

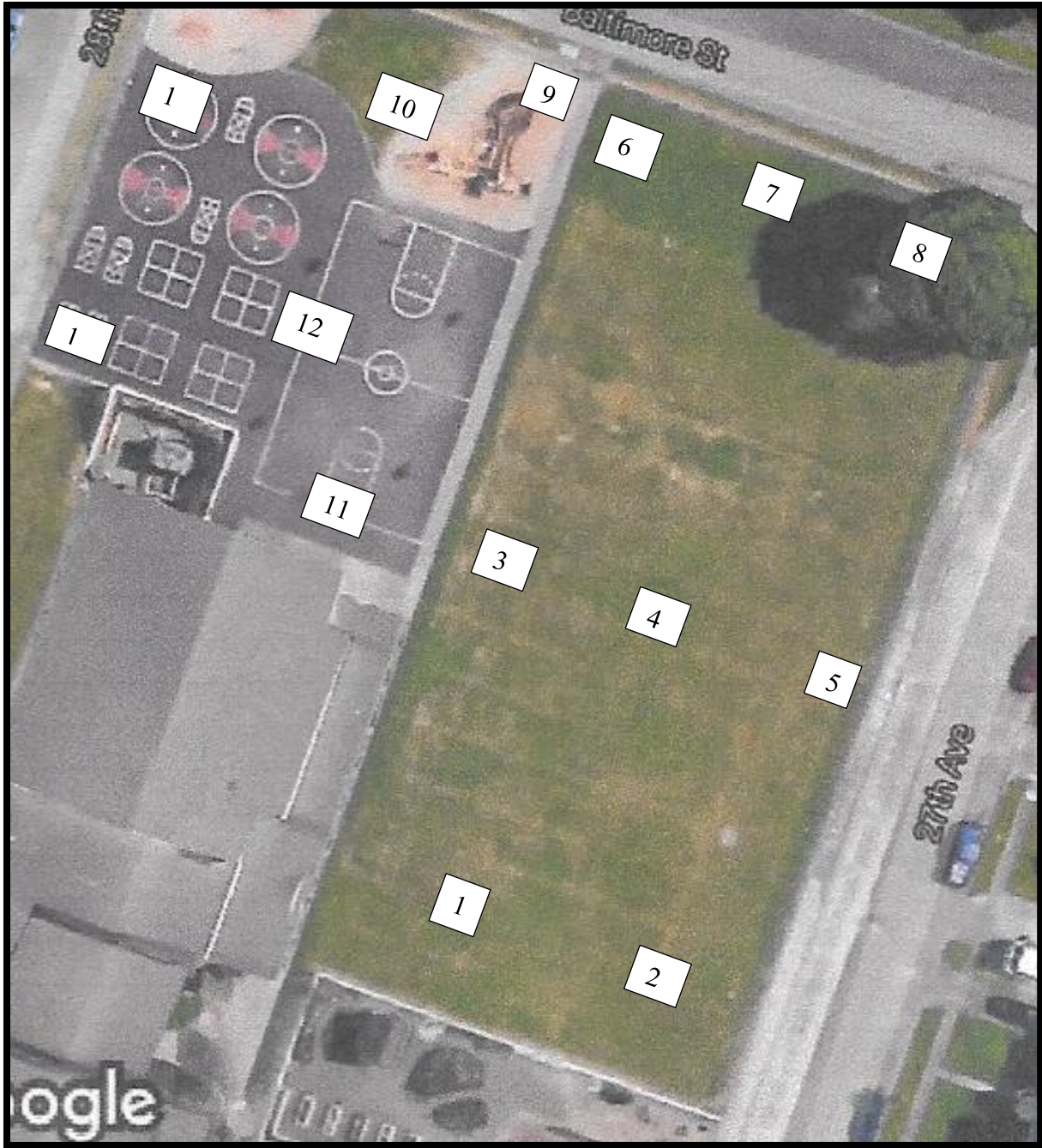


St. Helens
American Ninja Warrior
June 14, 2018



Field Day Information

Each student will have an activity card. Their goal is to visit each station. When students finish participating at a station, they will get a check mark on the number for that station. Primary students can have them pinned to their shirts. I have class sets of safety pins. Most students do fine just carrying their cards. Each class will have a meeting place under the covered area where students can leave their things and then meet up when they have finished. When it is time for your class to go, I will make an announcement for students to go back to their class meeting spot. We will have class sets of popsicles in the freezer. Please send one student to the LEAP room to collect your class's popsicle bag and enjoy them together back in your room. Students may take their cards home. Please remind your class to dress for the weather! In case of a rain cancelation, please have a backup classroom activity. We have used this format successfully for the past three years. Please enjoy walking around and encouraging your students. You do not need to do anything more than that. Students do not have to go to every station. They can even repeat a station, if they want. The only exception will be the inflatable obstacle course. They must have a card completed to go again. They love playing with siblings and friends from other classes! We will also have a dancing and cheering spot by the music station. That was a hit last year. We will have first aid available and supervision for the gym water fountains and bathrooms. Thank you for your support! Darcy



St. Helens Elementary American Ninja Warrior
June 14, 2018 K-2 9-10:15 3-5 10:30-11:45

Station #	Station	Staff
1	Tug	Mr. Allen & Jake (Abbie)
2	Inflatable Obstacle Course 1	Melanie & Mr. Hopfe (Julianna)
3	Clean Machine	Joel & Karen (Payton)
4	Obstacle Course 2	Whitney (Graciela)
5	Rock wall	Kelley (Amaiya)
6	Obstacle Course 3	Melissa & Marie (Christopher)
7	Caution Tape Maze	Barb M. (Uzziel)
8	Rope Climb	Jessica (Aidan)
9	Monkey-Bridge-Slide	Molly (Cayden)
10	Slack line	Crystal A. (Emily)
11	Stilts	Barb P. (Gavin)
12	Rope Pull	Chris (Miranda)
13	Omnikin: Tomb Raiders	Dawn (Alexis)
14	Rope Swing	Dina (Thomas)
	Bathroom, water, music, & first aid	Chrystal H. & Joslyne

Fithawks will assist with primary

1. Tug O War

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Tug o war rope• Spray paint• Flag• Flour	Start with flag on center line, rope on the ground. On the whistle students pick up rope and try to pull the flag to their paint line.	Lighter rope	Heavier rope

2. Inflatable Obstacle Course

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Inflatable	2 at a time, started by staff, once only unless there isn't a line		

3. Clean Machine

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Foam machine• Bubble machine• Balloons• String• Table• Pool noodle house	Carefully run through the clean machine, trying to stay as dry as possible		

4. Obstacle Course 2

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Side steps• Culvert• Balance beam• Rock wall• Tires• Tube• Bucket steps• Agility ladder• "Top Warrior" poster• Stopwatch	Must not miss an obstacle	Not timed	Timed

5. Pallet Ladder

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Pallets• Paint• Zip ties• Mats	Climb pallets, ring bell		

6. Obstacle Course 3

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Hay• Wood stumps• Army crawl: string• Tarp• Exercise balls in tires• Box crawl• River rocks• Mini tramp• Ring of Fire• "Top Warrior" poster• Stopwatch	Must not miss an obstacle	Not timed	Timed

7. Caution Tape Maze

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Stakes• Caution Tape• Map• "Top Warrior" poster• Stopwatch	Run through maze not touching caution tape	Not timed	Timed

8. Rope Climb

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Rope• Bell	Climb rope and ring the bell		

9. Monkey-Bridge-Slide

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Stopwatch• "Top Warrior" poster	Monkey bars, run over bridge and down slide and back to start to stop the timer	Not timed	Timed

10. Slack Line

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Slackline• Mats	Walk across line	One way	Both ways

11. Stilts/Buckets

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Stilts• Buckets• Cones	Travel to the cone and back	Buckets	Stilts

12. Rope Scooter Pull

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Tug of war rope• Scooters	Lay on back on the scooter and pull from one end of the rope to the other		

13. Tomb Raiders

Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Ominikin ball• Cones	Push ball around cone and then straight back	Smaller ball	Larger ball

14. Rope Swing

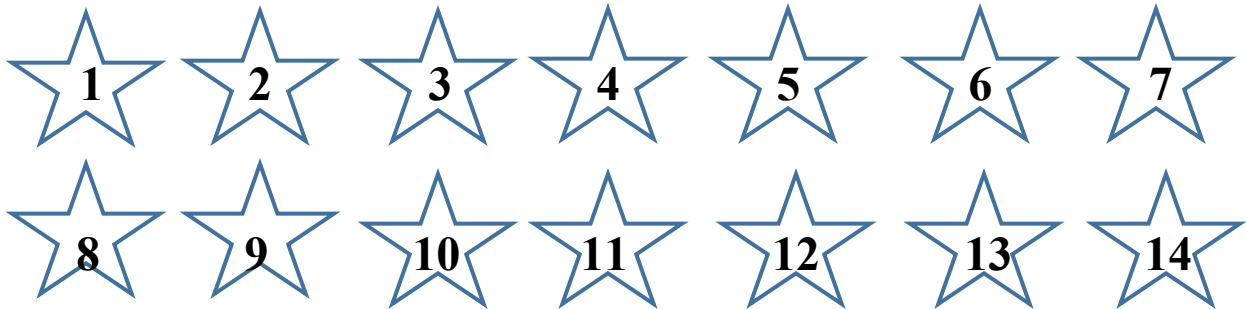
Equipment	Rules	K-2	3-5
<ul style="list-style-type: none">• Rope• Pool• Water balloons	Use rope to swing over and release, not falling into the pool of water balloons	Assist	

St. Helens Elementary School Field Day

Name:



Teacher:



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Name:



Teacher:

