**BON LIN MIDDLE 2010**

**FIELD DAY NOTES**

* Field Day Dates & Place:
  + 6th grade – Wednesday, May 12
  + 7th grade – Thursday, May 13
  + 8th grade – Friday, May 14
  + Field Day will be in the grassy area between the 6th grade hall and the bus drive.
  + There will be marked areas with cones and homeroom teacher’s names to designate your class’s area for the day.
* Field Day Times:
  + Field Day will begin at 9:30 am and end at 3:30 pm.
  + There will be at least 1 hour for lunch.
* Bring your own chair if you plan on sitting down.
* Bring ice and a cooler with drinks if you plan on having that for your class.
* Bring and wear sunscreen.
* Teachers MUST stay with their class and students must stay with their homerooms.
* Areas must stay clean!
* No extra equipment is to be brought outside (footballs, basketballs, etc.)
* All students MUST wear their Field day t-shirt, PE shorts, and tennis shoes. If a field day t-shirt was not bought students should have a t-shirt the same color as their homeroom.
* Remind your students that there will be no water throwing, chasing, gymnastics, rough play, racing one another, or any other activity that someone will get hurt. \*\*Any student that cannot follow these rules will be sent back inside and placed in another teacher’s class for the rest of the day.\*\*
* Shoes must be worn at all times.

------------------------------------------------------------------------------------

* When your students sign up, please allow them to sign up for only one event before signing up for another. This allows everyone to participate in at least one event. EVERY student who is able must participate in at least one event.
* A copy of the “Event Sign-ups” must be turned into Coach Smiths box by Friday, April 30.

**EVENTS AND DESCRIPTIONS**

1. **50 Yard Dash:** One time down the field – the first student to cross the line wins. There will be two separate races for each gender (2 girls and 2 boys).
2. **Water ballon Volleyball:** Each team of 6 will have a bed sheet that they will return and volley the ball (water balloon) with. If the balloon busts on your side of the court the other team gets a point. Each game will be played to 5 points. (4 girls and 4 boys).
3. **6 x 100 Yard Relay:** Six students will run one time down the field AND BACK to their line and hand off the baton to the next student on his/her team. The first team to complete all six runners wins. There will be one race for each gender (6 girls participants and 6 boy participants).
4. **Swimmie Sponge Relay:** There will be a bucket at the start of each lane filled with water and one sponge. At the end of the lane will be an empty bucket. At signal, the first person in line puts on the swimmie around their waist and gets the sponge full of water, runs to the empty bucket, squeezes out the water, and returns back to the starting line to pass off the sponge and swimmie. This continues until all of the team has gone and is seated behind the starting line. Whichever team has the most water in the bucket wins (4 girl participants and 4 boy participants).
5. **Wooden Foot Race:** The students will start on the wooden feet and work together to travel from the start line to the finish with out stepping their feet on the ground or a team member falling off. If someone touches the ground the team must go back to the start line and start over. All 6 participants go at the same time to complete the event. (3 girls and 3 boys)
6. **Sling-Shot Water balloon:** Students will use a water balloon and a 3 person sling shot to try and shoot the water balloon in the marked bulls eye. Students will receive 2 chances to shoot the balloon to the bull’s eye area. The same student should shoot and aim the balloon for both attempts. (3 students from each homeroom.)
7. **Water Balloon Toss:** Team members will start 10 ft. apart and on the start they will toss the water balloon to their partner, any balloon that DOES bust, break, or isn’t caught – that team is out. Teams left in will both take a big step back and repeat until there is one team left. There will be one toss for each gender (2 girl participants and 2 boy participants).
8. **Over/Under with Dr. Pepper:**  The students will stand in a straight line while passing a 12oz. can of Dr. Pepper over their head to the next person then under legs to the next (this repeats till the end of the line). Once the can is at the end of the line the last person will run the can to the front of the line, this continues until the can arrives back at the front of the line with the team member who began at the front. They will then drink the Dr. Pepper! Once the Dr. Pepper is gone, the team should have a seat to show they are finished. (Entire class participates).
9. **Football Throw:** Boys and girls. Two throws each, judges mark longest throw (2 boys and 2 girls)
10. **Tug of War:** Each team will have one member at a knot, alternating sides of the rope (each homeroom will have one girls’ team and one boys’ team).
    1. They may wear gloves, but NO CLEATS!
    2. The team must pull the opposing team past the middle mark or line to win.

**EVENT SIGN-UPS**

Homeroom Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Event** | **Girls** | **Boys** |
| **1. 50 Yard Dash** | 1.  2. | 1.  2. |
| **2. Water balloon Volleyball**  \*Refer to your packet for tournament brackets.\* | 1.  2.  3.  4. | 1.  2.  3.  4. |
| **3. 6 x 100 Yard Relay** | 1.  2.  3.  4.  5.  6. | 1.  2.  3.  4.  5.  6. |
| **4. Swimmie Sponge Relay** | 1.  2.  3.  4. | 1.  2.  3.  4. |
| **5. Wooden Foot Race** | 1.  2.  3. | 1.  2.  3. |
| **6. Sling-Shot Water balloon** | (Either boy or girl, just 3)  1.  2.  3. |  |
| **7. Water balloon Toss** | 1.  2. | 1.  2. |
| **8. Over/Under with Dr. Pepper** | Entire Class | Entire Class |
| **9. Football Throw** | 1.  2. | 1.  2. |
| **10. Tug of War**  \*Refer to your packet for the Tug of War rules and tournament brackets.\* | 1.  2.  3.  4.  5.  6.  7.  8.  9.  10. | 1.  2.  3.  4.  5.  6.  7.  8.  9.  10. |

Each homeroom will receive points based upon the place they receive in each event. The homeroom with the most points at the end of field day wins.

Points will be awarded as follows:

1st – 10

2nd – 8

3rd - 6

4th – 3

5th – 2

6th – 1

\*Places lower than 6 will not receive points.

----------------------------------------------------------------------------------------------------------------------------

**Criteria for Field Day Banner & Cheer Judging**

On a scale of 1-10 in each category your homeroom will be judged as follows:

* **Class Banner:** 
  + Teacher/Student participation
  + Creativity
  + Appearance/Quality
* **Class Cheer/Spirit:**
  + 100% field day t-shirt
  + Student participation
  + Teacher participation
  + Props and Creativity