

Holt Field Day, **Wednesday**, June **15**, 2022

Field Day is scheduled for **Wednesday, June 15, 2022**. Let's all hope the weather is wonderful.

A **team approach** will be used this year. **Classrooms will be divided into 4 "color teams" red, blue, yellow, and green.** There will be **11 stations** that each classroom rotates through. **Two volunteers will be assigned to a station (22 volunteers total).** Every **10 minutes** there will be a signal to rotate. The classroom teacher will rotate with the class to help manage the flow. Teachers may participate if they wish to! At each station volunteers will be ready with directions on how to line up according to 'color team'. The volunteers will lead the activities at each station. Please have students say "thank-you" before they move on to the next station. To help promote teamwork and to help identify teams, students are encouraged to wear their designated color. Colors will be assigned in each classroom prior to Field Day, when teachers will assign students to one of 4 color groups: Red, Blue, Green, and Yellow.

Activities will be located on the grass field and black top. **Volunteers that volunteered to set up should meet in the gym at 7am on the morning of Field Day** so that they can help carry equipment out to the field and **volunteers running stations should arrive 40 minutes prior to the start of Field Day** learn about how to run their assigned station for field day. Stations will be set up with cones numbered 1- 11.

GENERAL RULES

1. Each classroom is to stay together for the 11 station rotation.
2. At each station have the students line up behind their color cone (the cone with their color word sign attached to it: the word red [and color red] sign taped to a cone).
3. Each classroom must stay in their assigned area for the duration of their activity, or event, until a signal is given to move to the next area.
4. On the rotate signal- every **10 minutes**- (whistle) the class should thank the volunteers - and walk with their classroom teacher to the next station, and line up to listen to directions for that station.
5. Students are encouraged to promote a positive team atmosphere.

HELPFUL FIELD DAY TIPS

Following are some items that you may want to consider sending with your child on field day:

Sunscreen – Some field days have been very warm and sunny, and as we will be outside for over an hour, sunscreen can be very important.

Water Bottle – We will have a water /treat station, but a water bottle can be convenient, as long as they are used appropriately. (Please put student name on water bottle).

Hat – Not necessary, but they are allowed.

Dry Clothes – Not necessary, but if it is warm enough, we play a game where students may get quite wet, so you may want to send a spare shirt or clothing if you wish.

SCHEDULE FOR FIELD DAY

1st - 2nd AM ROTATION **12:00- 1:30 PM**

3rd - 5th PM ROTATION **8:45 - 10:15 AM**

K: 5 classes= 5 groups

1st: 3 classes= 3 groups

2nd: 3 classes= 3 groups

Morning rotation proposed station numbers= **11 stations, number of volunteers needed: 22 (two per station)**

3rd grade: 3 classes=3 groups

4th grade: 3 classes=3 groups

5th grade: 4 classes= 4 groups

Afternoon rotation proposed station numbers= **11 stations; number of volunteers needed: 22 (two per station)**

Teachers ...

Please divide your students into 4 color groups before field day!

- **Red**
- **Blue**
- **Green**
- **Yellow**

Rationale:

- At each station, students will line up behind their team colored cones. I have either colored cones or cones with the signs red, yellow, green and blue taped to them.
- This way the volunteer's can manage the activity with more ease.
- There are **11 stations**.
- I have the stations set up with LARGE cones numbered 1-11
- Your class will be at a station for **8 minutes**
- Each classroom is assigned a station to start.
- When the signal is heard- every **8 minutes**- (countdown from 10 seconds, rotate, followed by the siren). The class should thank the volunteers - and walk with their classroom teacher to the next station, and line up at their assigned colored team cone to listen to directions for that station.
- The volunteers (**2-3 per station at least 22 volunteers needed**) at the station will read the opening paragraph to each class as they come to the station and explain the activity.

STARTING STATIONS

Below is the station number where your class will begin the field day festivities. On the signal to rotate (ALEX WILL COUNT DOWN FROM 10, SAY ROTATE, AND BLARE THE SIREN) move to the next station in numerical order (STATION #1 GOES TO STATION #2, STATION #2 GOES TO STATION #3, STATION #3 GOES TO #4, #4 TO #5, #5 TO #6, #6 TO #7, #7 TO #8, #8 TO #9, #9 TO #10, #10 TO #11, #11 TO #1). Make sure students stay with you and immediately go to their assigned team color cones and sit down (socially distanced apart) to await instructions from the volunteer's at each station upon arrival.

K-2 AM ROTATION STARTING STATIONS = 12:00-1:30 pm

K: KATIE GULEWICH STATION 1: SPONGE RUN
K: LESLI HARMON STATION 2: TUG OF WAR
K: JEFF STIMLER STATION 3 TROPIC TOSS (HULA HOOPS OR FRISBEE)
K: ROBIN SENO STATION 4: OCEAN SPRAY RACE
K: ROBIN VAUGHAN STATION 5: FLIP FLOP RELAY
1: HEIDI GORI STATION 6: SACK RACE
1: ELIZABETH COBB STATION 7: DIZZY BAT RELAY
1: JACQUE BARTON STATION 8: GARBAGE CAN BASKETBALL
2: SJ MOORE STATION 9: DUNK BOOTH STATION
2: JENNA NORTON STATION 10: GAGA BALL
2: LISA ZLUTICKY STATION 11: WATER BALLOON RELAY

LEGO RACETRACK

11 classes (1 per station) for 8-10 minutes (11 X 10 = 110)= 90-110 minutes, 90 min /11 stations = **8 minutes plus two minutes for rotating and re-setting up between groups.**

3-5th PM ROTATION STARTING STATION

= 8:45-10:15 am

3: DESIREE TALLEY STATION 1 SPONGE RUN
3: JAMES LONGORIA STATION 2 TUG OF WAR
3: CAITLIN BENAVIDES STATION 3: TROPIC TOSS (HULA HOOPS OR FRISBEE)
4: MANDY ROBISON STATION 4: OCEAN SPRAY RACE
4: ASHLEY REICH STATION 5: FLIP FLOP RELAY
4: LINDSEY DAGGETT STATION 6: SACK RACE
5: GEOFF PARKS STATION 7: DIZZY BAT RELAY
5: DEBBI HEINRICH STATION 8: GARBAGE CAN BASKETBALL
5: LIZ AYERS STATION 9: DUNK BOOTH STATION
5: CANDACE LOVATO STATION 10: GAGA BALL
OPEN STATION: STATION 11 WATER BALLOON RELAY

10 classes (1 per a station) for 8-10 minutes (10 X 10 = 100)= 90-100 minutes 90 min /11 stations = **8 minutes**

VOLUNTEERS

IN ORDER TO HAVE A SUCCESSFUL FIELD DAY IT IS REQUIRED THAT AT 7-10 PARENTS HELP SET UP EQUIPMENT AND STATIONS ON THE MORNING OF FIELD DAY AT 7-7:30AM WITH ALLIE. THIS AVOIDS HAVING ONE PERSON SET UP THE ENTIRE EVENT THE MORNING OF FIELD DAY. A COMMITMENT MUST BE CONFIRMED BY AT LEAST 7-10 PARENTS/GUARDIANS 3 WEEKS PRIOR TO FIELD DAY, OR THERE WONT BE A FIELD DAY!

We will need **2-3 parent volunteers (22 volunteers minimum to run field day: 2 per station)** from each class during the day. (If extras sign on - great!!) More details will come your way, but in general here are the basics:

- Volunteers that are running the stations need to show up **40 minutes before** the starting time of the actual field day festivities (for the **am/ morning rotation** the volunteers would need to meet with me **at 8:05 am OR EARLIER IF POSSIBLE**) so I can go over the station rules/ instructions/directions with them. Staying until **10:30-10:45 AM after the morning field day rotation to help rest up equipment.**
- For the **afternoon (pm) rotation** the volunteers would need to meet with me at **11:20 am (40 minutes before** the starting time of the actual field day festivities) so I can go over the station rules/ instructions/directions with them. Staying until **2 PM field to help with taking down stations, collecting cones and signs, putting away equipment and cleaning up anything else.**
- **Other morning volunteers can come in at 8:15 and stay till 10:30/ 10:45 and afternoon volunteers to come at 11:20 until the end of the day (2 pm for clean up).**
- **Finally, we are looking for volunteers to fill up 1200 water balloons on the day of field day if we get 600 " bunch of balloons: self tying balloons: fills and ties 100 balloons in 60 secs, show up time 7:30-8 am**

STATION 1

SPONGE RUN

EQUIPMENT

- 16 SPONGES
- 4 sponges placed in each bucket on starting side (16 SPONGES TO HAVE ON HAND)
- 1 roll of scotch tape
- 8 small or medium buckets 4 placed on each side of the course or area next to the team colored cone (each paired up directly across from one another)
- 3 large gallon buckets filled with water ahead of time to refill small buckets on starting side of sponge run race
- 8 small team color cones : 2 red; 2 green, 2 blue, 2 yellow
- Hose/ water
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 1 SPONGE RUN

SET UP

- Place 4 team color cones (1 red, 1 green , 1 blue, 1 yellow) and 4 buckets about 3 feet apart on one end and then 4 team cones with the same color (1 red, 1 green , 1 blue, 1 yellow) directly across from the same colored team cones about 20 feet away on the opposite side of the playing field WITH A BUCKET BESIDE EACH TEAM CONE.
- Each bucket IN THE STARTING SIDE should contain WATER, and a SPONGE ON THE GROUND NEXT TO THE STARTING BUCKET.
- Set up the large orange cone with the dowel and STATION 1 SPONGE RUN sign attached to it

INSTRUCTIONS:

- Students go to their assigned colored group cone to make up their team.
- On "**GO**" The first person in each line will grab their team sponge and dunk it into their bucket of water (near their starting colored cone).
- They then run to the second bucket THAT IS directly across from the same colored team cones about 20 feet away on the opposite side of the playing field WITH A BUCKET BESIDE EACH CONE!
- They then squeeze out the sponge into the EMPTY BUCKET, bring it (the SPONGE) back to the STARTING CONE and give it to the next person in line and go to the end of the line.
- First team that fills their second bucket full of water (ON THE OPPOSITE SIDE) is declared the winner. NO THROWING OF THE SPONGES AT ANYTIME.

STATION 2

4 WAY TUG OF WAR

EQUIPMENT

- 4 small team color cones : 1 red; 1 green, 1 blue, 1 yellow
 - 1 sign of need: sign #2 taped to chair
- Large 4-way knotted tug of war rope
- 1 LARGE CONE PLACED IN THE MIDDLE OF 4 WAY ROPE
- 1 roll of scotch tape or blue painters tape
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 2 4 WAY TUG OF WAR



SET-UP

- Lay 4-way rope straight on the ground
- Place the cone in the middle of 4-way tug of war rope
- Place 4 team color cones (1 red, 1 green , 1 blue, 1 yellow)
- Set up the large orange cone with the dowel and STATION 2 4 WAY TUG OF WAR sign attached to it.

RULES

- Divide the class into 4 teams
- Have students line up on their side (color) of the rope and grab the rope with two hands behind their team color.
- On your signal, students will begin pulling in their team's direction
- A team wins when they pull the rope so that the other team's knocks the cone over in the middle
- Please ask students to stop pulling after they win or if the other teams falls on the ground to avoid any injuries
- Reset and play again!
- Make changes to teams when necessary

STATION 3

TROPIC TOSS (HULA HOOPS OR FRISBEES)

EQUIPMENT

- 4 inflatable palm trees (one inflatable palm tree per team)
- 4 gallon buckets to place the palm trees in
- Basket of bean bags: to weigh down the buckets with the palm trees in them
- 4 hula hoops
- 1 roll of scotch tape or blue painters tape
- 4 frisbees
- 4 Poly spots to mark throwing distance: closer for k-2 (start at 5 paces) 3-5 start at (10-15 paces)
- 4 small team color cones : 1 red; 1 green, 1 blue, 1 yellow
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 3 TROPIC TOSS

SET-UP:

- Place the four team color cones on the ground
- place the 4 small team color cones down 5 feet apart (1 red; 1 green, 1 blue, 1 yellow)
- Place the team color poly spots beside the team cone.
- Place the team frisbee/hula hoop beside each of the team's cone
- Put down the 4 buckets about 10-15 yards apart from the team cones
- Put one palm tree in each bucket and then put bean bags at the bottom of the buckets to weigh it down

INSTRUCTIONS: (4 teams)

- Students get into their team cone color groups and sit behind their cone to await instructions.
- Students take turns tossing a hula hoop around one of the 4 inflatable palm trees or trying to throw a frisbee as close as possible to their team's palm tree without knocking it over.
- Each student will get their choice of either tossing/throwing a hula hoop or a frisbee. 4 students go at a time (one from each team color group)
- Students wait till everyone in the group has finished and the signal to retrieve their hula hoop or frisbee has been given.
- The volunteers gives the ok signal to retrieve the hula hoops or frisbees when everyone in the group has gone.
- On volunteers signal students go get their frisbee or hula hoop and bring it back to their group and go to the back of the line.

STATION 4

OCEAN SPRAY RACE

EQUIPMENT

- 4 relay lines
- 1 roll of scotch tape or blue painters tape
- 8 small team color cones : 2 red; 2 green, 2 blue, 2 yellow
- 4 spray bottles filled with water (16 spray bottles for back up)
- 4 pin wheels (16 pin wheels for back-up)
- 2 gallon buckets
- 4 small buckets placed by the team cones
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 4 OCEAN SPRAY RACE

SET UP

- Place 4 team cones (1 red, 1 green , 1 blue, 1 yellow) and 4 buckets about 3 feet apart on the starting end closest to the station 4 sign and then about 20 yards away on the opposite side of the playing field place into the ground 4 pin wheels beside the same team color cone that is directly across from the starting team cone.
- Each bucket ON THE STARTING SIDE should contain WATER, and a spray bottle ON THE GROUND NEXT TO THE STARTING BUCKET.

INSTRUCTIONS

- Students go to their assigned team cone to make up their team.
- On "GO" The first person in each line will pick up a spray bottle filled with water.
- The student runs across the 20 yard distance to their team's other cone where their team's pinwheel is. The student kneels down and aims water at their team's pinwheel making it turn.
- The student counts to 10, after counting to 10 the student then gets back up.
- The student runs back across the 20 yard distance to their teams starting cone.
- The student puts down the spray bottle.
- Then the student has a seat at the end of their line.
- Once the student is seated the next person (student) at the front of the line can go.
- The first team with each of their students to go 5 times is the winner.
- Students should go sit at the end of their line when finished.

STATION 5

FLIP FLOP RELAY

EQUIPMENT

- 4 large flip flops (have extra just in case 12 or more)
- 1 roll of scotch tape or blue painters tape
- 4 relay lines
- 8 small team color cones: 2 red; 2 green, 2 blue, 2 yellow
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 5 FLIP FLOP RELAY

SET-UP

- Place 4 team color (1 red; 1 green, 1 blue, 1 yellow) cones on the starting end closest to the station 5 sign and then 4 team color (1 red; 1 green, 1 blue, 1 yellow) directly across from the same colored cones about 20 feet away on the opposite side of the playing field.
- Place one flip flop beside each of the starting team cones.



RULES

- The class is already split up into 4 color teams
- At this station, students stand behind their 4 relay lines team color cones on starting side of the 20 yard area
- **FLIP FLOP Relay:**
 - The first student in each group will start at the starting line, go one at a time and balance/hold the FLIP FLOP on their head.
 - They run up and around the far cone of the same color team cone 20 yards across from their starting cone and then come back to the starting line without dropping the flip flop.
 - They then hand the flip flop to the next person and go to the end of their line and sit down.
 - If they drop the flip flop they have to do 5 jumping jacks before continuing.
 - Each student will go one time and then you can reset and do the relay again.

STATION 6

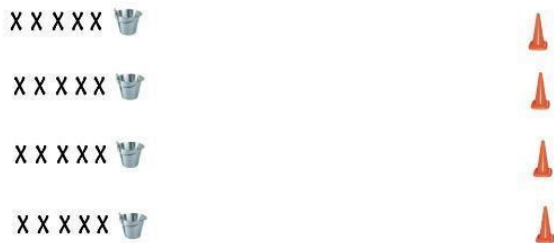
SACK RACE

EQUIPMENT

- 4 relay lines
- 1 roll of scotch tape or blue painters tape
- 8 small team color cones: 2 red; 2 green, 2 blue, 2 yellow
- 16 gunny sacks
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 6 SACK RACE

SET-UP

- Place 4 team color (1 red; 1 green, 1 blue, 1 yellow) cones on the starting end closest to the station 6 sign and then 4 team color (1 red; 1 green, 1 blue, 1 yellow) directly across from the same colored cones about 20 feet away on the opposite side of the playing field.
- Place one GUNNY SACK beside each of the starting team cones.



INSTRUCTIONS

- Students divide their team color group in half. Half line up behind one of their colored cones on each end of the designated area.
- Once ready students should be standing behind their 4 relay lines color cones on each side of the 20 yard area.
- On the go signal the first student on the side starting with the gunny sack will hop in it and will hop down to their corresponding color cone, jump out of the sack high five the next person in line on the opposite side go to the back of that line, then sit down (signaling they have finished) and the person that they high five'd will then hop in the sack and hop back to the starting cone to high five her next person in line and go to the end of that line and sit down.
- First team with each of the students done is the winner. Students should sit at the back of the line when finished.

STATION 7

DIZZY BAT RELAY

EQUIPMENT

- 4 plastic baseball bats
- 4 hula hoops
- 1 roll of scotch tape or blue painters tape
- 4 relay lines
- 8 small team color cones: 2 red; 2 green, 2 blue, 2 yellow
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 7 DIZZY BAT RELAY

SET UP:



- Place 4 cones team cones (1 red, 1 green, 1 blue, 1 yellow) about 3 feet apart from each other on the starting end closest to the station sign #7
- then place 4 cones team cones (1 red, 1 green, 1 blue, 1 yellow) directly across from the same team colored cones about 10 yards away on the opposite side of the playing field
- On the opposite side of the starting team cones- place 1 hoop and 1 bat (inside the hoop) in front of each of the four team cones (1 red, 1 green, 1 blue, 1 yellow).

RULES:

- Students need to be split into their 4 even color team groups.
- Once ready students should be standing behind their 4 relay lines team color cones
- On the "go" signal the first student in line will race to their corresponding team color cone 10 yards away and stop at the hoop.
- Pick up the bat and place their forehead on the butt (the bottom) of the bat and begin moving in a circle around the hoop (8 times).
- Ask a few parents to help count for the students getting dizzy. When they've taken their spins, they will now run back to the starting line, high five the next person in line, and go to the end of their line and have a seat. The first team to have all their members take their turn and sit down wins the race.
- For each round change the movement students do to get back to their groups after spinning around with the bat at the opposite end of the field.

- Round 1 movement back to line: run
- Round 2 movement back to line: crab walk
- Round 3 movement back to line: bear crawl
- Round 4 movement back to line: frog hop/jump
- Round 5 movement back to line: skipping
- Round 6 movement back to line: side slide

STATION 8

GARBAGE CAN BASKETBALL

EQUIPMENT

- 1 roll of Blue tape on blacktop for line
- 4 color signs : 1 red; 1 green, 1 blue, 1 yellow
- 4 small team color cones: 1 red; 1 green, 1 blue, 1 yellow
- 4 large garbage cans with team color signs taped on them placed directly across from colored cone (the cone with the same colored sign taped to it)
- 4 Basketballs: 1 red, 1 green, 1 blue, 1 yellow
 - 1 large orange cone
 - A 3 foot long 1 inch wooden dowel
 - Sign: STATION 8 GARBAGE CAN BASKETBALL

SET UP

- Students get into their team cone color groups and STAND behind their team cone
- 4 large garbage cans (with taped color signs on them) put up against wall or fence directly across from the same color cone to minimize chasing of balls, either use basketballs or foam balls
- 1 student in each line will start first taking turns shooting basketballs (four students from one from each colored cones).

RULES

- As each student comes to the front of their team line, they will shoot a basketball.
- If the ball goes in the garbage can they will move to the back of the line.
- If the ball doesn't go in, the player may rebound and make one more attempt before they must give the ball to the next person in the team's line.
- The first team to get through their line as many times as possible in the allotted time “, by getting thr basketballs or foam balls in the garbage, "wins".

STATION 9

DUNK BOOTH STATION

EQUIPMENT

- 4 team cones: 1 red; 1 green, 1 blue, 1 yellow
- 4 poly spots one placed beside each color cone
- 4 small buckets one placed in front of each color cone
- A bin of tennis balls and wiffle balls
- Dunk tank
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 9 DUNK BOOTH

SET UP

- Line up the 4 color team cones in a line closest to the station # 9 sign 3-5 feet apart.
- place four poly spots next to the color cones and four small buckets with wiffle or tennis inside of them.
- Send students to sit in a single file line behind their color cone not touching anything.

RULES

- Students will go to their assigned colored cone and make 4 lines
- The student at the front of the line on the GO SIGNAL will get one attempt per turn to throw at the target and dunk the adult.
- On the retrieve signal students will go and get their ball, give it to the next person in line and then they will then go to the back of the line.
- The process repeats until time to rotate is called

STATION 10

GAGA BALL

EQUIPMENT

- 4 small team colored cones: 1 red; 1 green, 1 blue, 1 yellow
- 1 GAGA ball (have a couple extra balls just in case)
- 1 GAGA pit
- Padded mat to put under the GAGA pit
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 10 GAGA BALL

SET UP

- Line up the 4 small team colored cones: 1 red; 1 green, 1 blue, 1 yellow in a line 3 feet apart from each other closest to the station 10 sign.
- Set up the padding to put under the GAGA pit.
- Set up the GAGA pit.
- Place one of the GAGA balls next to the station sign or have the volunteer leading the station hold onto the GAGA ball. .

RULES

SHORT VERSION

- Players and a ball in the pit. Everyone for themselves.
- If the ball touches you below the knee, you're out. Last one in the pit wins.

DETAILED

- All players start w/one hand touching the pit wall.
- Referee throws the ball into the center of the pit.
- Players chant "GA" and "GA" for the first two bounces, and "BALL" on the third bounce.
- Once the ball is in play, any player can hit the ball with an open or closed hand.
- If a ball touches a player on or below the knee (even if the player hits themselves) they are out and leave the pit.
- If a player is hit above the knee, play continues.
- No grabbing the wall to dodge the ball, which is an out.
- No holding the ball or double tapping, which is an out.
- If you hit the ball out of the pit, you are out.
- If 3 people are left and no one is getting out, players may count from 10 to 0 and then a new game begins.
- If someone gets hurt, the game pauses.
- If your friends say you are out, you're out.
- The last player in the pit is the winner.

STATION 11

WATER BALLOON RELAY

EQUIPMENT

- 2-3 large plastic storage bins TO PUT FILLED WATER BALLOONS IN
- HOSE/ WATER
- 1200 WATER BALLOONS (get WHOLLY Water Balloons 370 PCS Fills in 60 Seconds: Self-Sealing Water Balloons Fill and Tie Automatically in less than 1 Minute! (Amazon Price \$12.50 free shipping)
- 4 chairs for the relay race to be placed in- front of color team cones
- 8 small orange traffic cones with colored signs taped to them : 2 red; 2 green, 2 blue, 2 yellow
- 4 small buckets
- 1 large trash can for clean up of water balloons
- 1 rolls of scotch tape
- 1 large orange cone
- A 3 foot long 1 inch wooden dowel
- Sign: STATION 11 WATER BALLOON RELAY

x x x x x 
x x x x x 
x x x x x 
x x x x x 



SET-UP

- Place 4 team color (1 red; 1 green, 1 blue, 1 yellow) cones on the starting end closest to the station 5 sign and then 4 team color (1 red; 1 green, 1 blue, 1 yellow) directly across from the same colored cones about 20 feet away on the opposite side of the playing field.
- Place one bucket filled with water balloons beside each of the starting team cones.
- **Place 1 chair behind each of the team color cones on the opposite side of the playing field.**
- **Set up the station sign**
- **Place the 2-3 large plastic storage bins filled with water balloons besides that station sign.**

INSTRUCTIONS

- Have students go to their team color cone and sit behind it in a single file.
- On the volunteer's go signal
 - The first student in each group will start at the starting line, go one at a time, they grab ONE Water balloon from their teams bucket
 - They run up and around the far cone of the same color team cone 20 yards across from their starting cone and then sit on their teams chair with their water balloon underneath them trying to pop it.
 - Once they have popped their water balloon the run back back to their teams starting line.
 - They then give the next person in line an air high five and go to the end of their line and sit down.
 - If they drop their water balloon before popping it on their teams chair they have to do 5 jumping jacks before returning to their teams starting cone to grab another water balloon.
 - Each student will go one time and then game is reset and do the relay again.

Note:

- *student run or walk with their balloons to their teams chairs, and they must sit on the balloons till the balloons pop, and then go back to relay line.*

UNDERCOVER AREA

SENSORY BREAK STATION

EQUIPMENT NEEDED

- Sidewalk chalk
- One on one adult
- Sign SENSORY BREAK STATION

WATER/FIRST AID TABLES

EQUIPMENT NEEDED

- 2 tables (one in front of the gym, one the concrete in front of the field next to the fence)
- 4 sport/athletic water containers
- 1200 paper cups
- First aid kit
- Four chairs
- Four adults
- Walkie talkie
- Tape

POPSICLES PROVIDED BY PAHS AT THE VERY END OF FIELD DAY FOR K-2 and 3-5?

EQUIPMENT NEEDED BY VOLUNTEERS/PTA/FRONT OFFICE OR ANYONE WILLING TO DONATE FOR FIELD DAY

- 5 rolls of scotch tape for signs
- 1 bull horn: for Alex to count down time and signal rotation with siren.
- 5 rolls of blue scotch or painters tape
- 1200 paper cups
- 4 athletic water containers
- First aid kit
- Walkie talkies
- 4 tables (**2 for water/first aid stand** and **two for cup stacking** station)
- Popsicles for students at end of field day
- 2-3 hoses
- 4 packets of zip ties
- 7 wooden dowels 3 feet tall, 1 inch wide
- 4 gallon buckets
- 16 SPONGES
- 10 small black buckets
 - 8 inflatable palm trees (2 extra inflatable palm tree per team)
 - Extra bean bags (12-24)
 - STATION SIGNS
 - 6 spray bottles for back up)
 - 8 pin wheels for back-up
 - 4 large flip flops
 - 16 gunny sacks
 - 6 large garbage cans
 - Dunk tank
 - 1 GAGA ball (have a couple extra balls just in case)
 - 1 GAGA pit
 - Padded mat to put under the GAGA pit
- 1200 WATER BALLOONS (get WHOLLY Water Balloons 370 PCS Fills in 60 Seconds: Self-Sealing Water Balloons Fill and Tie Automatically in less than 1 Minute! (Amazon Price \$12.50 free shipping)
- 4 chairs for the relay race to be placed in- front of color team cones
- Team color cones: 8 red, 8 green, 8 blue, 8 yellow

BREAKDOWN OF EQUIPMENT NEEDED BY VOLUNTEERS BY STATION

STATION 1

SPONGE RUN

Equipment needed

EQUIPMENT

- 16 SPONGES
- 4 small or medium buckets for back up
- 1 large gallon bucket for back up
- Station sign **STATION 1 SPONGE RUN**

STATION 2

TUG OF WAR

EQUIPMENT

- station sign **STATION 2 TUG OF WAR**

STATION 3

TROPIC TOSS (HULA HOOPS OR FRISBEES)

EQUIPMENT

- 8 inflatable palm trees (2 extra inflatable palm tree per team)
- Extra bean bags (12-24)
- station sign **STATION 3 TROPIC TOSS (HULA HOOPS OR FRISBEES)**
- 2 gallon buckets for back up

STATION 4

OCEAN SPRAY RACE

EQUIPMENT

- (6 spray bottles for back up)
- 8 pin wheels for back-up
- 1 gallon buckets for back up
- 2 small buckets for back up
- station sign **STATION 4 OCEAN SPRAY RACE**

STATION 5

FLIP FLOP RELAY

EQUIPMENT

- 4 large flip flops
- 2 small buckets placed by the team cones
- station sign **STATION 5 FLIP FLOP RELAY**

STATION 6

SACK RACE

EQUIPMENT

- 16 gunny sacks
- station sign **STATION 6 SACK RACE**

STATION 7

DIZZY BAT RELAY

EQUIPMENT

- station sign **STATION 7 DIZZY BAT RELAY**

STATION 8

GARBAGE CAN BASKETBALL

EQUIPMENT

- 4 large garbage cans with team color signs taped on them placed directly across from colored cone (the cone with the same colored sign taped to it)
- Station Sign: **STATION 8 GARBAGE CAN BASKETBALL**

STATION 9

DUNK BOOTH STATION

EQUIPMENT

- Dunk tank
- 2 small buckets placed by the team cones
- Station Sign **STATION 9 DUNK BOOTH STATION**

STATION 10

GAGA BALL

EQUIPMENT

- 1 GAGA ball (have a couple extra balls just in case)
- 1 GAGA pit
- Padded mat to put under the GAGA pit
- Station sign **STATION 10 GAGA BALL**

STATION 11

WATER BALLOON RELAY

EQUIPMENT

- HOSE/ WATER
- 1200 WATER BALLOONS (get WHOLLY Water Balloons 370 PCS Fills in 60 Seconds: Self-Sealing Water Balloons Fill and Tie Automatically in less than 1 Minute! (Amazon Price \$12.50 free shipping)
- 4 chairs for the relay race to be placed in- front of color team cones
- 4 small buckets
- 1 large trash can for clean up of water balloons
- 1 roll of blue painters tape
- station sign **STATION 11 WATER BALLOON RELAY**

UNDER THE COVERED AREA ON THE PLAYGROUND

SENSORY BREAK STATION

Equipment needed

- 1 Container of assorted colors of Sidewalk chalk
- One on one adult
- Tape

WATER/FIRST AID TABLES

Equipment needed

- 2 tables
- 4 sport/athletic water containers
- 1200 paper cups
- First aid kit
- Four adults
- Walkie talkie
- Tape
- 4 chairs

EQUIPMENT FROM GYM STORAGE ROOM PER STATION HOLT

STATION 1

SPONGE RUN

- 8 small or medium buckets 4 placed on each side of the course or area next to the team colored cone (each paired up directly across from one another)
- 8 small team color cones : 2 red; 2 green, 2 blue, 2 yellow
- Sign # 1

STATION 2

TUG OF WAR

Equipment

- Large 4-way knotted tug of war rope
- 1 LARGE CONE PLACED IN MIDDLE OF 4 WAY ROPE
- 4 small team color cones : 1 red; 1 green, 1 blue, 1 yellow
 - Sign # 2

STATION 3

TROPIC TOSS (HULA HOOPS OR FRISBEES)

- 4 inflatable palm trees (one inflatable palm tree per team)
- Basket of bean bags: to weigh down the buckets with the palm trees in them
- 4 hula hoops
- 4 frisbees
- 4 Poly spots to mark throwing distance: closer for k-2 (start at 5 paces) 3-5 start at (10-15 paces)
- 4 small team color cones : 1 red; 1 green, 1 blue, 1 yellow
- Sign # 3

STATION 4

OCEAN SPRAY RACE

EQUIPMENT

- 8 small team color cones : 2 red; 2 green, 2 blue, 2 yellow
- Sign # 4
- 4 spray bottles filled with water (16 spray bottles for back up)
- 4 pin wheels (16 pin wheels for back-up)
- 4 small buckets placed by the team cones

STATION 4

SACK RACE

Equipment

- 20 Gunny sacks

STATION 5

FLIP FLOP RELAY

EQUIPMENT

- 4 large flip flops (have extra just in case 12 or more)
- 8 small team color cones: 2 red; 2 green, 2 blue, 2 yellow
- Sign # 5

STATION 6

SACK RACE

EQUIPMENT

- 8 small team color cones: 2 red; 2 green, 2 blue, 2 yellow
- Sign # 6
- 16 gunny sacks

STATION 7

DIZZY BAT RELAY

EQUIPMENT

- 4 plastic baseball bats
- 4 hula hoops
- 8 small team color cones: 2 red; 2 green, 2 blue, 2 yellow
- Sign # 7

STATION 8

GARBAGE CAN BASKETBALL

EQUIPMENT

- 4 color signs : 1 red; 1 green, 1 blue, 1 yellow
- 4 small team color cones: 1 red; 1 green, 1 blue, 1 yellow
- 4 Basketballs: 1 red, 1 green, 1 blue, 1 yellow
- Sign # 8

STATION 9

DUNK BOOTH STATION

EQUIPMENT

- 4 team cones: 1 red; 1 green, 1 blue, 1 yellow
- 4 poly spots one placed beside each color cone
- 4 small buckets one placed in front of each color cone
- A bin of tennis balls and whiffle balls

STATION 10

GAGA BALL

EQUIPMENT

- 4 small team colored cones: 1 red; 1 green, 1 blue, 1 yellow
- Sign # 10

STATION 11**WATER BALLOON RELAY****EQUIPMENT**

- 2-3 large plastic storage bins TO PUT FILLED WATER BALLOONS IN
- 8 small orange traffic cones with colored signs taped to them : 2 red; 2 green, 2 blue, 2 yellow
- 4 small buckets
- Sign # 11

SENSORY BREAK STATION

Equipment

- Chalk

WATER
FIRST AID

PARKING LOT

GYM

COVERED
PLAY AREA

HARD PLAY BALCK TOP

11. WATER
BALLOON
RELAY

9.
DUNK
TANK

8
GARAG
E CAN
BBALL

10.
GAGA
BALL

1. SPONGE
RUN

2

4-
WAY
TUG
OF
WAR

7. DIZZY
BAT RELAY

3. TROPIC TOSS

6. SACK
RACE

4. OCEAN
SPRAY RACE

5. FLIP FLOP
RELAY