AT MY BEST TABLOID DAY- EVENTS

**EVENT DIRECTIONS EQUIPMENT LOCATION LEADERS**

Sponge Toss Each team has 2 buckets, filled with water. Players 8 buckets Sidewalk outside the gym

line up behind each other. One at a time, players 4 sponges

fill the sponge and run to the empty bucket and squeeze water

the sponge. They then run the sponge back to the next

player. The goal is to empty the first bucket and fill the

second.

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Keep it Up **Grade 1-2:** Divide each team into 3 groups of 3. Each group 6 Kin Balls West side of gym

Kin VB Has 1 Kin ball. They have to keep the ball in the air, without

Letting it touch the ground. If they do, they start and try

again. They want to be the team that has the fewest drops.

**Grade 3-4:** Place each team on either side of the net. The Kin Ball West side of the gym

Teams have as many touches of the ball as they need to Badminton net

Get the ball over the net. If the ball hits the ground or

goes out of bounds, the other team scores.

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Rock, Paper Place each team on either side of the cones. Students 18 cones Grassy area on the SW side of

Scissors Tag pair up with someone from the other team, across the the school

cones. They play Rock, Paper, Scissors. The winner

chases the loser as he/she runs back toward their

safety set of cones. If caught, the winner takes him/her

to their side of the cones. If not caught, the winner

stays on the loser’s side of the cones. They both return to

center to face a new challenger. The object is to have all

students on your team.

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Nutrition **Grade 1-2:** Teams are divided into 2 so there are 4 groups 4 R,Y,B,G pinnies Grassy area by tennis courts

There is a hoop in the middle of the 4 groups, and each 5 large hoops (Music room)

group has a hoop. Group members are lined up one behind

the other BEHIND their hoop. Leader calls out a food group.

The first person in line must run to the cards and select a food

from that food group and places in their team’s hoop. Student

leaders check to make sure the correct food has been chosen.

Teams get 1 point for each correct choice. The object is to get

the highest score possible.

**Grade 3-4:** A picture of a food is taped to students’ backs. They 2 large charts Grassy area by tennis courts

must ask questions of the other students which can only be food cards (Music room)

answered with yes or no. Students must guess the food in order to masking tape

place the card on the chart sheet in the correct category. Teams

want to have the most cards on their chart sheet.

Co-op **Grade 1-2:** Each team is placed around a circle. They must pass 2 volleyballs Basketball hoops on South

Basketball the ball around the circle, until it reaches the starting person. side of the school.

That person gets 2 tries to score a basket. Teams earn 2 points (East side of the gym)

for each basket scored. Change your lead person each time a

shot is taken.

**Grade 3-4:** Teams are positioned diagonally across from each 2 basketballs Basketball hoops on

other on the corners of the basketball court. Each team has one 1 bowling pin South side of school

basketball. There is a bowling pin in the middle of the gym. Letters to spell (East side of gym)

Teams roll the ball toward the middle pin, trying to knock it AT MY BEST

down. If a team knocks the pin down, they line up under their

basket and try to score as many baskets as they can during the

time that the other team does a zigzag pass of the basketball

10 x across their key. When they finish their passing, they yell

STOP and all teams go to their corners and bowl again. Every

Time a basket is scored that team picks up 1 letter and tries to

AT MY BEST.

Mission The group works together and wants to be the first group to two foam balls Baseball backstop

Possible complete each task. two long ropes on West side of

1. Line up in single file and pass a ball over and under until 4 hoops the school.

It has been passed down the line. The last person runs the 4 line markers

ball to the front and starts again. When the team is back in

their original order, they are done.

1. Standing side by side, each team member puts their hands

on the shoulder of the persons next to them. They must jump

up and down 5 times with everyone at the same level each part

of the jump.

1. In your group, line up in order of birthdays, starting in

January.

1. Move to each of the 4 hoops as a team. Everyone must stand

and stretch high and then sit cross legged on the ground 3 times.

1. As team leaders turn the rope, each team member must skip

5 times (grade 1-2) 10 times (grade 3-4).

1. The group leap frogs from one line to the next.

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Toxic waste Each group has two nets and 10 bean bags in a hoop. They must 4 hoops North end of

transfer the bean bags from the hoop into another hoop. They 4 nets small soccer

must use the nets to scoop and carry and dump the bean bags. 20 bean bags field on West

NO HANDS ALLOWED. If they get all their bean bags into the side of the

Second hoop, they can steal from the other team’s second hoop school

and put them back into the other team’s first hoop. The object is

to have no bean bags in the first hoop when time is up.

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Time Each team does the following races. Don’t start the next race 2 spoons West end of MCI

Trials until both teams have completed the one before. 2 golf balls soccer field

1. Golf ball on spoon: Carry a golf ball on a spoon as they 4 cones

Travel around a pylon and back. 8 long poles

2-Run the rails relay: All team members but one, lie down side 2 heavy balls

by side, leaving enough room between them for a runner to

step between them. After the first runner steps over the first

person lying down, that person jumps up and becomes the second

runner. As each runner comes to the end of the rails, they lie down

and become the next rail. This continues until all team members

have crossed the line at the end of the cones,

1. Over and under relay- Grade 5-6 students hold red poles, two

high and two low. Runners must go over the low ones and under

the high ones; run around the cone and return over and under back

to the start line.

1. Heavy Ball relay- runners must carry a heavy ball around the pylon

and back and then hand it to the next runner.