TCS TABLOID DAY

CANADA 150- PARTICIPACTION 150 PLAY LIST

EVENT LOCATIONS AND DIRECTIONS

1. Curling- Lunch area upstairs. Each person must throw 2 curling rocks vs another person. They must throw a draw and a take-out during two ends.
2. Pilates- West half of courtyard. Perform 10 of each exercise:
3. Soccer- West half of TCS #2 soccer field. Play 3 on 3 soccer for 5 minutes.
4. Golf- West half of TCS #1 soccer field. Play 3 holes of golf
5. 5 pin bowling- On south sidewalk in front of the kindergarten room. Must bowl 5 pins down twice.
6. Walking- start at the south entrance to the school and walk the route we use each Wednesday for the school walk.
7. Karate- In the south boot room- Perform the 5 karate moves posted on the paper.
8. Badminton- in the gym. Play a game with a partner. Play to 7 points.
9. Athletics- at the long jump pits on the west of the school. Each person must do 3 long jumps; toss a hula hoop like a discus; run a 60 metre sprint.
10. Volleyball- in the gym. Play volleyball in teams of 3. Play to get the ball over the net 20 times.
11. Yoga- in the courtyard. Do the 10 yoga poses posted on the chart.
12. Kin-Ball- in the gym. Play keep up- the ball must stay in the air for 10 pushes in a row. You can play alone or with partners.
13. Jump rope- on the north side of the school by the nursery school entrance door. You must jump 20x by yourself and 10x on the long rope, turned by other people.
14. Softball- at the diamond closest to TCS. Each person must bat an UNDERHAND pitch and run the bases.
15. Building a sandcastle- in the sandbox by the bridge. Pile the sand in a castle that is 30 cm (1 foot) high
16. Tag- in the trees east of the grade K-2 playground structure. Play tag for 2 minutes. Carry the pinney and when you tag the person they must take the pinney and do 3 jumping jacks before they can tag. If you have a pinney in your hand at the end of the 2 minutes you must do 10 jumping jacks.
17. Weightlifting- by the Buddy Bench on the south side of the school. Do 10 arm curls with each arm; 10 squats holding weight across your shoulders; play catch with a heavy ball with a partner-each of you must catch the ball 5 times.
18. Dodgeball- In the south half of the skating rink. People on the outside of the circle must tag people on the inside from the waist down with a foam ball. When tagged, the person runs around the outside of the circle and then switches places with the person that hit them with the ball.
19. Capture the flag- small soccer field between the rink and the school building. You must run from the start line at the South end of the field and pick up a pinney (flag) from the center of the field. The flag must be put into the box. Each person must collect 5 flags, one at a time.
20. Hopscotch- on the south cement pad. Use a bean bag and toss the bean bag onto the first square. Hop all squares except the one the bean bag is on; there and back. Toss to 3 other different squares, jumping all squares except the one the bean bag is on. Each person will have 4 bean bag tosses.
21. Tennis- tennis courts. You must serve the ball over the net and hit the ball back and forth to a partner with each of you hitting the ball 10 times. If you miss while you are rallying the ball, just add on to your number with the next hit you make.
22. Hula hooping- outside the front of the school by the staff room door. Hula hoop for 1 minute.
23. Gymnastics- by the bike rack. Do a forward roll, a cartwheel, vault over the small vault and a back roll down the wedge.
24. Rugby- on the far west TCS #2 soccer field. With a partner, move the ball across the width of the field passing backward all the way. When you complete that task, both of you must kick a ball over he endline from 10 feet away.
25. Potato sack racing- In the grass beside the fence on the south side of the school; between the cement pad and the school. Hop 20 meters in a potato sack.
26. Dancing- gym. Do the ‘Cha Cha Slide’
27. Ultimate Frisbee- ½ of the TCS #1 soccer field by the parking lot. Pass a Frisbee to a partner to advance down the field. To score, one partner must cross over the rope and successfully catch a pass from their partner. If they miss, they become the thrower and their partner goes behind the rope to catch the disc.
28. Running- start at the west soccer post on MCI field. Run the length of the soccer field and back.
29. Field hockey- south of the tennis courts. Dribble the field hockey ball in and out of the cones; dribble forward up to the yellow cones and take a shot on the green cones to score.
30. Boccia- on the small soccer field beside Tanners; below the planter boxes. Using one ball, hit another ball to get it to land on the dot. If it fails to get there, the next throw is from where the throwing ball stopped. Keep pushing the second ball until it stays on the dot.
31. Broomball- At the north side of the school between the sidewalk and the cement barrier. With a partner, travel the length of the playing surface, passing at least 3 times before taking a shot on the net. You must shoot until you score. Do the same thing going the other direction.
32. One foot high kick- in the gym. Standing on the crash mat, you must jump up and kick the bean bag hanging down with one foot and land standing. If you miss the target or fall you must try again. You have up to 5 tries.
33. Beach volleyball- on the sand court beside MCI. With a partner, serve the ball over the net and then throw or volley the ball over the net 6 times. Each partner must have 2 serves accompanied by the 6 hit rally.
34. Cheerleading- in the tire swing area. Perform the cheer routine taught you by the event leader.
35. Swinging (swing set)- swing set by the rink. Swing 10 times on 3 different swings.
36. Hacky Sack- on the grass on the south side of the school. Play the bean bag with 3 hits on the body in a row.
37. Fencing- south of the grade 3-4 play structure. Fence with a partner. You must score 5 points by poking the pool noodle into your opponent’s chest.
38. Scootering- in the gym. Ride the scooter in and out of the cones. The first time, lying on your stomach, the second time sitting forward and the third time sitting backward.
39. Football- East end of MCI field. With a partner, one partner starts as the center, the other as the quarterback. The center snaps the ball between their legs to the QB, then runs toward the red cones. The QB passes the ball to the runner who runs past the red cones to score a touchdown. If the pass is incomplete, the partners try again. Once they score, they trade places. Each partner has 2 turns as the QB and 2 turns as the center.
40. Monkey Bars- beside the tire swing. Travel once across the monkey bars.
41. Fitness Activities- north half of the skating rink. Do each of the exercises on the disk 10 times.
42. Tug-of-War- Grass on the south side of TCS. Make equal teams on each side of the rope. Do 3 tug-of-war challenges.
43. Grounders- on the K-2 play structure. With 3 other people,play grounders for 2 minutes.
44. Basketball- on the outside court beside the rink. Dribble the ball the length of the playing surface. Pass the ball 3x each to a partner. Shoot to hit the backboard or score on one of the baskets. Maximum of 10 attempts to score.
45. Disc Golf- MCI field. Starting at the purple cones, throw your disc to one of the golf holes (hoops). Continue to throw until the disc lands and stays in the hoop. Starting beside that hoop, play 2 more holes of golf.
46. Kickball-baseball diamond by the road. Kick a ball from home plate and run all 4 bases. Do this 3 times.
47. Bean Bag Toss- on the sidewalk on the south side of the gym. Toss beanbags through 3 different holes.
48. Drumming- in the pit. Follow a routine led by the event leader.
49. 4- Square- on the sidewalk outside the 3-4 Syzmesko class. Play 4 square with 3 other people for 3 minutes.
50. Tree Climbing- the large tree that extends over the west end of the MCI soccer field. Climb the trunk and extended branch of the tree 3 times.