

Daegu American School Grade Field Day 2016

3rd – 4th – 5th Grades

Thursday, May 26, 2016

8:15 – 11:25	Field Day Stations and Tug of War
10:45 – 11:05	3 rd Grade Tug of War Completion <i><u>Report to the Tug of War Station</u></i>
10:25 – 10:45	4 th Grade Tug of War Completion <i><u>Report to the Tug of War Station</u></i>
11:05 – 11:25	5 th Grade Tug of War Completion <i><u>Report to the Tug of War Station</u></i>
11:25	Field Day Ends
Lunch	Normal Schedule (Follow your daily assigned lunch time and feel free to come back after your lunch)

Field Day Information

There will have 23 stations (4 stations in the gym) available to use. The teacher and students will move from station to station according to which stations are open. We should always have at least 14 stations open.

There will be **Interns** and other volunteers assigned to each station to help assist you. When you are at the relay stations, split your class into 2 groups and they will compete against each other. You may choose to do the relays more than once if you would like.

There will not be a time limit at any station.

Since we do not have time limits on each station, feel free to take breaks when needed.

We are going to follow the normal lunch schedule, so please pause Field Day during your lunch time and then continue when lunch is over.

Remind your students that they need to drink water throughout Field Day.

Station List and Description

1. Climb Rock Wall

Have the students get in a line. The students will climb the wall from left to right. The students must keep their feet in the red zone. Once the person is about 5 feet down the wall the next student will start. The wall will max out at 7 students. Repeat and continue.

2. Scooter Relay

There will be 4 scooters you may use. You may choose only to use 2 if your class is small. There will be 3 scooter events. First, have the students sit on their bottom and push themselves backwards. Second, have the students sit on their bottom and pull themselves forwards. Third, have students lay on their stomach using arms and legs to go down and back.

3. Limbo

The students will make a line in front of the Limbo stick, and then the students will walk under the stick. Lower the stick a little bit each time the entire class has walked under. If the student cannot go under without bumping the stick, they need to watch until your class has a winner.

4. Large Beach Volleyball

The students will split into 2 teams. The students will hit a large beach ball back and forth over the volleyball net.

5. Running Relay

Split the class into 2 teams. Have the students get in a single file line. The students will run down to the marker and back. Then, the next student will start. The team that finishes first will be the winner. Also, use this station if students would like to race each other for competition.

6. Plastic Egg Relay

Split the class into 2 teams. Have the students get in a single file line. The students will place a plastic egg on a spoon and carry it with one hand holding the handle of the spoon to the cone and come back. Then, the next student will go. The team that finishes first will be the winner.

7. Wheel Barrow Relay

Split the class into 2 teams. Have the students get in a single file line. One student will put their hands on the ground and the other student will grab the other student's legs and walk behind them to the marker. At the marker, the two students will swap positions and come back to the starting line. Then, the next two students in line will start. The team that finishes first will be the winner.

8. Tug of War

Split the class into 2 teams. The students will pull the rope until the flag is pulled passed the cone. When the flag is pulled past the cone the, instruct the students to stop pulling.

9. **2 Legged Relay**

Split the class into 2 teams. Have the students get in a single file line. The students will hop down to the marker and back with a partner by grasping each other by the shoulder and picking up one leg each. Then, the next students will start. The team that finishes first will be the winner.

10. **Football Relay**

Split the class into 2 teams. The students will hit a football with a hockey stick. The students will hit the football to the marker and back. Then, the next student will start. The team that finishes first will be the winner.

11. **Hurdle Run**

Split the class into 2 teams. Have the students get in a single file line. The students will run down and jump over the hurdles, once they reach the marker, they will turn around and run/jump over the hurdles back to the start. Then, the next student will start. The team that finishes first will be the winner. The students will run down and jump over the hurdles.

12. **Tunnel Relay**

Split the class into 2 teams. Have the students get in a single file line. The students will run down and crawl through the tunnels. After they exited the tunnels, run down and around the marker and enter the tunnel from the back side and go back to the start. Then, the next student will start. The team that finishes first will be the winner.

13. **Tennis Racquet Relay**

Split the class into 2 teams. Have the students get in a single file line. The students will run down to the marker and back with a whiffle ball balanced on their tennis racquet. If the ball falls off, place the ball back on the racquet and continue. Then the next student will start. The team that finishes first will be the winner.

14. **Cone Relay**

Split the class into 2 teams. Have the students get in a single file line. The students will run down to the marker and back with a ball balanced on the cone (like an ice cream cone). Then, they will hand off the cone and ball to the next student. The team that finishes first will be the winner.

15. **Bean Bag Relay**

Split the class into 2 teams. Have the students get in a single file line. The students will run down to the marker and back with a bean bag balance on their head. Then the next student will start. The team that finishes first will be the winner.

16. **Potato Sack Relay**

Split the class into 2 teams. Have the students get in a single file line. The students will put both feet inside the potato sack and jump to the marker and back. Then, the next student will go. The team that finishes first will be the winner. You may want to do this relay twice.

17. Jump Rope/ Hula Hoop

Free jump rope/ hula hoop time! There will be individual ropes and long ropes for students to use. If you would like, you can have a hula hoop or jump rope contest.

18. 4 corner Rock Paper Scissors

The students will play for a set time (example 5 minutes). The class will start at corner 1 and play rock paper scissors. When they win they will go to corner 2 and play again, if they lose play someone else until they win. The students will continue to corner 3 and 4. Once the students have reach corner 1 again, they have completed 1 lap. The objective is to see how many laps the students can complete in the time given.

19. Over-Under Relay

Split the class into 2 teams. Have the students get in a single file line. The 1st person will put the ball over their head and hand it to the 2nd person in line. The 2nd person in line will pass it to the 3rd person in line by passing it under their legs. The 3rd person passes it to the 4th person over under; over under etc...This will continue until the ball reaches the back of the line. When the last person receives the ball, they will run to the front of the line and start it over. This will continue until all the students have been the leader. The team that finishes first will be the winner.

20. Ring Toss Relay

Split the class into 2 teams. Have the students get in a single file line. The students will run to the first cone, pick up the hoop and roll it towards the second cone. If the hoop misses the cone, the students need to ring the cone as quick as possible. The student will tag the next person in line and they run to the second cone and roll the hoop to the first cone. This will continue until all students have gone. You may want to do this relay twice.

21. Fill it Up Relay

Split the class into 2 teams. The students will dip a cup in a bucket, fill it up with water, and balance it on their head (they may use their hands for balance). Then the students will walk to the other bucket and pour the water into the bucket. The team with the most water in their bucket wins.

22. Back to Back Relay

Split the class into 2 teams. The students will stand back to back with a ball located between the 2 partners' backs. The partners and walk down to the marker and back. The team that finishes first wins.

23. Sponge Relay

Split the class into 2 teams. The students will dip a cup in a bucket, fill it up with water. Then the students will walk to the Coke bottles and pour the water into the Coke Bottles. The team with that fills the Coke bottle up first wins.

