PM	<u>1:00 PM</u>	2:30 PM	2:20 PM	2:10 PM
8	3 or 5 Pass Team Football Buddy Walker	2:10 PM	2:00 PM	1:50 PM	1:40 PM	1:30 PM	1:20 PM	1:10 PM	<u>1:00 PM</u>	2:30 PM	2:20 PM
9	Challenge & 3-Legged Race	2:20 PM	2:10 PM	2:00 PM	1:50 PM	1:40 PM	1:30 PM	1:20 PM	1:10 PM	<u>1:00 PM</u>	2:30 PM
10	Ball Galore	2:30 PM	2:20 PM	2:10 PM	2:00 PM	1:50 PM	1:40 PM	1:30 PM	1:20 PM	1:10 PM	<u>1:00 PM</u>

****NOTE: Start with the underlined & bolded station under teacher's name.**



Field Day Alternative – 4th & 5th Grades Thursday, October 23, 2014

- *** The following is a schedule for an indoor Field Day.
- ** In case of poor weather or field conditions.
- * Please report about 5 minutes before start time.

Thank You.

- ➔ **4th grade = 1-1:45pm (report by 12:55pm)**
- ➔ **5th grade = 2 – 2:45pm (report by 1:55pm)**

ACTIVITIES

- Modified games & relays