

# Twinbrook Elementary

**Field Day 24-25**

# Schedule

Field day will be split into 2 days. Monday June 2nd will be Pre-K/HS-2 and Tuesday June 3rd will be grades 3-5. Specials will happen as normal until 12 pm. Any special after 12 pm, specialist will take over for that class if they are at Field Day unless the homeroom teacher would like to stay with their class. All recesses will be on the lower playground.

# Monday June 2nd Lunch/Recess Schedule

Time	Lunch	Recess
11:00-11:30	Grade 1	Grade 2
11:30-12:00	Grade 2	Grade 1
12:00-12:30	Kindergarten	Grade 3
12:30-1:00	Grade 3	<b>Kindergarten (Goes right to Field Day)</b>
1:00-1:30	Grade 5	Grade 4
1:30-2:00	Grade 4	Grade 5

# Tuesday June 3rd Lunch/Recess Schedule

Time	Lunch	Recess
11:00-11:30	Grade 5	Grade 4
11:30-12:00	Grade 4	Grade 5
12:00-12:30	Grade 3	Kindergarten
12:30-1:00	Kindergarten	<b>Grade 3 (Goes right to Field Day)</b>
1:00-1:30	Grade 1	Grade 2
1:30-2:00	Grade 2	Grade 1

# Field Day Schedule Pre-K/HS - 2nd

	1	2	3	4	5	6	7	8	9	10	11	12	13
12:30-12:44	Simmons	Wadud	Fisher	McLean	Cornfield-Adams	Tshakert	Gillick	Holczer	Stein	Taylor	Liu	Tompkins	Turecky
12:44-12:58	Turecky	Simmons	Wadud	Fisher	McLean	Cornfield-Adams	Tshakert	Gillick	Holczer	Stein	Taylor	Liu	Tompkins
1:02-1:16	Tompkins	Turecky	Simmons	Wadud	Fisher	McLean	Cornfield-Adams	Tshakert	Gillick	Holczer	Stein	Taylor	Liu
1:16-1:30	Liu	Tompkins	Turecky	Simmons	Wadud	Fisher	McLean	Cornfield-Adams	Tshakert	Gillick	Holczer	Stein	Taylor
1:30-1:44	Taylor	Liu	Tompkins	Turecky	Simmons	Wadud	Fisher	McLean	Cornfield-Adams	Tshakert	Gillick	Holczer	Stein
1:44-1:58	Stein	Taylor	Liu	Tompkins	Turecky	Simmons	Wadud	Fisher	McLean	Cornfield-Adams	Tshakert	Gillick	Holczer
1:58-2:12	Holczer	Stein	Taylor	Liu	Tompkins	Turecky	Simmons	Wadud	Fisher	McLean	Cornfield-Adams	Tshakert	Gillick
2:12-2:26	Gillick	Holczer	Stein	Taylor	Liu	Tompkins	Turecky	Simmons	Wadud	Fisher	McLean	Cornfield-Adams	Tshakert
2:26-2:40	Tshakert	Gillick	Holczer	Stein	Taylor	Liu	Tompkins	Turecky	Simmons	Wadud	Fisher	McLean	Cornfield-Adams
2:40-2:54	Cornfield-Adams	Tshakert	Gillick	Holczer	Stein	Taylor	Liu	Tompkins	Turecky	Simmons	Wadud	Fisher	McLean
2:54-3:08	McLean	Cornfield-Adams	Tshakert	Gillick	Holczer	Stein	Taylor	Liu	Tompkins	Turecky	Simmons	Wadud	Fisher
3:08-3:22	Fisher	McLean	Cornfield-Adams	Tshakert	Gillick	Holczer	Stein	Taylor	Liu	Tompkins	Turecky	Simmons	Wadud
3:22-3:36	Wadud	Fisher	McLean	Cornfield-Adams	Tshakert	Gillick	Holczer	Stein	Taylor	Liu	Tompkins	Turecky	Simmons

# Field Day Schedule Gr.3-5

	1	2	3	4	5	6	7	8	9	10
12:30-12:48	Adams	Fitterer	Otunba	White	Woods	Grim	Earle	Lopez	Lane	Bremerman
12:48-1:06	Bremerman	Adams	Fitterer	Otunba	White	Woods	Grim	Earle	Lopez	Lane
1:06-1:24	Lane	Bremerman	Adams	Fitterer	Otunba	White	Woods	Grim	Earle	Lopez
1:24-1:42	Lopez	Lane	Bremerman	Adams	Fitterer	Otunba	White	Woods	Grim	Earle
1:42-2:00	Earle	Lopez	Lane	Bremerman	Adams	Fitterer	Otunba	White	Woods	Grim
2:00-2:18	Grim	Earle	Lopez	Lane	Bremerman	Adams	Fitterer	Otunba	White	Woods
2:18-2:36	Woods	Grim	Earle	Lopez	Lane	Bremerman	Adams	Fitterer	Otunba	White
2:36-2:54	White	Woods	Grim	Earle	Lopez	Lane	Bremerman	Adams	Fitterer	Otunba
2:54-3:12	Otunba	White	Woods	Grim	Earle	Lopez	Lane	Bremerman	Adams	Fitterer
3:12-3:30	Fitterer	Otunba	White	Woods	Grim	Earle	Lopez	Lane	Bremerman	Adams



Pre-k/HS-2 Field Day

Gym

Soccer Field

Twinbrook  
Elementary School

Upper  
Playground

12

13

2

1

5

W

11

9

7

W

3

10

8

6

4

W





Grade 3-5 Field Day

Gym

Soccer Field

Twinbrook  
Elementary School

Upper  
Playground

W

W

W



# Twinbrook Field Day (Pre-k/HS-2nd) Activities

1. Chicken Race and Two-Headed Race
2. Noodle Throw Challenge
3. Hula Hoop Team Challenge
4. Cone Flip and Snow Cone Catch
5. Target Toss
6. Playground
7. Pass the Water
8. Spongebob Relay
9. Egg Spoon Race
10. Cup Stack Challenge
11. Jump Rope and Bean Bag Toss
12. Bowling
13. Ring Tag

# Station 1: Chicken Race and Two Headed Race

## Chicken Run

Line the teams up behind each cone. On the go, the first student must squeeze the chicken between their knees and go to the cone and back, then pass the chicken to the next student in line. This continues until all students on each team has had a turn.

## Two-Headed Playground Ball Relay Rules

Line up each team two-by-two. If there is an odd number of students, assign another student to go twice with the extra student. On the go, partners must hold hands and hold the playground ball between their foreheads and walk around the cone and back, then pass the ball to the next two students. This continues until all pairs have completed the



**Equipment Needed:**  
4 Playground Balls or  
Balloons  
8 Cones

# Station 2: Noodle Throw Challenge

Give each team a pool noodle. On the go, the first member of each team will try to throw the pool noodle as far as they can. The adult official will mark team 1, 2, 3 & 4's front nose of the noodle and return the noodles back to the next teammate to try to throw farther. If the noodle is thrown shorter than the team marker, the marker stays. If the noodle is thrown farther than the team marker, the adult official will move the marker to the new record distance. This process continues until each teammate had a chance to throw. The team with the farthest throw wins.

## **Equipment Needed:**

4 pool noodles

4 team field markers



# Station 3: Hula Hoop Team Challenge

## **Hula Hoop Transfer Game**

Make one giant circle as a team and hold hands. The hula hoop will start in the middle of two people and the goal is to get the hula hoop all the way around without letting go of a teammates hands.



## **Equipment Needed:**

2 hula hoops

Timer/Stopwatch

# Station 4: Cone Flip and Snow Cone Catch

This is a “choice” station. Students can choose which activity they would like to do with whom. Explain/demonstrate the rules of each station and let the students get started and have fun. Please emphasize that students must return the equipment from where they got it before going to another choice station.

## **Snow Cone Catch**

Students will get with a partner/trio and use a small swirl cone and a koosh ball to play snow cone catch. Students will do an underhand toss to their classmate so they can catch the “snow” in their cone and vice versa. How many consecutive catches can they do?

## **Cone Flip Challenge**

It's like the water bottle flip challenge but with cones. Students will take turns trying to flip a small cone to land on a big cone. They can work individually or with a partner/trio. How many times can they flip their cone to land on the cone?



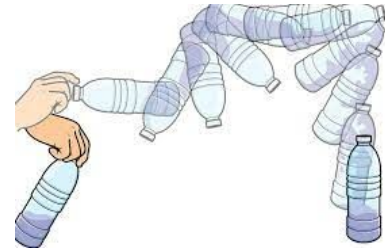
## **Equipment Needed:**

10 swirly/small cones

10 koosh balls

2 XL cones

10 hard plastic cones





## Station 5: Target Toss

Students will be split into 2 teams. On the go team members will take turns throwing tennis balls into the bucket or basket. The round ends when all balls have been thrown or time runs out. The team that has the most tennis balls in their bucket wins.

### Equipment Needed:

4 buckets or baskets

Tennis Balls or Koosh Balls



## Station 6: Playground

Students will get to play on the red and yellow playground equipment in between the blacktop and the field.

# Station 7: Pass the Water

Divide students into 4 teams. All teams should be lined up facing the bucket. Give each teammate a cup. On the go, the teammate by the bucket will fill their cup with water and pass the water to the next person by holding the cup over their head and pouring to the next teammate without turning around. The teammate behind will try to catch the water and pass it overhead to the next teammate. This process continues until a team fills their bucket to overflow. The first team to overflow their bucket wins. Or time runs out.

## **Equipment Needed:**

8 buckets

Cups (26)



# Station 8: Spongebob Relay

## Spongebob Squeeze Relay Round 1

Divide students into 2 teams. On the go, each team member will take turns and run out to the middle water bin and dunk “Spongebob” in the bin and run back to their team’s bucket and squeeze the water in the bucket then hand the sponge off to the next teammate. This continues until a team’s bucket overflows with water to win the game or time runs out.



## Equipment Needed:

Large Bin

2 Buckets

2 Sponges

# Station 9: Egg Spoon Race

## **Egg & Spoon Relay**

Divide the class into 2 teams. On the go, students must carry the egg on their spoon around the cones and back. If an egg falls and “cracks” the student must first put the egg back together again and put it on their spoon before moving again. This continues until all students have had their turn. The team that completes the relay the fastest wins.

## **Equipment Needed:**

- 4 Cones
- 2 Spoons
- 2 Eggs





# Station 10: Cup Stack Challenge

Divide the class into 4 teams. Students will work together to stack cups as high as they can. If their structure falls they may keep building. Play in 5 minute rounds. The highest tower at the end of the round is the winner.

**Equipment Needed:**

Cups



# Station 11: Jump Rope and Bean Bag Toss

This is a choice station where students will get to pick if they want to jump rope or play Bean Bag Toss.



## **Equipment**

### **Needed:**

Jump ropes

10 Bean Bags

10 Rings

## **Bean Bag Toss**

Students will take turns tossing a bean bag into a ring. First student to land the bean bag in the center of the ring wins.



## Station 12: Bowling

Pair up students in your class. Students will take turns rolling a playground ball into a group of bowling pins trying to knock them down. After rolling that person will put back up the pins for the next person. The person in the pair that knocks down the most pins will win that round.



### **Equipment Needed:**

60 bowling pins?

10 playground balls

## Station 13: Ring Tag

This is a whole class activity. 2 students will start out as “taggers” they will kick the ring trying to hit the foot of another classmate. If you are tagged with a ring you are now a tagger and must get a ring from the basket. The winners are the last 2 who have not been tagged. The winners will be the knew taggers at the start of the next round if there is time. Rings should stay ground level or below the knees.



### **Equipment Needed:**

Basket of rings



# Twinbrook Field Day (Gr.3-5) Activities

1. Capture the Flag
2. Noodle Throw Challenge
3. Hula Hoop Team Challenge
4. 3 ball Soccer or World Cup
5. Spongebob Relay
6. Leaky Cup or Pass the Water
7. Cone Flip and Snow Cone Catch
8. Limbo
9. Pinball Game 1
10. Pinball Game 2



# Station 1: Capture the Flag

## Capture the Flag

1. Divide the class into two equal teams. Have each team member on one team put on one red wristband and other put on white wristbands. Place one team in one half of playing area, the other team in the other area opposite their flag color. \*REMEMBER TO COLLECT WRISTBANDS BEFORE STUDENTS ROTATE TO THE NEXT STATION.
2. On the “go”, the object is for each team to retrieve their flag that is positioned in their opponents territory and bring it back to their own side without being “tagged”.
3. Once a player crosses into “enemy territory”, if they are tagged before getting to the flag square or jail, they must immediately report to jail and wait to be saved.
4. To be freed from jail, a team member must run to the jail (without being tagged). They link arms with only one person from jail and get a free walk back to their side. They must return to their side before returning to capture the flag or free another team member.
5. If a player from the other team makes it to the flag square, this is a safe space. No one from the guarding team may enter this space – only those who are trying to capture the flag. No one can be “tagged” inside the space.
6. To win the game, the player must make it back to their side with the flag without being tagged. If tagged with the flag on enemy territory, the flag must be returned to its original position and the person tagged must go to the “jail”.

### Equipment Needed:

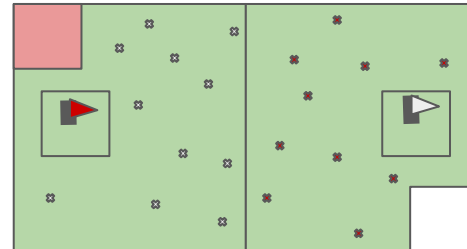
Red/White Wristbands

Red/White Flags

Small disk cones

8 Cones for Flag Safe Spaces

16 Small Jail Cones



# Station 2: Noodle Throw Challenge

Give each team a pool noodle. On the go, the first member of each team will try to throw the pool noodle as far as they can. The adult official will mark team 1, 2, 3 & 4's front nose of the noodle and return the noodles back to the next teammate to try to throw farther. If the noodle is thrown shorter than the team marker, the marker stays. If the noodle is thrown farther than the team marker, the adult official will move the marker to the new record distance. This process continues until each teammate had a chance to throw. The team with the farthest throw wins.

## **Equipment Needed:**

4 pool noodles

4 team field markers



# Station 3: Hula Hoop Team Challenge

## **Hula Hoop Transfer Game**

Make one giant circle as a team and hold hands. The hula hoop will start in the middle of two people and the goal is to get the hula hoop all the way around without letting go of a teammates hands.



## **Equipment Needed:**

2 hula hoops

Timer/Stopwatch

# Station 4: 2 Ball Soccer

## 3-Ball Soccer Rules

Divide the class into two equal teams. Have each team member on one team put on red jerseys and other team put on blue jerseys.

Establish where the red soccer goal is and assign a goalie, then show the blue team their goal and assign the goalie.

Remind students that they are not allowed to use their hands or arms in anyway unless they are the goalie.

Remind students that they are at school and NOT allowed to play aggressively. No physical contact!

Get the red team on the side of the field with their goal and the blue team on their side. Before you put out the balls, let the kids know that...

The red ball is girls play only. The blue ball is boys play only. These colors do not apply to the goalies. If a goal is scored, the goalie must retrieve the ball from the goal and throw it as far away from their goal as they can.

**\*Collect all jerseys before students rotate to the next station.**

## Equipment Needed:

2 Different Soccer balls

4 Cones for Soccer Goals

Jerseys



# Station 5: Spongebob Relay

## Spongebob Squeeze Relay Round 1

Divide students into 2 teams. On the go, each team member will take turns and run out to the middle water bin and dunk “Spongebob” in the bin and run back to their team’s bucket and squeeze the water in the bucket then hand the sponge off to the next teammate. This continues until a team’s bucket overflows with water to win the game or time runs out.



## Equipment Needed:

Large Bin

2 Buckets

2 Sponges



# Station 6: Pass the Water

Divide students into 4 teams. All teams should be lined up facing the bucket. Give each teammate a cup. On the go, the teammate by the bucket will fill their cup with water and pass the water to the next person by holding the cup over their head and pouring to the next teammate without turning around. The teammate behind will try to catch the water and pass it overhead to the next teammate. This process continues until a team fills their bucket to overflow. The first team to overflow their bucket wins. Or time runs out.

## **Equipment Needed:**

8 buckets

Cups (26)



# Station 7: Cone Flip and Snow Cone Catch

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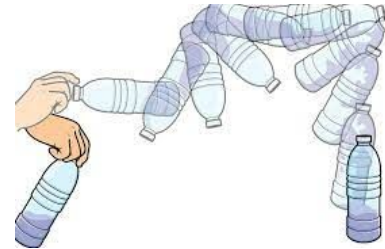
## **Cone Flip Challenge**

It's like the water bottle flip challenge but with cones. Students will take turns trying to flip a small cone to land on a big cone. They can work individually or with a partner/trio. How many times can they flip their cone to land on the cone?



## **Equipment Needed:**

- 10 swirly/small cones
- 10 koosh balls
- 2 XL cones
- 10 hard plastic cones



# Station 8: Limbo

## Goal:

See how low you can go! Try to go under the stick without falling or touching it.

## Tips:

- Lean back slowly
- Keep your knees bent
- Take your time!

## Equipment Needed:

Speakers for Music (optional)

Stick

## ✓ How to Play:

1. **Line up:** Everyone stands in a line.
2. **Set the stick:** The two helpers hold the stick at shoulder height.
3. **Start the music!** 🎵 (Optional, but fun!)
4. **Go under:** One at a time, players take turns trying to go under the stick by bending backward.
  - No crawling!
  - You must face up and bend back.
  - Your back cannot touch the ground.
  - Hands cannot touch the floor.
5. **Make it lower:** After everyone has gone once, lower the stick a little.
6. **Keep going:** Everyone tries again at the new height.
7. **You're out if:**
  - You fall
  - You touch the stick
  - You touch the ground with your hands or knees
8. **Last one standing wins!** 🎉

## Station 9 and 10: Pinball

This will be a 2 rotation station. It will be one class against another (for example Mr. B's class vs. Mrs. Lopez's class). Bowling pins will be set up on opposite sides of the gym. Cones will be set up to so the play space. On the go teams will race to the front to begin by grabbing the foam balls and throwing them to try and knock down the other team's pins. You may defend the pins but must stay in front of the back line of cones. Game is over when one team knocks down all of the other team's pins or time runs out. If time runs out the team with the most pins standing wins.

- When the game is over and it is time to rotate, the class at rotation 10 will move to the field and the class at rotation 9 will stay in the gym for a second round.

## Field Day 2025

**Monday June 2nd and Tuesday  
June 3rd**

Get ready for a day of fun, friendships, and fitness. Students will travel with their class and participate in various physical activity stations. Some we have played in PE and some are brand new. We even have a few water games. Be sure to wear clothes that you feel comfortable exercising in, wet or dry!

### Sportsmanship and Spirit Talk

Since students will be competing at some of these stations, now is a good time to talk about winning and losing and how to be a good sport. Here are some talking points you can use.

1. Play fair and follow the rules!
2. Respect the officials (they are your parents and teachers)
3. Keep a Can Do Attitude. Have confidence and persevere.
4. It is okay to make mistakes. Learn from them and try again.
5. Cheer for your team no matter the outcome
6. Do not make anyone feel bad for making a mistake. Encourage them!
7. Say "Good game" whether you win or lose
8. Have FUN!

### BE PREPARED!

Bring bottled water with your name on it



### USE SUNSCREEN



### WEAR SNEAKERS



**Lunes 2 de junio y martes 3 de junio**

Prepárate para un día de diversión, amistad y actividad física. Los estudiantes viajarán con su clase y participarán en varias estaciones de actividad física. Algunas las hemos jugado en Educación Física y otras son completamente nuevas. Incluso tenemos algunos juegos con agua. ¡Asegúrate de usar ropa con la que te sientas cómodo haciendo ejercicio, ya sea mojado o seco!

### Charla sobre Espíritu Deportivo y Compañerismo

1. ¡Juega limpio y sigue las reglas!
2. Respeta a los oficiales (son tus padres y maestros).
3. Mantén una actitud positiva. Ten confianza y persevera.
4. Está bien cometer errores. Aprende de ellos e inténtalo de nuevo.
5. Anima a tu equipo sin importar el resultado.
6. No hagas que nadie se sienta mal por cometer un error. ¡Anímalos!
7. Di "¡Buen juego!" ya sea que ganes o pierdas.
8. ¡Diviértete!

### ¡ESTÉN PREPARADOS!

Trae una botella de agua con tu nombre.



### USA BLOQUEADOR SOLAR



### USA ZAPATILLAS DEPORTIVAS



# **Twinbrook Field Day Reminders**

- 1. Use the BATHROOM before going out to stations.**
- 2. Bring your WATER BOTTLE with you to each station.**
- 3. SIT in the place where adults ask you to sit when you arrive at each station.**
- 4. Be a good ACTIVE LISTENER.**
- 5. Play by the RULES.**
- 6. Be a GOOD SPORT. Say “Good game!” whether you win or lose.**
- 7. HAVE FUN!**
- 8. STOP what you are doing when you hear the Whistle! (1st whistle a two minute warning, 2nd whistle it is time to rotate)**
- 9. Quickly CLEAN UP and help RESET the station before you rotate.**
- 10. Do not run ahead, listen to your teacher and walk together to the next station.**