



Wilkins Field Day Activities/Roles 2019

⇒ WATER CARRY

Divide class into two equal teams. Each team will get lined up behind a different colored bucket filled with water. In relay fashion, one player at a time will fill the sponge with water and carry it over to their bucket. The team that fills the receiving bucket first wins!

Extension: Have players move in different ways while carrying sponge (skip, gallop, backwards, etc.) or have players balance sponge on different body parts while carrying.

⇒ WATER BALLOON TOSS

Each team will divide into partners and stand opposite their partner (starting close, especially for grades 1 and 2). Each pair of players will have 1 water balloon. **Stress that they should take care of it because it is the only balloon they get for the round.** When an adult says, "toss" the player holding the balloon will toss it to their partner. If it is caught without breaking, they are still in the game. When a successful catch is made, that player must take a step back and wait for the next toss signal. If the balloon bursts from hitting the ground or the player, that pair is out of the round. They will then take a seat on the ground in that spot and wait for the round to end. The last pair of players standing are the winners. Play multiple rounds if time and resources permit. **PLAYERS MUST PICK UP THE WATER BALLOON SCRAPS AFTER EACH ROUND AND PLACE THEM IN TRASH BUCKET.**

Modification: There will be a bucket of balls to practice if the rounds go too quickly.

⇒ SACK RACES/3 LEGGED RACES

Divide students into two teams. Each team will have two lines facing each other, standing about 25 feet apart. Relay style, the first player gets into the sack and hops to the line ahead of them. Once they reach their team, they get out and the person in the front gets in to repeat the process. After you go, you get in the back of that line. The round ends when everyone from your team has gone. Make sure teams have even numbers (*one person may have to go twice).

Extension: Have students hop backwards or other patterns.

Modification: 1st and 2nd graders use the 3 legged bands. Have everyone get a partner and adults will assist getting the bands on correctly (band should go around one leg from each partner to make a "third leg"). Give them a minute or two to walk around and get comfortable. Play a game of tag where the adults are "it", so players must avoid. If tagged, hop up and down five times with partner then back in.

⇒ PARACHUTE

Have each player put both hands on ONE color or one handle of the parachute. Choose from the following games or create your own! **Please make sure students don't step on the parachute.**

- Colors- lift up and call out a color. Students holding that color must run to a new spot underneath.
- Waves- low, medium, high. Soft, medium, hard.
- To the moon- see how high you can toss rubber animal
- Popcorn- put the small balls on parachute and send them off with shaking. Have designated retrievers

⇒ **BEACH BALL RELAY**

Players will lie down on their backs, in one long vertical line (a person's feet will be above another person's head). They must pass a beach ball along to each person, USING ONLY THEIR LEGS. After players pass the ball, they must get up and run to the end of the line to keep the chain going. If the ball hits the ground, it must go back to the starting line.

Extension: Make the lined a curved pattern or put a small space in between players so they must pass it in the air.

Modification: For 1st and 2nd grade, allow them to use hands first, then hands and feet in combination. If there is time, have them try it with just using feet! If the ball hits the ground, they may pick it up and continue rather than starting over.

⇒ **CREATIVE CHALK PLAY**

This station allows students for more freedom and less structure. They may use the chalk while socializing. Please make sure they are using the chalk appropriately, or they will lose the privilege to use them.

⇒ **WATER STATION**

Third and fourth graders can grab water when they need during their station times. Please make sure the water jugs remain filled with water. If they get low, refill with hose attached to back of building.

This is a station for first and second graders to ensure they are staying hydrated. During this time, they may just hang out and take a break from the sun.

⇒ **LUNCH FLOATERS**

Please make sure students are throwing trash away and cleaning up their area. We may need help just directing students where to sit outside after they get their lunch from inside.

⇒ **WATER BALLOON FILLERS**

Please make sure the balloons are filled up and ready to be used for the water balloon toss. They will be placed in the large blue trash bins.

⇒ **FIELD FLOATERS**

This role will fill in for whatever is needed. Being flexible and available to help when called on.

**THANK YOU FOR
VOLUNTEERING
TO HELP!**

Field Day



Wilkins Elementary School Field Day 2019 Activity Location Map

