TCS TABLOID DAY 2015

2015 THE YEAR OF SPORT IN CANADA

PAN AM GAMES and FIFA WOMENS’ WORLD CUP

**GRADE 1& 2 EVENTS**

# EVENT IN CHARGE EQUIPMENT DESCRIPTION

1. ATHLETICS 4 discs 1. Run around soccer goals at ends

TCS #1 field 4 softballs 2. “Discus” toss for distance 2x.

East end rake 3. 50 meter sprint

1 stop watch 4. Ball throw for distance 2x

2 cones 5. Long jump in pit

Have all students run the length of the soccer field at one time. Then have them throw two discs at one turn, before the next student throws their two. Mark the longest throw of the day with the cone and they will try to beat that distance. Have them all sprint the length of half the field (50 meters). Call out the fastest time of the day and see if they can beat it. “Put the shot” (throw the balls) and use the same cone indicator as with the discs. Let them long jump into the pit as soon as they have had their turn to shot put.

2. SOCCER

Small N/S field 10 foam balls 1. ‘World cup’

South end 10 dot markers

All students have a foam soccer ball. The grade 5 student leader is the initial goalkeeper. All students takes shots on goal from the dots. If they score, they join the grade 5 as a goalkeeper. There are gradually more keepers and less shooters. The goal is to be one of the first people to join the keeper in the goal.

3. WEIGHTLIFTING

Grassy area 2 small medicine balls 1- Carry small med ball meters

South of the school 1 shot put 2-Shot put two handed toss for distance

1 medicine ball 3-Roll medicine ball relay (10 m)

Tug-of-war rope 4- Tug of war

Divide group into two. Place ½ the group at one end of the 20 meters and the other half facing them at the other end. First competitor carries the ball the 20 meter distance and then hands it to person #2. Then the person who just carried the ball goes to the end of the line. They continue this until they are all in their starting positions. The shot put **TWO HANDED TOSS** has each student toss the shot from both hands for distance. Mark the longest tosses with a cone. The medicine ball **roll** relay will work the same way as the first one, except the distance is 10 meters apart. When all relays are complete, have them do tug-of war. The grade 5-6 helpers can be part of the tug-of war teams if they are needed.

4. SOCCER

Kin -6 ball 1- Soccer game using small nets and large ball.

MCI field-West 2 orange nets

pinnies

Divide the group into two teams. One player will be the goalkeeper for each team- **EVERY COUPLE OF MINUTES CHANGE THE GOALKEEPER.** Have them play a game going across the width of MCI field.

5. ARCHERY AND TARGET SHOOTING

**DIVIDE THE GROUP INTO TWO AND HAVE THEM SWITCH EVENTS WHEN THEY COMPLETE THEIR TURN.**

Rink 6 large hoops

6 noodles

ARCHERY: Archers stand behind the throw line. 3 people from their team stand and hold the hoops in a line. The 1st hoop has a value of 2 points, 2nd, 4 points, 3rd 6 points. Each archer gets 3 arrows (noodles) to throw through the hoops. Each arrow scores the value of the furthest hoop it goes through.

SHOOTING

4 hoops Toss beanbags through hanging hoop

Soccer posts by 2 skipping ropes in STAND, KNEEL and PRONE

grade 3 &4 climbing 6 bean bags positions (3 tries from each position)

equipment 6 discs Toss discs into hoops on the ground

that are 20 meters away.

6. SOCCER

Grassy area south 4 mats 1- Ball must be passed from a

of the tennis courts 2 cones corner mat to the shooter, who takes

8 foam balls a shot on goal. Both passer and shooter

get a point if a goal is scored.

7. GYMNASTICS

East side of the gym

Beam

Bar on climbing frame

Vault box &

beat boards

ropes

8 blue mats

Have grade 1-2s go through events in this order: beam, bars, rope, vault, mats. Grade 3-4s go through in this order:

Ropes, vault, mat, beam, bars

1. Beam: Walk forward down beam and tuck jump off

b) Bars: Front support for 3 seconds, then forward roll over bar

1. Ropes: Holding 2 ropes, each gymnast must hold themselves up in tuck, straddle and pike position. Grade 3-4’s must hold each position for 3 seconds.
2. Vault: Grade 1-2s use vault box Get on or over in tuck or straddle position. If gymnast gets ON, they must tuck jump off.
3. Mats: 1-2-3-4 Do a forward roll – headstand- knee scale