JELLY BEAN TABLOID DAY

EVENTS

l. **Circus**- South side of the tennis courts. Four large hoops, 2 blue mats, 2 long skipping ropes, 6 juggling scarves. Students must dive through a hoop onto the mat, walk ON the rope (tightrope) and juggle the 3 scarves for 6 touches.

2. **Beach Volleyball**- Outdoor volleyball court south of MCI. Three volleyballs. Students must serve the volleyball over the net and play it back and forth a total of 10 times.

3. **Scooter Obstacle Course**- on the tennis courts. Four scooters, 6 cones, 8 bean bags, 8 dots. Students ride scooters from start line, zig zag around cones, take 1 bean bag from dot and carry on scooter to second dot, repeat, then drive back to start line. Do twice.

4. **Gymnastics**- Yellow balance beam by the kindergarten climbing equipment. You need 3 mats.

Grade 1 and 2 Walk forward halfway across the beam and backward the rest of the way, jump off, do a forward roll, a log roll and 10 jumping jacks.

Grade 3 and 4- Walk forwards 1/3, backwards 1/3 and sideways 1/3 of the way down the beam. Jump off, do a forward roll and a cartwheel.

5. **Obstacle course**- Swings and K-2 play structure. Start at the south end of the swings and zigzag run through them. Go up the stairs, across the center area, down the spiral slide, up the west climbers, down a green slide.

\* Grade 1-2 – 2 times Grade 3-4 -4 times

6. **Monkey Basketball**- In gym. Use the long climbing ropes in the gym. Place a hoop on the floor for each rope. Place 5 beanbags in a pile directly opposite each rope. The students grab the climbing rope with both hands. They attempt to swing over the bean bag pile, pick a bag up with both their feet and deposit it in the hoop for a point.

\* Grade 1-2- 3 points Grade 3-4 5 points

7. **Scooter Pull**- In gym. Students lie on their back on the scooter and pull themselves along the rope tied to the climbing frame to arrive at the climbing frame.

 Grade 1-2 3 times Grade 3-4 5 times

8. **Tunnel Scooter Ride**- In Gym. Create tunnel using two benches and placing 2-3 mats over the benches. Students must travel on their stomachs on top of a scooter under and through the tunnel.

Grade 1-2 there and back 2 times Grade 3-4 there and back 4 times

9. **Push up hockey**- in gym 6 bean bags. Students faced each other in pushup position. They try to push a bean bag between the arms of their opponent. If the bean bag goes through their opponent’s arms, they score 1 point. The first player to score 5 points wins.

10. **Goodminton Balloon Bop** —In gym. Using a goodminton racquet and a balloon, partners must hit the balloon over the net.

Grade 1-2 must hit over the net 20 times Grade 3-4 – must hit over the net 30 times

11. **Walk the Plank**- side walk on the south side of the gym. Two benches- one upside down and one right side up. Students must walk on both benches. If they fall off they get on where they fell off and continue. All grades do one trip down both benches.

12. **Ring the Chair**- Cement area South of TCS. Chair (upside down so legs can be used as targets and deck rings) Students throw from specified distances. They must get 3 ringers to be successful at that skill level.

Grade 1-2 - 1 meter away Grade 3-4 2 meters away

13. **Bowling**- Sidewalk on South side of TCS in line with the grade 2 room. 12 bowling pins and 4 foam balls. Students must start from 5 meters away. All levels are using only one ball.

Grade 1- 2- Knock down 4 pins Grade 3-4 Knock down all pins

14. **Frisbee Toss** — Cement area on South side of TCS. 6 hoops, 6 frisbees. From a set distance, hit the target with the Frisbee. Grade 1-2 — 3 meters Grade 3-4 - 5 meters

15. **Bookworm**- Cement area on South side of TCS in line with the kindergarten room. 4 rubber line markers, 2 books Students must walk, balancing a book on their head without dropping it.

Grade 1-2 4 meters there and back Grade 3-4 5meters there and back

16. **T-BalI Hit**- At the baseball diamond closest to the school. T-ball stand, lime green foam softball, rubber bat. Within 3 swings, batter hits the distance of the cone.

Grade 1-2 3 meters Grade 3-4- 5 meters

17. **Ball carry relay**- Small North/South soccer field. Two crates, 10 balls. Students run with empty crate, with one hand behind their back fill the crate 1 ball at a time, bring crate back to start line.

Grade 1- 2 2 times Grade 3-4 4 times

18. **Scoop and Ball**- Small North/South soccer field. 6 plastic scoops, 3 whiffle balls

Grade 1-2 Attempt, with a partner, standing 2 meters apart, 3 successful catches without dropping the ball.

Grade 3-4 With a partner, 6 successful catches.

19. **Field Hockey Shoot** —Rink. Cones, tennis balls, field hockey sticks. Students shoot from various distances to score on the goal. NO HIGH STICKING ABOVE THE WAIST. Grade 1-2 4 meters away Grade 3-4 6 meters away

20. **Track running**- Students run around the outside of the skating rink.

Grades 1-4 Run around the rink 2 times.

21. **Whip It Catch** — Rink. Whip-it net, foam softballs. Two persons hold corners of net and toss ball into the air and catch it.

Grade 1-2 6 times Grade 3-4 10 times

22. **Basket Shoot**- Basketball area by the rink. 4 hoops, 2 volleyballs, 2 basketballs Grade 1-2 Stand I meter from the net and throw the volleyball into the hoop. Grade 3-4 - Stand 2 meters away and use basketball to score. Students may have 5 shots before the next person tries.

23. **Baseball catch**- West end of TCS-1 soccer field. 4 hoops, 2 whiffle balls, 2 softballs Students stand 2 meters (grade1-2) OR 4 meters (grade 3-4) from grade 5-6 student who throws the ball either underhand or overhand to the younger student. All grades- students must make 3 successful catches.

24. **Soccer Shoot**- East soccer goal on TCS 1 soccer field. 2 cones set out to mark the distances. Kicker must score 3 times from the distance. Grade 1-2 5 meters Grade 3-4 —8 meters

25. **Base Running**- Ball diamond closest to the road. 4 bases. Have students run bases the required number of times. Grade 1-2 3 times Grade 3-4 4 times

26**. Long jump**- Sand jumping pits beside TCS 1 soccer field. 1 rake, 2 line markers. Students must run to the board and do a long jump to land past the rubber line markers. They get 3 attempts to cross the line. Grade 1-2 yellow line marker Grade 3-4 blue line marker.

27**. Golf**- On the north side of TCS by the office door. 2 golf putters, 2 crawling tubes, 2 hoops,4 golf balls. All students start at the same line. Students get 3 tries to putt ball through the tube into the hoop.

28. **Skipping**- North-West corner of TCS. Several ropes of various lengths.

Grade 1-2 Skip 20 times Grade 3-4 Skip 30 times

29. **Ball Bouncing**- By parking barrier on North side of TCS. Students may choose which ball they wish to use. Grade 1-2- Bounce 15 times Grade 3-4 — Bounce 30 times

30. **Ball on a plunger**- On the north west end of the parking barrier. Plungers and whiffle balls, 2 cones. Students carry the whiffle balls on the plunger around the distance between the cones. Grade 1-2 2 times around Grade 3-4 4 times around

31. **Hoop Roll** — North side of TCS in bus loading area. 6 hoops and 2 cones. Have students roll the hoop the distance between the two cones and back. Grade 1-2 there and back Grade 3-4 there and back 2 times

32. **Noodle shuttle**- North east side of the parking barrier on the north side of the school. 8 noodles, 8 hoops, 12 bean bags. With a partner, students each hold both end of two noodles. They use the noodles to pick up one of the 3 bean bags in each hoop and carry it to the second hoop. They must carry all 3 bean bags to the second hoop.

33**. Football Fitness Run**- By the baseball diamond closest to the road. 8 hoops and 2 footballs. Place 8 hoops in an offset pattern. Carrying a football, students must do a football fitness run, placing one foot at a time in the hoops.

Grade 1-2 2 runs Grade 3-4 4 runs

34. **Hoola Hoop Spin and skip** — By the baseball diamond closest to the road. 6 hoops. Students must make the hoop circle their body 20 times and skip with the hoop 10 times.

35**. Beanbag drop** — By the baseball diamond closest to the road. Use a coffee can and bean bags. Students must put the beanbag between their elbows, walk 3 meters, stand over the coffee can and drop the beanbag into the can.

Grade 1- 2 drop 4 bean bags in Grade 3-4 drop 6 beanbags in