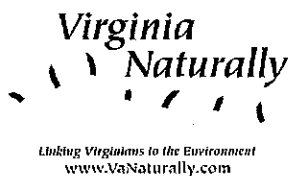


Educator's Guide to Planning a Field Day Event

An innovative, easy and fun way to incorporate environmental learning, creative thinking and physical education in an SOL-based one-day event.



VIRGINIA COUNCIL FOR
LITTER PREVENTION AND RECYCLING



This program is a Virginia Naturally partnership – the field guide was developed by Henrico County and published by the Department of Environmental Quality's Office of Environmental Education. The Virginia Council for Litter Prevention and Recycling is distributing the guides as part of a grant from Virginia's Litter Control and Recycling Trust Fund. For more environmental education resources or information on litter prevention, visit www.vanaturally.com.



Litter is an ugly habit and continues to grow daily. We live in a “throwaway society”.

You, as an educator, are in an excellent position to enlighten students to these problems and demonstrate to them how their actions can contribute to a solution.

We hope you will implement this event or use one of the activities in your classroom. Education and habitual change is the key to eradicating this problem.

You have a unique opportunity with this program to encourage environmental stewardship and to promote responsibilities of citizenship!

This manual can be used for a field day event when incorporating all the activities listed OR the activities can be chosen individually on an as needed basis, such as for a physical education class.



Reduce, Reuse, Recycle brings a new “twist” to the traditional three “R’s”. This SOL based, fun, educational and physically challenging field day type event is based on ways to save our natural resources by reducing waste, reusing materials and recycling. It is rare to find such a fun, hands-on program emphasizing environmental stewardship, recycling, litter prevention and the importance of saving Virginia’s natural resources that can target all children K-5 including those with disabilities.

Who can benefit from the use of this manual?

- ▶ Physical Education Teachers
- ▶ Science Teachers
- ▶ Ecology Clubs
- ▶ Scout Groups
- ▶ Parks and Recreation Staff
- ▶ After school Activity Directors, etc.

What is contained in this manual?

- ▶ Description and equipment needed for Center Activities
- ▶ Description and equipment needed for Relays
- ▶ Map of possible layout of Field Day event
- ▶ Description of possible class rotation for Field Day event
- ▶ Listing of SOLs that can be covered

Who can you recruit to help?

- ▶ Other school departments (science, music, art, etc.)
- ▶ High School Ecology Club
To help with center activities and with gathering and cleaning materials
- ▶ PTA
To sponsor money for prizes and/or t-shirts
- ▶ Parents



CENTER ACTIVITIES

*These activities are ones in which the students test their "skills" on an individual basis.
These are stationary activities. (Please refer to LAYOUT drawing)*

Sock Ball Throw Center

Equipment needed: Tub full of balled up socks, two cones to mark restraining line, target made on fence. Give each player two (2) sockballs. To score a point, they must throw the ball overhand and hit the target on the fence. If not successful after first attempt, the player may have another attempt. If not successful after the second attempt, they go to the end of the lines and wait for another turn. **HAVE PLAYERS RETRIEVE SOCKBALLS! WITH EACH GRADE LEVEL, MOVE RESTRAINING LINE BACK.**

Putt-Putt Center

Equipment needed: Tub full of recycled tennis balls, plastic hockey sticks for putters, two cones to mark restraining line, target made of three large steel cans side by side. Give each player one (1) "putter" and one tennis ball. To score a point, they must putt the ball and have it in the "cup" in two putts. If not successful after the first attempt, the player may have another attempt from where the ball lies. If not successful after the second attempt, they may go to the end of the line to wait for another turn. **HAVE PLAYERS RETRIEVE TENNIS BALLS! WITH EACH GRADE LEVEL, MOVE RESTRAINING LINE BACK.**

Bowling Center

Equipment needed: Six (6) plastic liter bottles with caps on to make bowling pins, bowling balls made from plastic bags stuffed with crumpled up newspaper, cones to mark rolling line. Hand each player two (2) "balls". From behind the cones they try to score a point for their team by rolling a "bowling ball" and knocking down all six pins. If not successful on first try, another try is taken. If not successful after the second attempt, the player may go to the end of the line and wait for another turn. **HAVE PLAYERS RETRIEVE THEIR BOWLING BALLS. WITH EACH GRADE LEVEL, MOVE THE ROLLING LINE BACK A LITTLE MORE.**

Recycle Race Center

Equipment needed: Tub of recycled aluminum soda cans, two cones to mark restraining line, stop watch, green recycle bin. Give each player two (2) soda cans. To score a point, they must take one can to the recycle bin, return for the second can, take it to the recycle bin, and return to starting line within 10 seconds. If not successful, they may go to the end of the line and wait for another turn. **WITH EACH GRADE LEVEL, MOVE RETRAINING LINE BACK.**



Basketball Center

Equipment needed: two basketballs made from plastic bags stuffed with crumpled up newspaper, green recycle bin for target, two cones to mark shooting line. Hand each player two (2) "basketball balls". From behind the cones, they try to score a point for their team by shooting a ball and landing it in the green recycle bin. If not successful, player may go to the end of line and wait for another turn. HAVE PLAYERS RETRIEVE THEIR BASKETBALLS. WITH EACH GRADE LEVEL, MOVE SHOOTING LINE BACK A LITTLE MORE.

Football Throw Center

Equipment needed: two plastic liter bottles with caps on, target marked on fence with masking tape, cones to mark throwing line. Hand each player two (2) "bottle footballs". From behind the cones, they try to score a point for their team by throwing a "football" and hitting the target marked on the fence. If not successful on first try, another try is taken. If second attempt is not successful, player may go to the end of the line and wait for another turn. HAVE PLAYERS RETRIEVE THEIR THROWS! WITH EACH GRADE LEVEL, MOVE THE RESTRAINING LINE BACK A LITTLE MORE.

Punting Center

Equipment needed: tub full of clean school size milk cartons, two cones to mark restraining line, row of small cones, end cones have a plastic hockey stick to show width to mark a successful score. Give each player two (2) milk cartons. To score a point, they must punt the carton over the cones between the two hockey sticks. If not successful after the first attempt, the player may try again. If not successful, they may go to the end of the line and wait for another turn. HAVE PLAYERS RETRIEVE CARTONS! WITH EACH GRADE LEVEL, MOVE RESTRAINING LINE BACK.

Frisbee Throw Center

Equipment needed: plastic lids from butter/margarine/cool whip containers, target made from old bent hula hoop hanging from rope, suspended from fence and two poles, cones to mark throwing line. Hand each player two (2) lids/tops. From behind the cones, they try to score a point for their team by throwing a "lid Frisbee" through the hoop. If not successful on first try, another try is taken. If still not successful, the player may go to the end of the line and wait for another turn. HAVE PLAYERS RETRIEVE THEIR THROWS. WITH EACH GRADE LEVEL, MOVE THE THROWING LINE BACK A LITTLE MORE.

Tug Of War

Equipment needed: rope and two 6-pack rings. Each team of six will tug at opposite ends of the rope. The 6-pack rings should be placed about 6 feet from the last person in line or 5 feet from the ends of the rope. Last student at the end of the rope is attempting to grab the 6-pack ring.



RELAYS: SHUTTLE STYLE

Each team is divided and stands at opposite ends of the playing field. The first "runner" sets off for the opposite end, where he/she will tag the next "runner." (Please refer to LAYOUT drawing)

Carpet Square Chase

Equipment needed: 2 carpet square samples for each lane. Each runner places down to the center of the lane to pick up and step on then picks up and step on again two carpet squares, stepping stone fashion. This continues until he/she gets to the next hoop, where he/she leaves the carpet squares, and runs to tag the next runner.

Don't Tread on Me

Equipment needed: a tire with a rope attached for each lane. Each runner pulls a tire down the relay lane to give to next runner.

Foiled Again

Equipment needed: recycled foil, laid out and flattened in small squares, one piece for each runner in a lane. The aluminum foil sheets are in the center of the lane, in a recycle bin. The first runner is given a small aluminum foil ball, and on signal runs down, and adds one sheet of foil to the foil ball, then runs to hand off foil ball to next runner. Each runner adds to the ball until relay is over.

Soda Pop Relay

Equipment needed: 2 liter bottle for each lane. On "Go" signal, students race with a plastic soda bottle in their hand, and pass it off to the next runner. Last runner sits down at the end of his/her line and holds the bottle high to show that his/her team is finished.

Sock-Er Dribble

Equipment needed: a "ball" made from newspaper balled up, and wrapped up in a plastic grocery store bag, or two. Each runner foot dribbles the homemade ball to the next runner, traps it at that runner's feet, then sits down at the end of the line. Ball must be pushed and kept close to feet with small taps and may not be kicked for distance then chased.

Stilted Performance

Equipment needed: 2 can stilts for each team. (Refer to stilt making instructions on next page). The first runner races down the lane to the first hoop, where there are 2 homemade stilts. He/she gets on the stilts, and walks to the next hoop, gets off, then runs to tag the next runner.



Super Scooper Relay

Equipment needed: one gallon milk jug with the bottom cut out, and a sock ball for each lane. Using the gallon milk jug as a homemade scoop, runners must toss and catch a sockball 3 times while running. Tosses must be above the runner's head. If the ball is dropped, runner picks it up, replaces it in scoop and continues counting his/her 3 tosses. (Note: 1 toss and catch for Kindergarten)

Totally Tubular Relay

Equipment needed: one tire for each lane. On "Go" signal, students use their hands to roll a tire while running towards the next runner in front of them.

Underwater Trash Heap

Equipment needed: a collection of trash items sitting in a hoop in the center of the lane, one paper grocery bag with handles. Using the collection of trash items that might be found improperly dumped in the James River, students "clean up" the water by picking up one item per runner to put into the trash bag. Items might include six pack rings, cans, plastic soda bottles, boots, flip flops, styrofoam chunks, baby diapers, etc.

What A Wonderful World Obstacle Course

Equipment needed: one refrigerator box, and one hurdle made from rolled up newspapers. Runners leap over the mountain range (newspapers) then crawl through an underwater cave (refrigerator box), then skip around a lake (hoop) before tagging the next runner.



Stilt Making Instructions

Materials

- Hammer
- Nails
- Screwdriver
- Several feet of 3/8-inch cotton rope
- Two large, matching tin cans, opened at one end only.
(Coffee cans and 28-ounce fruit cans work well.)

Instructions

Step 1:

Lay each can on its side on a hard work surface. Use a hammer to flatten any jagged edges along the inner rim of the opened end.

Step 2:

On the side of one of the cans, make a mark two inches down from the unopened end. Make a similar mark on the opposite side of the can. Do the same with the second can.

Step 3:

Use a hammer and nail to punch holes through the cans where marked. The pointed end of a juice opener works well too. With the screwdriver, widen the holes to about ½ inch. Again, use the hammer to tap down sharp edges.

Step 4:

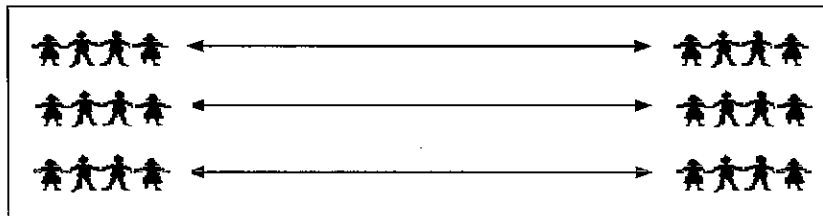
Cut two pieces of rope that measure three times the length from the student's knee to the floor. Attach one rope to each can by threading the ends through the holes from the outside. Tie overhand knots in the rope ends. Then, pull the rope taut so the knots rest against the insides of the can.

Tips:

- When using the stilts, students should wear rubber-soled shoes to avoid slipping off.
- Students should grip the ropes as they would two bucket handles.
- Teachers or parents should be available to “spot” the students while on stilts.



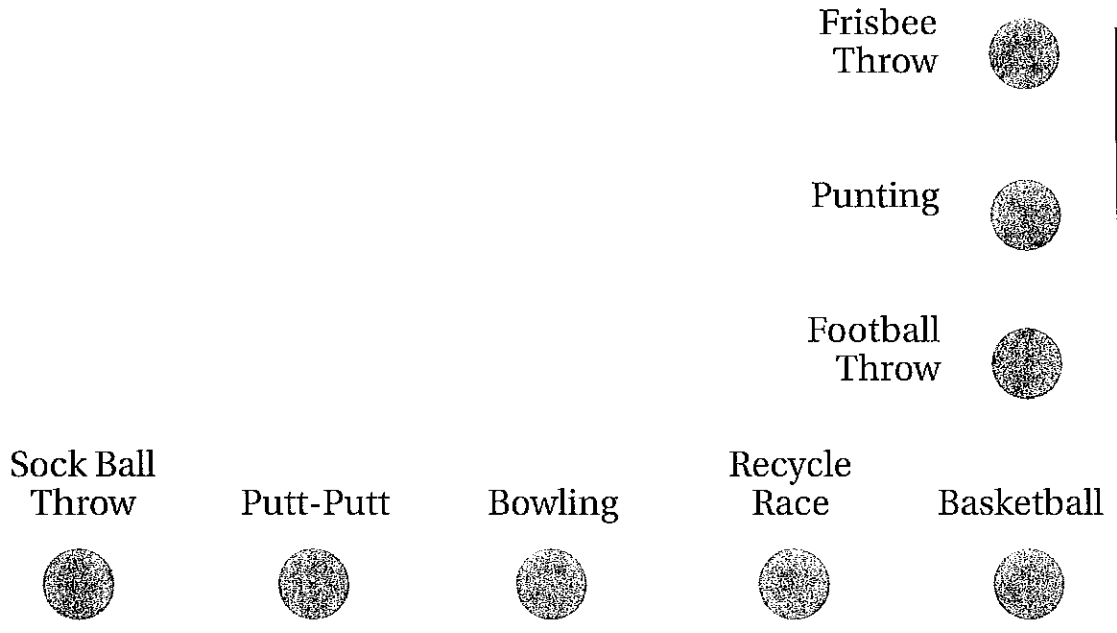
Possible Layout of Field Day Event



Shuttle Style Relays



Tug of War



Center Activities

Center Activities



POSSIBLE ROTATION SCHEDULE FOR FIELD DAY

**Two classes have 1.5 hours out on the field. One grade does the relay races while the other grade is busy with the center activities. After 45 minutes, the two classes switch their activities.*

K and 1st (9am-10:30am)

K: 9am to 9:45am Center Activities
1st: 9am to 9:45am Relay Races

K: 9:45am to 10:30am Relay Races
1st: 9:45am to 10:30am Center Activities

2nd and 3rd (10:30am – 12noon)

2nd: 10:30am to 11:15am Center Activities
3rd: 10:30am to 11:15am Relay Races

2nd: 11:15am to noon..... Relay Races
3rd: 11:15am to noon..... Center Activities

4th and 5th (1pm – 2:30pm)

4th: 1pm to 1:45pm..... Center Activities
5th: 1pm to 1:45pm..... Relay Races

4th: 1:45pm to 2:30pm..... Relay Races
5th: 1:45pm to 2:30pm..... Center Activities



Field Day SOL's

KINDERGARTEN: Science K.9 (resources), K.10 (conservation and recycling); Social Studies K.6 (explaining why we recycle, reuse and conserve) K.7 (being a good citizen)

** Recognize one's responsibility for preservation of the environment*

FIRST GRADE: Science 1.8 (natural resources and conservation); Social Studies 1.9,1.10,1.11 (identify various natural resources and what can be done to conserve them)

** Promote responsibilities of citizenship*

SECOND GRADE: Science 2.5 (living systems), 2.8 (resources); Social Studies 2.6,2.7 (use problem-solving strategies to make responsible choices)

** Describe the use of natural resources*

THIRD GRADE: Science 3.11 (renewable/nonrenewable resources); Social Studies 3.12 (being a good citizen and making responsible choices) * Health and P.E. (understand how humans negatively effect air, water and habitats)

***Promote responsibilities of citizenship*

FOURTH GRADE: Science 4.8 (understand the importance of Virginia's natural resources); Social Studies (invite guest speakers to speak to students about environmental concerns...)* Health and P.E.(collect newspaper articles about environmental/health issues)

*** Promote responsibilities of citizenship*

GRADE FIVE: Science 5.6 (pollution prevention in ocean environments) *Health and P.E.-understand the effect of pollution on the earth's surface and participate in a variety of physical activities that contribute to physical fitness, team building and good citizenship.

***Promote responsibilities of citizenship, demonstrate the characteristics of being a good citizen.*

All these SOLs can be covered if pre-field day environmental programs are scheduled.

**REDUCE
REUSE
RECYCLE**



1. Stilt Walk

2. Frisbee Throw

3. Tug of War



Photos from the pilot program developed by Keep Henrico Beautiful and Ruby F. Carver Elementary School and held on April 19, 2001 in conjunction with Operation SpruceUp.

**REDUCE
REUSE
RECYCLE**



4. Hockey

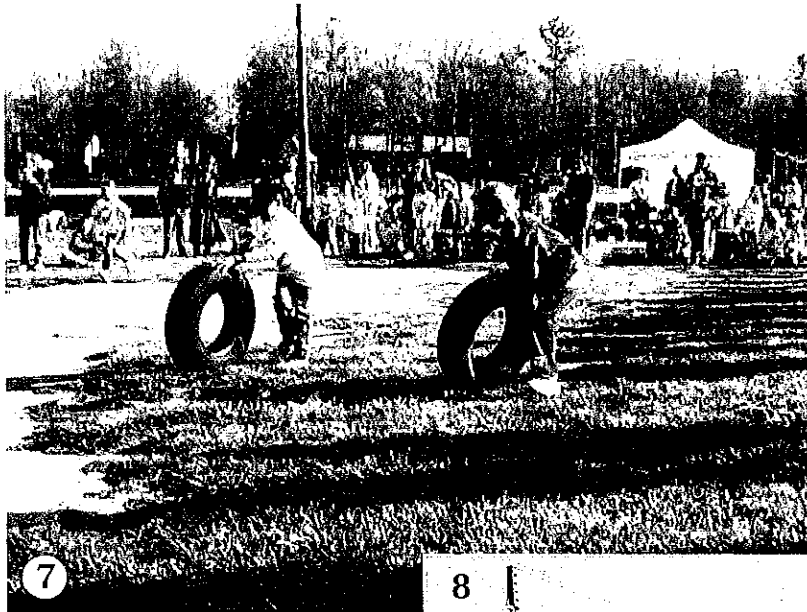
5. Tug of War

6. Trash Throw



Photos from the pilot program developed by Keep Henrico Beautiful and Ruby F. Carver Elementary School and held on April 19, 2001 in conjunction with Operation SpruceUp.

**REDUCE
REUSE
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7. Tire Relay

8. Frisbee Throw



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REDUCE
REUSE
RECYCLE

