

Ending The Year With Purpose: Field Day

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What is Field Day?

A celebration of activity that incorporates multiple skills and/or themes learned during the school year. It allows you to choose activities that focus on teambuilding, competition, fitness, etc.

Most of us have a grade level or two rotating through fun games listening to music.

Why should I do a field day?

- If you want to have a meaningful event to finish the year with.
- If you want to provide an opportunity for your students to participate in an event that might be a highlight in their physical literacy journey.
- Because I still remember how fun field day was when I was in sixth grade and that was 30 years ago!

How do I get started?

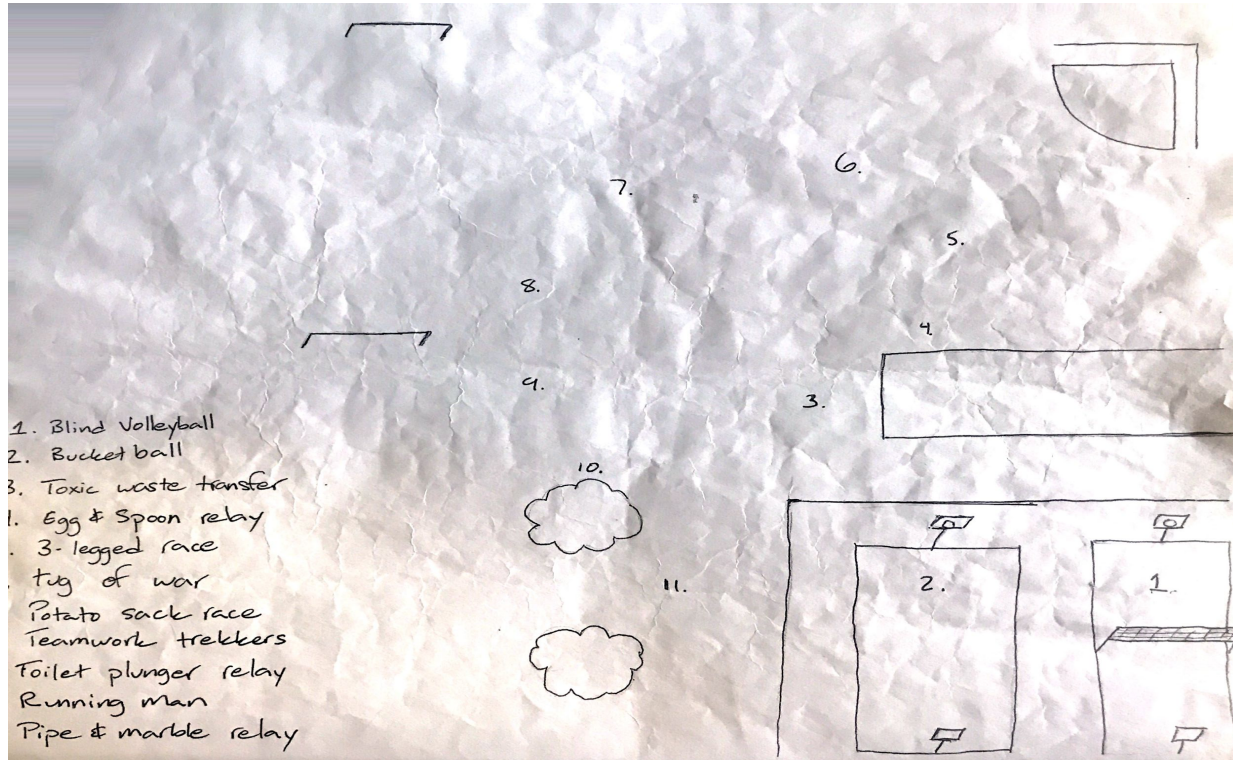
- 1) Introduce it to your administration- Discuss your vision. Get it on the calendar.
- 2) Introducing it to staff- Keep line of communication open. Know what you need from teachers and be prepared to answer questions.
- 3) Introducing it to students- teach the stations/activities you will be doing ahead of time during class. This saves time.
- 4) Get parent club or community involved if possible

*Don't be afraid to start small and build on year after year. This is a great opportunity to advocate your program.

Items to consider

- 1) Facilities- will you need grass mowed, fields painted, nets put up, etc?
- 2) Scheduling
 - Will PE schedule be different than normal?
 - What are lunch/recess times?
 - How many stations, how much time between stations?
 - Transitions: how are you going to let everybody know it's time to rotate?
- 3) Create a map

Create a map of facilities



Create a map of facilities



Field day set up

- 1) Theme- use activities that students will be successful in, make it meaningful for all your students!
- 2) Be mindful and creative
- 3) Order or sequencing of stations- what is the purpose of placing events in that order- try not to put hard stations back to back (cardiovascular, muscular strengthening, etc).

Extra Resources

- 1) Additional supervision- teachers, parents, students (teacher choice/student council)
- 2) Student helpers- double up students, have one stay and the other student walk group to next station. Provide helpers with incentive- t shirts, party, etc.

Time to move !! lets experience field day

VOLUNTEERS!!!!!!

2 teams of 5 ready to go!

#1

**SPOT
SHOT**

**POSSIBLE THEMES:
FITNESS, COMPETITIVE**

#2

**PIPE AND
MARBLE
RELAY**

**POSSIBLE THEMES:
TEAM BUILDING, COMPETITIVE**

#3

AEROBIC BOWLING

**POSSIBLE THEMES:
FITNESS, COMPETITIVE, TEAM
BUILDING**

#4

TEAM CUP STACKING

**POSSIBLE THEMES:
TEAM BUILDING,
COMPETITIVE, FITNESS**

#5

KAYAKING

**POSSIBLE THEMES:
OLYMPIC, FITNESS,
COMPETITIVE**

#6

FIREMAN

RELAY

**POSSIBLE THEMES:
WATER, COMPETITIVE, TEAM
BUILDING**

#7

JAVELIN

**POSSIBLE THEMES:
OLYMPIC, COMPETITIVE**

#8

MAZE
CRAZE

POSSIBLE THEMES:
NON-TRADITIONAL, COMPETITIVE,
TEAM BUILDING

Field Day Themes

Know your school

What is your purpose? What are you hoping to accomplish?

Know your equipment? Can you borrow some?

Team-building



Water Games



WE BELIEVE

Olympic



Competitive (Point System)



PE Unit Review



WE BELIEVE

Non-Traditional Games



Spartan/Tough Mudder



Other Possible Routes

- Teacher VS Students
- Students VS Future Teachers
- 1 or 2 activities a day (format/ whole school view)
- Traditional Sports (class competition/ tournament)

Points to remember

- Allow for hydration.
- Shade structure/canopies.
- Music
- Station markers/map.
- Student involvement
- Instructions for each station/use student council to run stations.

QR CODE

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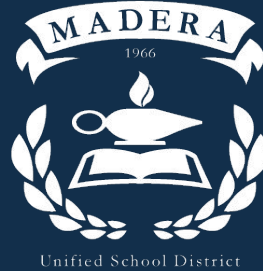
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“Where the futures of children are driven by their aspirations and inspired by their circumstances”