

2015 Edison Field Day

Emerald

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1. Scooters

(Gym)

Start: 1st Terry

2. Torch Carry

Obstacle Course
(Outside the Gym)

Start: 1st Crystal

3. Tchoukball

(On the blacktop in front of
short wall)

Start: 2nd Natalie

8. Parachute

(On the field near the backstop closest to the gym)

Start: 3rd John

Go to the #1 Gym Next!

4. Potato Sack Relay

Starts near the picnic tables. If you have time you can also do a Cool Down on the structure or sit at the tables.

Start: 2nd Grade Laura

7. Sponge and Fill the Bucket Relay

(On the blacktop Between the Cafeteria and the IMC)

Start: 3rd Janine

5. Ball Relays

(Middle of the Field)

Start: 4th Brian

6. Water Balloon Toss

(Near the Garden)

Start: 4th Jenny

Onyx

Onyx

1. Scooters in the Gym with Frank and Terri:

- Moving on the gym scooters and game options of scooter basketball or scooter freeze tag. Scooter Movements and Games

2. Torch Carry: Sixteen golf tubes, four tennis balls, various cones, stepping stones, and hula hoops, etc.

- Four Teams
- Line up some obstacles: cones, stepping stones and hula hoops and other items that you have in a line in front of each team's starting cone. At the opposite end of the starting cones place a second cone for half of the team.
- This a shuttle relay, so half of each of the four teams start at opposite ends (more turns this way).
- The first two people in each line have a torch (golf tube) to start.

3. Tchoukball: Four Teams: Use a variety of balls to throw at the Tchoukball goal, which is like a mini-trampoline. You make a point if you throw a ball and it bounces into the air and you catch it after one bounce. Two points for throwing a ball at the Tchoukball and catching it in the air without bouncing.

4. Potato Sack Relay/ Cool Down Cafe:: Some individual jumping races while both feet are inside the sack. Another activity is with a partner legged race.

5. Pass the Ball down the line! Relay Activity A variety of balls and styles of moving them. For example, the over - under pass is when you Pass a ball backwards over your head, then get the ball from under the legs of the person in front of you. Can you do the Boulder Pass? (with a medicine ball)

Partner Ball Relay: You've got a partner, now hold the ball between your shoulders, etc. and see if you can move together.

6. Water Balloon Toss: Partners face each other at arms length and toss the water balloon back and forth. Minute or so they will be asked to move a step back to make it more challenging.

7. Fill the Bucket Relay Teams: Each team has a bucket and tries to fill it by passing a cup of water down their line and the last person runs to the bucket and adds the water. Another relay is a running relay, where you try to carry your cup of water from to the other side and fill a bucket.

Sponge Relay: Pass a giant sponge filled with water down your line (over your heads) and try to fill your bucket with water

8. Parachute Activities with Frank and Terri

Other Options: If you're a volunteer and would rather do a different station, here are some possibilities

- **Activity: 4-Way Tug of War** (We have the specially designed rope in the gym storage)
- **Limbo: How low can you go?** (Portable Music and a limbo stick will be needed)
- **Polyspot Basketball**
- **Knee Tag**