

May 18th-May 22nd

Field Day Week

This week we are going to have our at home Field DAY! It is also spirit week! Each day dress up and participate in the field day activity!

SPIRIT DAY	FIELD DAY ACTIVITY
<p><b>Monday May 18th:</b> <b>Hawaiian Day</b>-Wear your grass skirts, leis, shorts, floral/flowery shirts etc!</p>	<p><b>Field Day Activity:</b> <i>Limbo</i> <b>Equipment needed:</b> Any long stick (broom stick, mop etc) Music <b>How to Play:</b> <b>Put on your favorite music!</b></p> <p>Two people hold either end of a stick at chest height. They should hold the stick in cupped hands, so that it will fall easily if touched.</p> <p>The children take turns going under the stick without touching the stick, bending their knees and leaning as far back as necessary.</p> <p>No hands may touch the floor.</p> <p>This will be easy at first but with each round <u>the stick gets lower.</u></p> <p>Anyone who falls or touches the ground with their hands is out.</p>

<https://www.kidspot.com.au/things-to-do/activity-articles/limbo/news-story/dd464cdb6f3f4e41f8e335b52d3d4e39>

**Tuesday May 19th:**

***Twin Day*** - Dress like your sibling(s) or parent(s) or you and a friend could dress alike from afar!

**Field Day Activity: *Pillow Case Race***

-Students start on one end of a marked area and each have their own pillow case. Holding the pillow case up they hop down to the cones and back. Depending on how many participants you have at home you can time each person or do a relay or a race!

- Students who make it down and back first win!  
Safety: Make sure students know that they should have enough control to stay on two feet.

**Wednesday May 20th:**

***A Day in the Wild***- Dress like your favorite wild animal, a tourist, or a safari guide!

**Field Day Activity: *Egg on a spoon***

-Use an easter egg from your basket or hard boil an egg. Use a spoon from your kitchen or a plastic spoon.

-Students will start on one end and be divided into teams or individuals

	<p>-Each person/team will have one egg and one spoon</p> <p>-You have to go down, turn around the cone and back and pass the egg on the spoon off to the next person. If you are doing it solo you can be timed or see if you can beat one of your parents!</p> <p>-If the egg drops 3x you have to go back and try again.</p>
<p><b>Thursday May 21st:</b> <b><i>Hat Day/Favorite Sport Team Day</i></b>-Wear your favorite hat and/or your favorite sport team jersey or shirt!</p>	<p><b>Field Day Activity: <i>Ring Toss</i></b></p> <p>You can make your own ring toss activity out of paper towel rolls, toilet paper rolls and paper or plastic plates. You can add a value to each stick if you want!</p> <p>You can take turns and keep track of your score!</p>

# DIY RING TOSS



Project:  
Recycle &  
Create

Cardboard  
Rolls

**Friday May 22nd:**

***Grade Color Day***- K-white, 1st-green, 2nd-gray, 3rd-black, 4th-blue, staff member without a set grade- teal or purple!

**Field Day Activity: Create your own field day activity or do a water relay!**

### **Sponge, Water Bucket Relay**

-Have one bucket with water and sponge at starting end

-Students work as a team to transfer the water from one end to the other end with just the sponge.

-The relay goes on until all water is transferred or time is up.

If time runs out the team with the most water wins!  
( draw a line to determine if you have more than one bucket)