Ellie Rashid

Field Day Plan

Ideally this field day would take place at a venue that has a typical track with green space in the middle as well as another grassy field. An indoor area with access to a projector screen is also necessary. There is a total of six activities that involve a number of different exercise maneuvers. They are aimed at the 3rd- 5th grade age range. Each of the sessions is forty five minutes long, with ten minutes for the transition to the next event. A map of the activities as well as a schedule for the day is attached. A blow horn will indicate when it is time to switch. Teachers as well as volunteers running the stations should be mindful of the schedule and when it says to switch events.

Activity 1: Frisbee Golf

At this activity there will be four Frisbee golf holes for the students to play. Each person at the station will receive a Frisbee. They will need to throw the Frisbee from the starting point into the basket at the end of the hole in the least amount of throws possible. There will be one volunteer with approximately five children. The volunteer will be responsible for keeping everyone’s score as well as directing participants towards their goal.

Materials: Frisbees for each student, four baskets to represent the holes, traffic cones to indicate where students will begin each hole.

Activity 2: Obstacle Course

This event involves several different activities all rolled into one obstacle course. The groups will be split in half. The first half will go through the obstacle course as quickly as they can and once they are finished the second group will go. Obstacles are as follows:

* Bean Bag toss: participants will toss four bean bags into a hula hoop. If they do not get all four in on the first try they must retrieve them and try again. Once they finish they will run to the second station.
* Golf Ball and Spoon: After running to this station, they will pick up a spoon and a golf ball and balance it all the way to the next station.
* Participants will then run through a series of different obstacles including small hurdles and hula hoop “tires” on the ground.
* Once through these obstacles they will cross several balance beams (wooden beams only a few inches off the ground)
* Soccer Kick: participants will have to kick a soccer ball between two posts and return the ball to its original position
* They will then crawl through a tunnel/tube on the ground and then run to the finish line where they will have to ring a bell to indicate that they are finished.

Materials: bean bags, hula hoops, spoons, golf balls, hurdles, balance beams, tunnel, bell, stop watch, soccer ball, two posts or flags

Activity Three: Water Balloon Toss

Each participant will be paired with another and given a water balloon. They will stand a few feet away from each other and toss the balloon. If the balloon drops and breaks, they are out. If they successfully catch the balloon, the person who through it will take one step backward and the pair will repeat this again. Whoever is able to throw their balloon back and forth the longest, wins. There may be several rounds of this as it would not take the entire forty five minutes.

Materials: filled water balloons

Activity Four: Shoe Kicking Contest

This is an activity I believe students would really enjoy. Participants will be asked to line up on a predetermined line. A volunteer will explain that if you remove your shoe halfway from your foot, and make a kicking motion, you are able to fling your shoe quite a ways. There will be three practice rounds and then the final round. Students will fling their shoes on the count of three. Once this contest has been completed, students will be asked to try and fling their shoe the highest. There will also be three practice rounds and a final round in this activity.

Materials: line for students to stand on, students with tennis shoes on

Activity Five: Jump Rope Contest

This is exactly what it sounds like. Each student will be given a jump rope. Whoever jump ropes the longest will be the winner. They will have a few minutes to practice and then the real contest will take place. There will be three rounds to this activity since it most likely would not occupy the entire forty five minutes. Once these rounds are complete, students, with the help of the volunteers, will spin one large jump rope for students to use together. Students will attempt to get as many people jumping as possible. This will then be a class by class contest. The class who has the most jumpers successfully jump roping will be the winners.

Materials: jump ropes for each student, stop watch

Activity Six: Dance Dance Revolution

This will be the only indoors activity of the day. Each student will have their own dance dance revolution mat. Not all of these, however, will be working. There will be two at the front for students who feel comfortable enough to dance on. There will not be any definitive winner for this event but students will be able to dual each other as well as dance on their own, at their own pace.

Materials: game unit, real dance dance revolution mats, fake dance dance revolution mats for each student

Schedule:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | 3rd #1 | 3rd #2 | 4th #1 | 4th #2 | 5th #1 | 5th #2 |
| 9-9:45 | Frisbee Gold | Dance Dance Revolution | Jump Rope | Shoe Kicking | Water Balloon Toss | Obstacle Course |
| 9:55-10:40 | Obstacle Course | Frisbee Golf | Dance Dance Revolution | Jump Rope | Shoe Kicking | Water Balloon Toss |
| 10:50- 11:35 | Water Balloon Toss | Obstacle Course | Frisbee Golf | Dance Dance Revolution | Jump Rope | Shoe Kicking |
| 11:45-12:30 | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| 12:40-1:25 | Shoe Kicking | Water Balloon Toss | Obstacle Course | Frisbee Golf | Dance Dance Revolution | Jump Rope |
| 1:35-2:20 | Jump Rope | Shoe Kicking | Water Balloon Toss | Obstacle Course | Frisbee Golf | Dance Dance Revolution |
| 2:30-3:15 | Dance Dance Revolution | Jump Rope | Shoe Kicking | Water Balloon Toss | Obstacle Course | Frisbee Golf |

Map:

Water Balloon Toss: East side of track

Jump Rope: West side of track

Shoe Kicking: North side of Track

Obstacle Course: Grass inside track

Frisbee Golf: Grassy Area

Dance Dance Revolution: Gym