

Davis Drive Elementary Physical Education Program

Dear Volunteers,

Attached is all the information you need for Field Day.

Please let us know if you are signed up but are unable to attend. On

the day you volunteer, please meet in the gym for station

assignments (if not already signed up on line) and a short orientation. Please be in the gym by 10:00am and have in mind which station you would like to help with.

Upon arrival, you will be asked to check in, sign up for a station and pick up a nametag. You may sign up on line by going to the school website and clicking on the link to our sign up genius. The password is field day (two words).

Your help is greatly appreciated! It would be impossible to do this

without you! We look forward to seeing and meeting you on Field Day!

Sincerely,

Karen Mickle
P.E. Specialist

Field Days

May 4 and May 5

Teachers and Volunteers,

Field Days are fast upon us. Thursday, May 4 (K-2) and Friday, May 5 (3-5) will be here before we know it! I'm sure you are wondering what events will be taking place on those days. Needless to say, it will be a busy week for all of us. All students (K-5) will be informed that during Field Days we are expecting them to be on their best behavior, to have fun, and enjoy the day. This should not be a time of frustration for teachers. Any students not following directions and not showing good sportsmanship should not be allowed to participate. We are not anticipating this happening, yet I think we should be prepared. **The following is a list of needs. Please read them carefully and help as much as you can:**

1. Each child, parent, assistant, and teacher will need a nametag. I will take care of parents that have volunteered to help that day. Each class will be responsible for making their own nametags. Remember, the nametags will get wet. The nametags will be worn only for the sole purpose of parent volunteers who wish to call students by name. It can be a sticky nametag or attached to the child with a safety pin (No straight pins, Please).
2. All children should wear play clothes and tennis shoes. Their clothes should be something they don't mind getting dirty or wet. Tennis shoes or shoes that cover the feet are a must! **Anyone wearing sandals, flip-flops, cleats, spiked shoes, or beach type shoes will not be allowed to participate. Students may wear a croc or Keen that covers their feet and fits them well enough to run in and not lose the shoe.** This is to protect the safety of the child. It might be a good idea for students to bring a change of clothes, especially if they go to daycare after school.
3. Drinks will be provided on the field. If you think your class will need more to drink, you will be responsible for arranging this. One station (sometimes two, please refer to the map) is provided for drinks and restrooms. You might want to look at your station rotation to see if you think your class will need another break and plan it.
4. Events will be set up in stations. There will be about 8-9 minutes allowed for each station. We will try not to go overtime. Teachers and/or assistants will be with the class as they go to the stations. Parent volunteers will be in charge of the stations. Remember that we are trying to stress cooperation, good sportsmanship,

and to help students realize this is a day of fun. If students misbehave they may lose their chance to participate. Please inform students of this.

5. It will help if you divide your class into 6 squads (teams) prior to coming out on field day. Some stations are set up relay team formation and this may save time and arguments in the transitions from station to station.

6. Thanks for your help and cooperation! Our students will learn from our role modeling and positive examples! The success of Field Days will be great because of you and all of us working together!

Thursday, May 4, 2017
Field Day

K-2 10:30am - 2:00pm

Friday, May 5, 2017
Field Day

3-5 10:30am - 2:00pm

Classes will rotate from one station to another. Approximate time at each station will be about 8-9 minutes. Teachers and/or assistants will be with the class as they go to the stations. Parent volunteers will be in charge of the stations.

K-2 Starting Station 3-5 Starting Station

Asbill	1	Cook	1
Bass	2	Drager	2
Cones	3	Fussell	3
Yancey	4	Squiers	4
Medlin	5	Tailman	5
Lawson	6	Tempke	6
Braswell	7	A. Paine	7
Long	8	Kitts	8
Markman	9	Ayers	9
Neumann	10	Campbell	10
Potts	11	Govert	11
Roca	12	Kimble	12
Sherman	13	Mooney	13
Caldwell	14	J. Paine	14
Fletcher	15	Purdy	15
Olbertz	16	Smithson	16
Moroe	17	Carroll	17
Steber	18	Jaros	18
Swanson	19	Nance	19
		Powell	20
		Roberson	21
		L. Hamstra	22
		K. Hamstra	23

Stations:

K-2

1. Water Relay
2. Tidal Wave
3. Volleyball
4. Dragon Tails
5. Perfect Pass
6. Chopstick Relay
7. Potato Sack Relay
8. Zoe the Clown Inflatables
9. Zoe the Clown Inflatables
10. Popsicles
11. Parachute
12. Sling Nets
13. Scoops and Balls
14. Basketball Dribble
15. Dunking Booth
16. Aerobic Bowling
17. Water Limbo
18. Water, Popcorn, First Aid
19. Water, Popcorn, First Aid

3-5

1. Water Relay
2. Tidal Wave
3. Volleyball
4. Pyramid Relay
5. Tug of War
6. Tug of War
7. Human Ladder
8. Human Ladder
9. GaGa
10. Perfect Pass
11. Zoe the Clown Inflatables
12. Zoe the Clown Inflatables
13. Popsicles
14. Capture the Flag
15. Capture the Flag
16. Belly Bumpers
17. Dragon Tails
18. Basketball Shootout
19. Dunking Booth
20. Aerobic Bowling
21. Water Limbo
22. Popcorn, Water, First Aid
23. Popcorn, Water, First Aid

Station Explanations

The following is a brief explanation of field day stations. They are in no particular order.

Dunking Booth- A student sits in a chair under a booth that has a bucket of water on top. The next person in line throws a ball at a round target that knocks the bucket of water onto the student sitting in the chair.

Capture the Flag- *New Rules This Year***** The playing field are the far hills and valley by the middle school soccer field. It is divided in half with a painted line (centerline). There is a team on each side of the centerline. On each side of the playing area there are 4 hula hoops with a ball in each hoop, and a coned off area in for the jail (see diagram below). The object of this game is to collect 7 balls in your hoops for your team. If you cross over to the centerline to the opposite side and get tagged, you go to jail. To get out of jail someone from his or her team must get across the centerline into the jail area without getting tagged. All prisoners must put their hands on their head to get a free walk back to their side. No one can steal a ball coming out of jail, including the one who got him or her out of jail. The track is out of bounds.

Water, Popcorn, First Aid – This is a rest station. During this time students may use the restrooms, get a drink of water or some popcorn . You will be at this station for 2 rotations. The first rotation is intended to get your snacks, rest, and eat. Mid way through the second rotation, please get the area cleaned up, go through the school to the sidewalk beside the water slide, take your shoes and socks off in order to prepare to get on the water slide promptly.

Zoe the Clown Inflatables– Zoe will be bringing 3 inflatable games. Students will have two station rotations to visit and play each game.

Tidal Wave- Students are in relay formation. The first person in line runs down, fills a cup with water and runs back to a hula-hoop. While standing in the hoop, they throw the cup of water on the next person in line while shouting “tidal wave”. Remember not to throw the cup.

Belly Bumpers- Two people put the bumpers on and try to bump each other out of a circle. If they fall down two times the game is over.

Sling Nets – This is a net suited for 4 people working together to sling a ball into the air and move around in order to catch it. Cooperation is the key! We also have individual sling nets.

Individual Sling Nets - These nets are for one person only. Pulling the nets apart slings a ball in the air. The slinger must then move around to catch it. This event takes coordination

Scoops and Balls – Students will have time to explore play with the scoops and whiffle balls.

Volleyball – Divide class into two teams, one team on each side of the net. Try to keep the volleyball up off the ground and off your side of the net as long as possible. Play everything!

Parachute- Students hold onto a color edge around the parachute. Activities are popcorn, number exchange, igloo, rocket, ring around the roses, and any others you know.

Popcorn- place balls on top, students shake the chute and try to pop them off.

Igloo- On the count of 3-pull chute up in the air. On 4, students pull the chute over their head and sit down on the edge of the parachute under the igloo.

Ring Around the Roses/Merry-Go-Round- Students hold onto the chute with one hand, all facing the same direction. They can walk in a circle (skip, gallop, hop, or jog).

Rocket- Place balls on top of the chute. On the count of 3, pull chute up high in the air. On 4, pull the chute down quickly and try to shoot the balls up like a rocket.

Number Exchange – Number students off 1-5. Raise the chute up (1,2,3,up), and call out a number. Students with that number run under to a different place on the other side of the parachute. Caution students to watch where they are going to avoid collisions.

Water Relay – Students are lined up in relay formation. One at a time they will run down, fill up a cup of water, hold the cup on top of their heads, and get back to their lines as quickly as possible. They dump the water into a bucket in front of their team. The object is to see which team can collect the most water in their bucket.

Basketball Dribble and Shoot - Students are in relay formation. They must dribble down, around a cone, and back. Repeat several times. You may tell them to dribble with their right hand, left hand, or alternate. Next, have them dribble down and shoot and dribble back. Which team can make 25 baskets first? Repeat several times.

Water Limbo –Students form a single file line. They pass under a limbo stick. After all have passed under, the stick is lowered. How low can you go? The stick has holes in it and a water hose attached so water sprinkles out as they go under the stick.

Chop Stick Relay/Popsicles – K-2 will be in Relay formation. Students balance a rubber chicken or dolphin on their chop sticks (rhythm sticks) down and around a cone. The next two people then go until everyone has had a turn.

Tug of War- Please make the teams even. It is possible to divide the class in half or do girls vs. girls, boys vs. boys, or girls vs. boys. You will probably have time to do 3-4 different ways. Do not allow them to let go after the tug is over. Do not allow anyone to climb in the loop at the end of the tug of war rope.

Dragon Tails-Students get a scarf and tuck it in their back pocket or waistband of their pants. They must stay inside the boundary square/circle painted on the ground. The entire class plays at one time all together. Students must run around and try to steal everybody's tail without getting theirs stolen. If you steal a tail, place it in one of the hula hoops. If you loose your tail, go to the closest hula hoop and reattach a new tail.

Perfect Pass- Students are in relay formation with 3-4 hula hoops in front of each line. Hoops are closer for grades K-2 and farther away for grades 3-5. First person in line stands in the first hoop, second person throws a ball to him. If the ball is caught, catcher runs and gets a bean bag and puts it in the hoop before returning to line. The thrower stands in the hoop next. Play continues until there are 3 bean bags in each hoop.

Potato Sack Relay – Students are in relay formation. First person in line gets inside a potato sack and hops down and back. Once he returns, the next person goes until all have had a turn.

Popsicles- Students take a well- deserved break and have a popsicle.

Aerobic Bowling – Students are in relay formation. The first student in line runs down and stands behind the bowling pin. The second person bowls the ball and tries to knock down the bowling pin. After bowling, the bowler goes to the pin. After setting up the pin and retuning the ball, they go to the end of the line.

Students may either play to a certain score or see which team gets the most points while at that station.

Pyramid Relay – Students are in teams of 6. They move quickly to the mat and make a 3-2-1 Pyramid. Who can build their pyramid the fastest?

Human Ladder – Two classes line up with each student facing their partner in a line. They are holding a stick between them. One student from each class will walk on the human ladder rungs from point A to point B. Which team will finish first?

GaGa – GaGa is a fast game played in a circle rolling a ball and trying to hit others in the leg or foot. If you get hit, you are out. Game continues until last one standing.

Don't Forget

Sign Up Right Now For The
Event You Wish To Work

On Your Computer At Home

Go To: The Davis Drive Elementary website and click
on the link for Field Day Volunteers.

You may still sign up in the gym the morning of the event. Get the station you want by reserving your spot early online. We can also make sure we have enough volunteers to cover all the events. Thanks for all your help!