

Gibsonville Field Day 2005

8:20-12:00 ——— *Stations*

12:00-1:00 ——— *Lunch and break time*

1:00-2:00 ——— *Afternoon entertainment, K-5 auditorium (classes will be called by grade level)*

2:00 ————— *Prepare to go home*

Stations

Stations will begin 8:20 please report to starting stations at this time. Each station will last between 9 and 10 minutes. Classes will rotate on the sound of the air horn. Students must stay with their groups so they can rotate with ease with their classes. You may want to vary methods uses to facilitate turns, reward good listeners, girls or boys first, or alphabetical order etc... Please help out with these stations to make sure all equipment is returned and taken care of. We have tried to place volunteers at each station to help with all activities.

Rotations

You are responsible for the station you are at. Please make sure that the station is cleaned up and ready *for* the next group when they arrive. You are assigned a station to begin at on the following page. Start at this number station and rotate through in order. For example if you start at # 18 proceed to 19, 20, 21, 22, 23, 1, 2 ,3 and so on. There are only 23 stations. It is very important that you do not skip and stay on schedule.

Lunch

At lunch time, an adult (teacher, assistant, or parent) may come to the cafeteria to pick up your lunches. Boxes will be labeled with the teacher's name. Your classes may eat any place you prefer. (**All classes are responsible for their trash!!!!**)

Starting Stations

Neo#1

Treece#2

Willis#3

Lacey#4

Farr #5

McIntyre #6

OPEN #7

Manning #8 This is a break station so your class can begin at 8:30 after the first rotation

at #9

Bowerv #9

Reilly #10
Brady#11
Martin #12
Fox #13
Joerger#14
Haden #15
Carrol #16
Mobley-1/2 Smith #17
Reece-Chrisman - 1/2 Smith #18
Osborne #19
Steen #20
Craver #21
Shinn #22
Williams #23

FIELD DAY – 2005

Stations 1 - 23

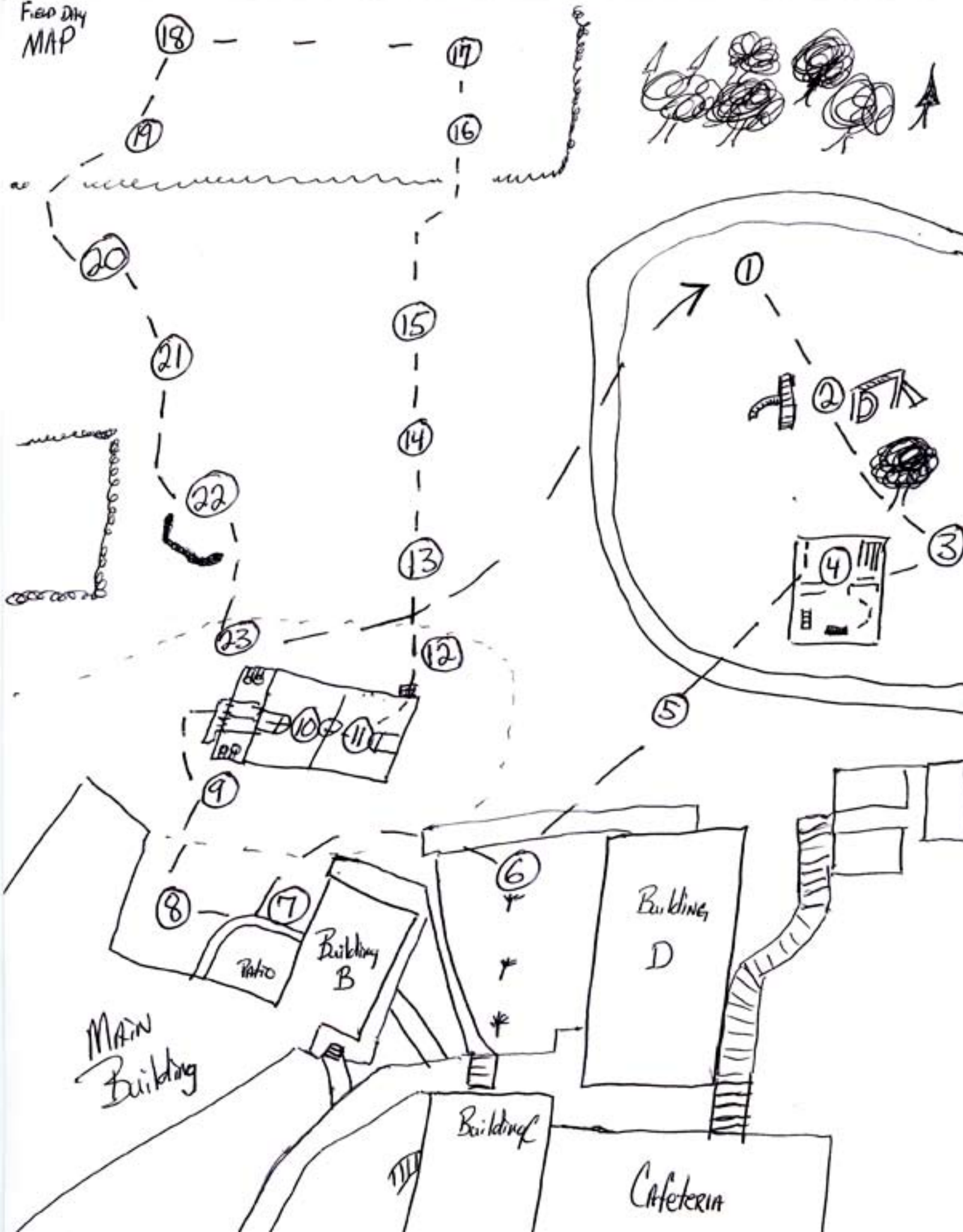
1. **Flying Saucers** - Frisbees can be tossed between partners, try to keep them away from the woods
2. **Playground Equipment** - Have a relaxing time playing on our playground
3. **Jump the creek** - Find out who our future track and field stars are as students jump distance will be increased if a student falls in the creek they are out
4. **Project Fit America®** - Let students get their workout on PFA. Only one person on a piece of equipment at a time remember this is not a playground its a fitness course. Let students choose what workout they want to do. K-I teachers students will need extra help at some activities.
5. **40 yard dash** - have students pair up, each pair will race the winner walks back to the starting line and will race another winner this continues until we have class winner.
6. **Soak it up-** Water sponge relay, divide the class into 3 teams, the first person runs to the bucket filled with water and soaks their sponge, runs back to their team and passes the sponge over their heads to last person in the group. That student squeezes the sponge out into a smaller bucket and then runs back to soak the sponge again. The race continues until the small bucket begins to overflow or time is called and the water is checked to see who has the most.
7. **Snow Cones** - Try a snow cone from our PTA.
8. **Chillin out** - take a break and enjoy your treat.
9. **Artistic Creation** - Students create their works of art on the bus driveway
10. **Scooting around town** - scooter relays
11. **Basketball** - Shoot Dribble and Pass at this station
12. **Hot Feet** - Try out your jump rope skills we all used during Jump Rope for Heart. Kinders and first grade race to see who can make all the letters in the alphabet with their rope before time is up.
13. **Hollywood** - divide students into 3 teams they must run to the clothes provided put on at least 2 pieces run back and change out quickly with a teammate. First line to finish all this dressing wins
14. **Bag it** - 4 groups compete in a old time sack race.
15. **Water Balloons** - Stand facing partner about 5 feet apart from each other. Students begin tossing, the last group without a popped balloon is the winners. Each class should have enough balloons for each group to go twice.
16. **Cross the Nile** - Students will be put into groups of 5 and cross the river without falling in. Good group cooperation is the key to success.
17. **Softball Toss** - Students form a line and receive a ball to throw. The distance will be marked by a cone if someone throws a greater distance the cone will move to set the new mark. Who has the best arm?
18. **Parachute** - a PE favorite try out some different chute activities just make sure you are a good

listener.

19. **Shooting Star** - Students try to score a goal from different distances using their soccer skills.
20. **Javelin Thrown** - Divide students into 4 lines. Have the first person in line throw for distance. The farthest distance should be marked with a cone the rest of the students will throw. IF the distance is increased then the cone will be moved.
21. **Golf Ball Egg Race** - Divide students into 4 equal teams, balance your golf ball on a spoon with one hand only. race to the half way mark and back. If the ball drops you must start over. first team the finish wins.
22. **Scoop distance toss** - 5 Students will toss a ball for distance using a scoop the winner will stay in the game while the others are eliminated find out who your class scoop champ is.
23. **Hang it up**- divide students into 2 teams. Walk to the clothes line and remove the clothes from the line walk back put it in the wash, ring it out and hang it back up on the line. First team to complete their wash wins. *Any running in this station will disqualify your team!!!!*

*****The First Aid Station can be found under the big trees between the art room and the track*****

Field Day
MAP



1st annual 4th & 5th grade KICKBALL TOURNAMENT

Field Day 2005 RULES

All games will last 14 minutes and will be timed

A coin flip will decide home and visitors, IS your coach/teacher wins the flip pick visitors it will be to your advantage to kick. first because of the time limit

2 outs per inning instead of the normal 3 to speed up play

Your class must have 15 or more players to participate) the teams will kick boy, girl, boy, girl. The players that chose not to participate must be cheer leaders for your team.

Kicking teams must be behind the backstop and must not climb on the fence.

Please pick a pitcher that can pitch well and can throw a straight pitch.

Any poor sportsmanship, arguing calls etc. will result in an ejection from the game and a suspension of the next game if your team wins.

Ways to get runners out, catch a fly ball, throw and hit the runner with the ball below the shoulder, tag a base for a force out. 2 fouls kicked in a row will result in an out, as well as kicking out of order.

If your team is not playing have them sit on the grass on the other side of the track down the 1st and 3rd baselines. Encourage them to cheer their friend on. Please make sure they are not making fun of anyone that might be playing.

If you have any questions see Coach White, I am giving you this early so your teams can practice using these rules!!

Thanks Coach