Sports Day

Friday, June 2, 2017

Canada 150 Theme

**Sports Day Preparation Checklist**

1. Students will be divided into 4 teams (Orca, Raven, Eagle, Wolf)  
   - spread out ability levels/leaders (grade 5 first, then 4) ~Sue/Sandi
2. Each teacher will be assigned an activity station which they will be preparing for and setting up.
3. Student volunteers, along with a teacher, will be responsible for preparing equipment, getting supplies, and setting up on Sports Day.
4. Check station map for your location
5. Volunteers/Teachers to meet at the foyer at 8:40am for instructions ahead of time
6. **House Meetings**

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| **HOUSE** | **MEETING PLACE** | **TEACHERS** |
| Raven | Sandi’s Room | Sandi / Sue |
| Eagle | Library | Marianne / Kelly / Dave |
| Wolf | Gym | Kelsey / Mark / Lindsay |
| Orca | Denean’s room | Denean/Mary Anne / Breanna |

**Team Meetings**

1. Tuesday, May 30th 9:00 am (Denean and Lindsay’s class will not attend as they have hip hop)

**What to do:**

1. Explain that the oldest members of each team and the captains are responsible for the team’s behavior and are to assist the younger members of their team
2. Tell them about the theme Canada 150 and the team names
3. Instruct the team to dress in Red and White on Sports Day. Remind students of the **slow bike races** (before lunch this year)
4. Identify 10 captains – e.g.: Raven Team 1, Raven Team 2, etc….
5. Divide team into 10 smaller teams by following the list given. These smaller teams will travel through the stations together as a unit
6. Give captains a copy of the team list and a map of the stations.
7. There will not be a team cheer this year. We have invited Rob Cowie from Ab Ed to perform a drumming song.
8. Instruct team captains that their team will start at the station # that they are the captain forn (ie. Raven #6 starts at station 6). They will then rotate through each station in order. Team members must move together and stay together during the events

**Agenda for the Day**

|  |  |
| --- | --- |
| 8:40 | Meet your Middle School Volunteers in the foyer to set up stations |
| 8:55 | Attendance in regular classroom and send students to team meeting spots promptly |
| 9:00 | Review with students:   * Meet in team area in gym (in rows by #) * Apply team number sticker to each student * Review map and plan for the day * Remind students that before lunch we will have the **Slow Bike** races |
| 9:10 | Meet in the gym. Have teams sit in rows 1-10 in animal groups: wolf, raven, orca, eagle |
| 9:15 | MC will welcome our guest. (\*\*he needs to leave by 9:30)  Guest from Aboriginal Ed (Rob Cowie) will lead a traditional drumming song – The 4 Clan |
| 9:30 | Preschool races – trike races, running races (Thanks Denean!) |
| 9:40 | Outline for the day – announced by MC  School singing of O Canada |
| 9:45 | * Students sent out to starting station * 10 minutes at each station |
| 9:50 – 11:40 | * Events will begin * Teams start at designated stations and then rotate with horn * Stations are 10 minutes each * Students should stay at their station until horn blows |
| 11:40 | Dismantle stations and return equipment then:   * Slow Bike Races – done by grade level (Students sit on the hill) |
| 12:00 | Return to classrooms  Hot lunches to be delivered to classrooms, teacher help hand out |
| 12:00 –  1:00 | **Lunch** (students may eat outside also with their parent)  (teachers get balance of recess break, plus 10 minutes during station breaks)  **NO BIKE RIDING DURING THE LUNCH HOUR!** |
| 1:00 | Attendance in classroom and take your class to sit on the grass hill outside. |
| 1:05 | Tug of War – for grade 4/5 only and special groups (Sandi will organize students to bring out the rope)   * 5”s vs 5’s – team matches * All 5’s vs all 4’s * All 5’s vs parents * All 5’s vs teachers |
| 1:20 | Clean up grounds |
| 1:30 – 2:30 | Dance Performance: if sunny sit on the hill with your class, if raining we will go to the gym. |
| 2:30 | ALL students MUST return to their classrooms and may be signed out by parents for dismissal from the classroom. Regular dismissal time for all other students. |

*This schedule is only a guideline for times. If parents ask when the hip hop performance starts please tell them it’s after lunch and do not give a specific time as we have run into timing issues before and parents have missed the performances.*

**TUG OF WAR SCHEDULE**

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| --- | --- |
| Heat 1 | Grade 5 students (orca & eagle vs raven & wolf)  (orca & wolf vs raven & eagle)  (orca & raven vs wolf & eagle) |
| Heat 2 | Grade 5 students vs  Grade 4 students |
| Heat 3 | Grade 5 vs Parents  (only interested parents) |
| Heat 4 | Grade 5 vs Teachers  (only interested teachers) |

Three Rule Reminder:  
1. No wrapping the rope around any part of your body  
2. When the whistle blows let go of the rope  
3. Make sure there is space between you and the person in front of you

Sports Day Relay Stations

You will be responsible for getting all of the supplies ready for your station and also explaining your station to each group that arrives. You will have some volunteers to help you.

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| --- | --- | --- | --- |
|  | Station name | Station Description | Staff Responsible |
| 1. | Niagara Falls Water Relay | Students are given a small cup and needs to fill it up from a bucket and then run with it to fill up a bucket at the other end. Run back and hand to next in line. | Kelsey  Need: Dixie cups, 4 milk jugs (4 litre), 4 big buckets of water |
| 2. | Sweep the Prairies Broomball – | Use brooms to push a ball in a relay. | Denean  Need: 4 brooms, 4 balls |
| 3. | Hiking through the Rockies | Students will hike across the risers to collect a foam ball. Must step on each step. No jumping. | Leisal  Need: risers, 24 foam balls, 4 baskets |
| 4. | Whitecaps Soccer Dribbling- | Set up cones. Students dribble through course. First team finished wins point. | Brianna  Need: 4 soccer balls, 16 cones |
| 5. | Confederation Bridge Relay from PEI to New Brunswick | Each team is given 2 mats. All members of the team must be on the mat before they pass the previous mat. | Mark  Need: 8 gym mats |
| 6. | Newfoundland Spoon Race | Running race with cotton balls on spoons. Go back to start line if the cotton ball falls off. | Marianne  Need: 4 metal serving spoons, cotton balls |
| 7. | Frisbee golf in park– | Frisbee into garbage can. Point for every time the Frisbee lands in the garbage can. | Kelly  Need: 4 garbage cans, 4 frisbees |
| 8. | Forestry Bowling- | Set up skittles. Students roll a playground ball. Points given for knocking all pins down (strike). | Mary Anne  Need: 12 skittles, 4 playground balls |
| 9. | Cottage Shuffleboard – (gym) | Set up a small hoop in the middle of a big hoop. Toss a beanbag into the hoops. Extra points for landing in the smallest hoop. | Lindsay  Need: 4 big hoops, 4 small hoops, 4 beanbags |
| 10. | Team Canada Sledge Hockey – (gym) | Students ride on scooters through cones and use upside down hockey sticks to help them move. | Dave  Need: 4 scooters, 8 hockey sticks |
| 11. | Spirit Bear Rest Station | Rest station. Bear paws and water. | Sue/Sandi  Need: 250 bear paws, water jugs |

**#2  
Sweep the Prairies Broomball**

**#3  
Hiking Through the Rockies**

**#11 – Spirit Bear  
REST STATION  
(front entrance)**

**#9  
Cottage  
Shuffleboard**

**#10  
Team Canada Sledge Hockey**

**#8  
Forestry Bowling**

**#5  
Confederation  
Bridge Relay  
PEI to New Brunswick**

**#6  
Newfoundland Spoon Race**

**Playground**

**#7  
Frisbee Golf in the Park**

**#1 – Niagara Falls Water Relay**

**#4  
Whitecaps Soccer**

**RAVINE**

**STREET**

**FLAG POLE**