

1st – 6th Grade 2018

1. **50 yard Dash** – Students will race according to gender about 5-6 at a time. Girls will line up at the starting line. The runners will be signaled to start. The runners will run as fast as they can towards the finish line. The first runner, who crosses the finish line, is the winner. If the race is close and 1st place cannot be determined, the pack will run again. The boys' race will follow the girls. (emphasize running straight in his/her lane only.)

(1st-3rd)

(4th-6th) 1. **75 yard Dash** - Students will race according to gender about 5-6 at a time. Girls will line up at the starting line. The runners will be signaled to start. The runners will run as fast as they can towards the finish line. The first runner, who crosses the finish line, is the winner. If the race is close and 1st place cannot be determined, the pack will run again. The boys' race will follow the girls. (Each child MUST stay in his/her lane the entire race.)

2. **Hurdle Race** – (equipment needed: hurdles, cones, & stop watch) Divide class into two fair/even teams. Each team will be timed on how long it takes to run from the starting cone, jump over each hurdle and cross the finish line. There are no penalties if the student hits and knocks down the foam hurdles.

3. **Sack Race** – (Equipment: Sacks and 4 small cones) There will be a boy's race and a girl's race. The students will line up at the starting cones and on the signal will hop to the finish line. If there are not enough sacks, divide the group evenly and have an additional race.

4. **3 Legged Race** - (Equipment: neck ties or rope sections) The students will partner up and have two of their legs tied together with a neck tie or piece of rope. On the signal the students will start walking/running towards the finish line. If a student does not have a partner the teacher/assistant/parent can be a partner.

Station 7: Javelin Throw- 1) _____
2) _____

Station 8: Water Bucket Relay- 1) _____
2) _____

Station 9: Tug of War- 1) _____
2) _____

Station 10: Hula-Hoop 1) _____
2) _____

*BREAK STATION- *Food/Drink pick up from cafeteria provided by the P.T.O.

1) _____
2) _____

*Field Day is TUES. May 15th. All volunteers are responsible to be in the gym by 7:30A.M. The Field Day Ceremony begins at 7:45AM. Stations must be set up immediately by the numbered cones/stations (see map) following the ceremony. Volunteers need to pick up Field Day packet info and return all materials to the labeled tables in the gym. Field Day for 1st thru 6th begins at 8:15AM and will end about 11:30A.M.

* THANK YOU SO MUCH FOR VOLUNTEERING! Coach V(861-2294)