

MES

Games Day

Grades 1-2



June 6

1:30-3:15

A Note to Teachers

Hi teachers/families,

Knowing how busy this time of year is, we have made efforts to simplify Games Day, while maintaining the excitement of the day. Our goal is to make this day a friendly introduction to track and field to celebrate the skills we have been practicing in gym class.

Your students will rotate through 2 blocks; track field events, and racing events, and then we will enjoy a treat on the playground to end the day.

There will be a representative at each station, but we ask that you go with your class to each station and help run the stations.

Our start time is 1:30, so please have your classes ready to begin a few minutes early so no time is wasted.

Schedule

	Track Field events	Running Events
1:30-2:15	Grade 1	Grade 2
2:15-3:00	Grade 2	Grade 1
3:00-3:30	Treat + Playground	

*each block is 45 minutes

	Track Field events			Running Events		
	Ball Throw	High Jump	Long Jump	100m Sprint	Tug of War	Crazy Race
1:30-1:45	Hartley	Thomson	Miller	Sabey	Jones	Barnett
1:45-2:00	Miller	Hartley	Thomson	Barnett	Sabey	Jones
2:00-2:15	Thomson	Miller	Hartley	Jones	Barnett	Sabey
2:15-2:30	Sabey	Jones	Barnett	Hartley	Thomson	Miller
2:30-2:45	Barnett	Sabey	Jones	Miller	Hartley	Thomson
2:45-3:00	Jones	Barnett	Sabey	Thomson	Miller	Hartley
3:00-3:10	Break: Bathroom, Drink Prep: Grab freezies and Scissors					
3:00-3:20 (clean up) Freezies + Play	Teachers will bring out the freezies and scissors. Students will stand in line and receive their freezie and then play on the playground. At 3:20, we will do a clean up. If any kid brings us a piece of garbage they get a piece of candy?					

Event Descriptions

Track Field Events:

1) Ball throw (15 minutes)

- Students will throw twice. Teacher will mark the furthest throw. After the first person, each student takes their turn throwing 2 softballs, trying to beat the furthest throw. If someone throws further, the marker is moved to reflect this. If you get through your whole class with time left, let each student have one more turn.

2) High Jump (15 minutes)

- Students will take turns jumping over the elastic band 'rope' (rather than the bar). After everyone has had a turn, move the rope up a few centimeters higher and go again. Continue until the 15 minutes is up.

3) Long Jump (15 minutes)

- Students will each take turns jumping. Mark the furthest jump with a pylon, and move the pylon to the new furthest. Keep jumping until the 15 minutes is finished.

Racing Events:

1) 100m Sprint (15 minutes)

- Students will line up in groups of 5-6 at a time. Josh will have the start gun, and they will run the 100m.

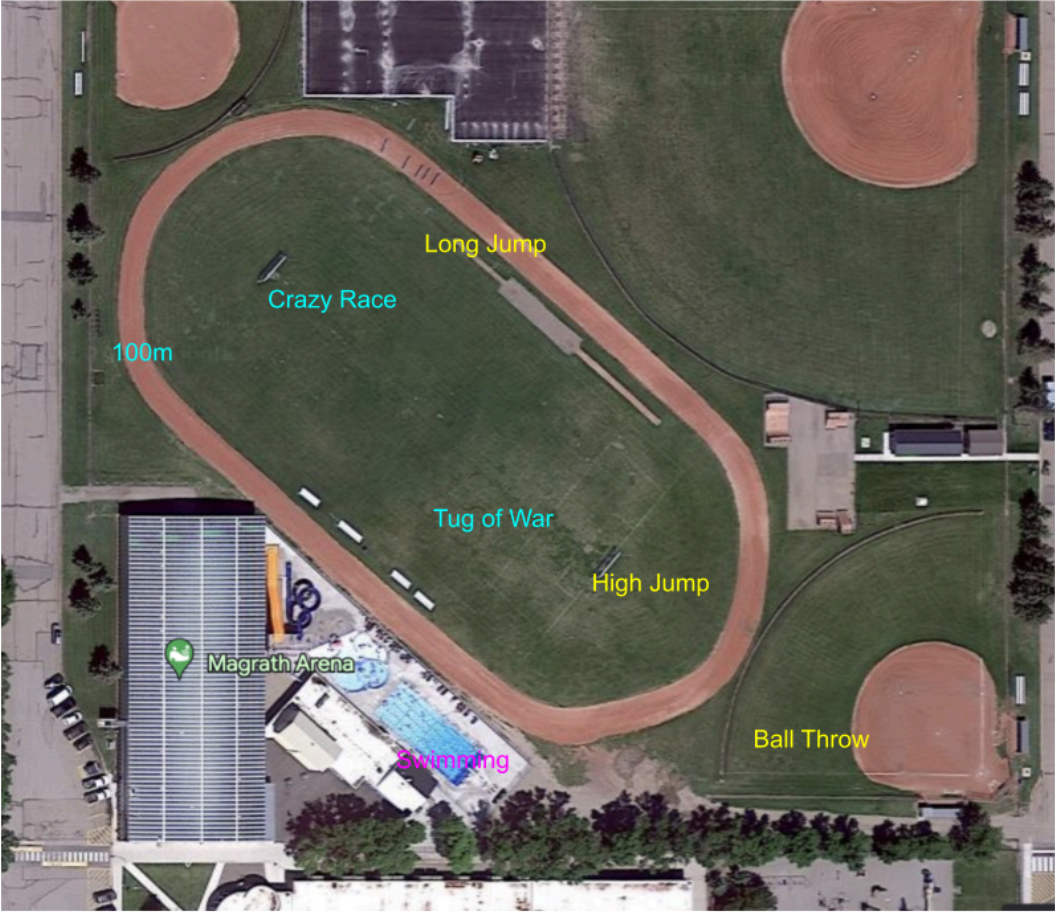
2) Tug of War / Treat (15 minutes)

- Students will split into 2 groups and pull on the rope, until the flag crosses their teams line. You can resplit them into teams.

3) Crazy Race (15 minutes)

- Students will split into groups of 4 or 5. Each group will stand by a lane. One at a time, one student from each group will complete a leg of the race. The next student may not begin until the proceeding student has crossed the starting line. Prior to beginning, demonstrate each leg's action so that students are confident in what they are to do. In the event that one team has five students and the others have 4, those with 4 will choose one student to repeat a leg of the race. The legs of the race will be as follows:
 - Leg 1 - The student will place the ball between their knees, "run" towards the pylon at the opposite end of the lane, round the pylon and back to the starting line.
 - Leg 2 - The student will use a hula hoop and "jump rope" with the hula hoop towards the pylon at the opposite end of the lane, round the pylon and back to the starting line.
 - Leg 3 - The student will place a rubber chicken on their head and balance it (without touching it) as they move towards the pylon at the opposite end of the lane, round the pylon and back to the starting line. If at any point the chicken falls, the student must 'bok' like a chicken 3 times before placing the chicken back on their head and continue.
 - Leg 4 - Students will place a lacrosse stick with one end on the ground and place their forehead on the other end. They will then spin 5 times around the stick, then run towards the pylon at the opposite end of the lane, round the pylon and back to the starting line.

Map



EA/Teacher Assignments

Track Field Events	
Long Jump	Leisel
High Jump	Josh
Ball Throw	Jordynn
Track Race Events	
100 m Sprint	Brett + Claire
Tug of War	Heather
Crazy Race	Kristin + Calee

Grade 5 Assignments (we need 14)

Track Field Events	
Long Jump	
High Jump	
Ball Throw	
Track Race Events	
100 m Sprint	
Tug of War	
Crazy Race	

For Purpose of Games Day Committee: (Prep)

Freezies + Playground	
Supervise your own classes	
Track Field Events	
Long Jump	- Josh will get rake and pylon
High Jump	- Josh will set up the mats and elastics
Ball Throw	- Josh will get balls and a marker
Track Race Events	
100 m Sprint	- Brett will have the gun
Tug of War	- Brett + Josh will grab all of the equipment needed.
Crazy Race	- Kristin will get everything needed for this race (or delegate as she plans it)
Gr. 5 Helpers	
Gr. 5 Helpers	- Josh will organize Gr. 5s and give them jobs.