**The Most “Awesome” Field Day: June 7, 2018 at LJES ever!!!**

1. **Outrageous Relay Zone (K-5th)**

**Marshmallow & Spoon Relay (K-5th)** Divide students up into 4 or 5 teams. Give the first student in each line a plastic spoon with a marshmallow on it and have the student’s race to the finish line without dropping the marshmallow. Once crossing the finish line, students place the spoon and marshmallow in their hands, run back to their team and hand off the spoon and the marshmallow to their next teammate in line. **Materials needed: jumbo marshmallows, plastic spoons, painted start and finish line, orange cones**

**Balloon Pop Relay (K-5th)** Divide students up into 4 or 5 teams. Give the first student in the line a balloon. Students will race down their lane and will sit down on the balloon while sitting in a chair. The balloon must pop before they race back to their teammates and the next teammate in line will run with the balloon and go sit on the balloon in the chair. **Materials needed: plastic garbage bags with inflated balloons, 5 chairs, lines will be sprayed for start and finish, orange cones**

**Dress up Relay (K-5th)** Divide students into 4 or 5 teams. Each team stands one behind another in a straight line. Choose one person from each team to stand at the opposite end of the outside play area. On your go, students will take turns running to the end of the line to put one piece of silly clothing on their classmate. By silly, I mean a wig, clown shoes, dad’s shirt and etc. The team who has their classmate completely dressed and are all standing back in line wins! **Materials needed: dress up clothes, lines will be sprayed for start and finish, orange cones**

1. **Radical Racing Zone**

**Sack Race (K-5th)** Divide the class into 4 or 5 equal groups. Line up the students at the starting line. The first student in each row steps inside the sack. Students will hop down their lane in the sack until they cross the finish line. Once they reach the finish line, they step out of the sack, run while carrying the sack, and pass the sack to the next person in line. Please remind students prior to race to hop and not scuffle their feet. Please remind students to hand the sack to their teammate and not “throw” it at them. After the student races they must sit down. Repeat until all students have raced and a winning team has been determined. **Materials needed: sacks, lines will be sprayed for start and finish, orange cones**

**50 Yard Dash (K-5th)** Start and finish lines will be marked in the grass. Divide the class into 4 groups. Two groups of boys and two groups of girls. Have each of the four groups run separately. After four races have been run, have the two fastest boys and the two fastest girls run in a fifth and final race to determine the overall winners. **Materials needed: clip board, pencil or pen, lines will be sprayed for start and finish, orange cones**

**2.a Parachute game: Popcorn (K-2nd only)** Toss multiple small rubber balls on the fabric while held taut, see how long your team can keep them popping! **Materials needed: large and small parachute, small objects to bounce**

**2.b. Wheelbarrow Race (3rd-5th only)** Boys will partner up with boys and girls will partner up with girls. One child holds on the other child’s ankles while the other child uses their extended arms to walk their arms to the finish line. The “wheelbarrow” cannot crawl or be dragged across the finish line. Fastest pair of students to cross the finish line are the winners. **Materials needed: lines will be sprayed for start and finish**

**3. Terrific Teambuilding Zone**

**Tug O’ War (K-5th)** Five or six member teams. Do your best to divide up teams as equally as possible by size. Do your best to make sure to that an equal amount of boys and girls are on each side. Each team pulls until the rag in the middle of the rope is past the line on one team’s side. Students may not use cleats or gloves in Tug O’ War. **Materials needed: two lines will be sprayed for each teams side**

**Kickball (K-5th)** Same rules as baseball apply. All bases are numbered. The difference is the pitcher rolls a soccer/foam ball to the hitter/kicker. Kindergarten and 1st grade students may play “Duck, Duck, Goose” instead of kickball. **Materials needed: kickball, numbered bases**

**Soccer (K-5th)** LJES staff and a volunteer will lead students in soccer type drills. **Materials needed: tub of soccer balls, 2 nets, 4 orange cones**

**4. Spectacular Splash Park Zone**

**4. Splash park (K-5th)** Teachers will supervise their own students in this area.

**5. Wild Water, Relay, & “Egg”cellent Zone**

**Water Relay (K-5th)** Divide the class into 4 equal team. The students will then pick up plastic cups that has small holes poked in the sides. They will then dip the cup in the water bucket and fill it with water. Students MUST then carry the cup of water over their head towards the empty bucket. When they reach the other bucket, they must empty their cup into their teams bucket. The first team to fill their bucket to the top with water wins. **Materials needed: 8 plastic buckets, cups with poked holes, sprayed starting and finish lines, spray nozzle for hose, hose hooked up to a water source (Mr. Westray)**

**Egg Toss (K-5th)** Teacher will pair up students. Each pair of students will receive an egg. Students will stand a few feet apart from their partner. The entire group tosses their egg to their partner. If the egg is caught without getting broken both partners, take one large step backwards. Repeat until you get a winner. **Materials needed: raw eggs**

**100 Yard Relay (K-5th)** Each class will be dived into 4 to 6 teams. The teams will be divided into two groups. The groups will form two lines facing each other. The first member of each team on one side will be handed a red object to pass. On signal, they run to the other side and give the red object to the first team member on the other side. The students that just ran will then sit down at the back of their lines. Students will continue to pass the red object until each team member has run once and sat down. The team that finishes first is the winner. **Materials needed: sprayed starting and finish lines, red rectangles to pass**

**6. Gymnasium Jamboree Zone:**

**Basketball Free Throws (3-5th)** All the boys will form a line and will shoot alongside a line of girls. Each student gets 5 shots from the foul line only. Students or an adult volunteer will record how many baskets they made on a class clipboard.  **Materials needed: 2 basketballs, clipboard, paper, pencil/pen**

**Dance Party Station (K-5th)** Students will dance along with “Just Dance for Kids” videos or a list of songs with appropriate lyrics. **Materials needed: laptop, list of songs with appropriate lyrics that can be typed in on youtube.com. Gonoodle.com is another website that has dance songs**

**Jump Rope/Hula Hoop Station (K-5th)** Students will jump rope/long rope jump or hula hoop along with the dance party music. **Materials needed: jump ropes, long ropes and hula hoops**

**7. Playground Excitement Zone**

**Playground Activities: (3rd-5th)** Students will play on the playground. Warn students to keep footballs, and soccer balls away from tall grass, wooded areas, and the roof of the school. **Materials needed: footballs, long jump ropes, soccer balls, and etc**

**8. Lunch (students only) at LJ Cafeteria**

**Cafeteria:** All classes will f*ollow your regular lunch schedules!* Parents CAN NOT eat in the cafeteria with their child. The cafeteria orders food and will only have enough food ordered to feed LJES students and NOT parents or volunteers.

**Items to be printed and readily available to staff and volunteers in office:**

Accident reports Print signs for Field Day activities

Map with location of Field Day events and activities Two water containers, ice, water and disposable cups

Staff and volunteer responsibilities Print signs for Field Day activities

Activity names and game descriptions of how to play Field Day events Tent for cool down and water area

Field Day activities and activity schedule & Kona Ice Schedule