PASSPORT TO THE WORLD FIELD DAY

Welcome to the Potowmack Elementary Passport to the World Field Day. The students will be visiting different countries where they will be engaged in physically active educational activities representing the diverse cultures of a multitude of countries enabling students to find a connection with their ancestral origin. The students not only will be learning fun facts about the country, they also will be learning how the country is governed. Each class will have their own World Passport, which will be stamped with a star sticker at each country station they are visiting from the “station leader” i.e. President, Chancellor, Prime Minister. Please don’t forget to ask to stamp the class’s passport.

The passport to the World Field Day will be held on Wednesday June 9th.

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<thead>
<tr>
<th>Grade</th>
<th>Time</th>
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<tbody>
<tr>
<td>3rd, 4th, 5th &amp; AM Kindergarten</td>
<td>8:40-10:50</td>
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<tr>
<td>1st, 2nd, &amp; PM Kindergarten</td>
<td>11:50-2:20</td>
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Each station will have a “President/Prime Minister” manager who will explain and run the station. The manager will have a clipboard, which will hold the stamps and the directions to run that Country’s station. When the class has finished the station, the manager will “stamp” their World Passport with a star sticker. The stations will be 10 minutes long. We have included the travel time in within the 10 minutes, so it is very important to wait at the station till you hear the whistle to move on. If your class is getting tired at the station, then feel free to take a break and go get water, bathroom etc. Just be back at the station to travel on to the next one at the assigned time. We want to emphasize that these are cooperative activities and the students should use teamwork. Please prepare to have 4 equal teams before starting Field Day. The stations will be using teams of 4 and 2 (so you can double up 2 teams).

You will be eating lunch in your classrooms. Please see station/lunch schedule for the time your class goes to the cafeteria to pick up their bag lunches. Think Sunshine 😊

Thank you,
Linda Thompson
Joel Caruso
Potowmack P.E.
Passport to the World

A. Iceland Icicles- The greatest natural attraction of Iceland is the GREAT GEYSER. Now the geyser is occasionally active. When it does erupt, it could shoot extremely hot water and steam 60-80 meters into the air. The whole area around the geyser is a boiling sulfurous landscape with hot & cold springs where primitive and rare vegetation has learned to adapt and flourish. Government Head: Prime Minsiter. Students will cool off with some ice pops. Each student will receive one. Equipment: scissors, trash can, ice pops in cooler with ice.

B. Mexico Sponge Relay- Mexico is a Spanish-speaking country about three times the size of Texas. At least three great civilizations—the Mayas, the Olmecs, and the Toltecs—preceded the wealthy Aztec empire. Many cities throughout Mexico are popular tourist destinations for U.S. citizens because of their beautiful beaches and coral reefs which are the "rainforests of the oceans". Coral reefs host an extraordinary variety of marine plants and animals (perhaps up to 2 million) including one quarter of all marine fish species. It has been estimated that so far only about 10% of these species have been described by scientists. One of the many animals of the coral reef are the sponges. Though extremly plant-like in appearance, sponges are actually one of the most primitive animals in the sea. Sponges differ from all other marine invertebrates in that they have no true tissues or organs. Government Head: Federal Rebublic

Students line up into 2 equal lines side by side with first person by the bucket of water. The first student dunks the sponge into the bucket of water and then passes to the next person in line who then passes to next person. Everyone must touch the sponge. The students pass the sponge to the person next to them until it gets to the end of the line where the last person squeezes it into their bucket. (Each student must touch the sponge). The first team to have a full bucket of water wins. Absolutely no running & every student must touch the sponge in order. Equipment: 4-5 sponges, 4 buckets, access to water and hose

C. Middle Eastern Camel Watering Hole Relay. Camels are well known for their humps. They do not store water in them as is commonly believed. Their humps are a reservoir of fatty tissue, while water is stored in their blood. It is in fact a mound of fatty tissue from which the animal draws energy when food is hard to find. When a camel uses its hump fat for sustenance, the mound becomes flabby and shrinks. If a camel draws too much fat, the small remaining lump will flop from its upright position and hang down the camel's side. Food and a few days' rest will return the hump to its normal firm condition. This allows them to survive days on end without food and water. Domesticated thousands of years ago by frankincense traders, who trained the gangly cud-chewer to make the long and arduous journey from southern Arabia to the northern regions of the Middle East, the camel went on to become the desert dweller's primary source of transport, shade, milk, meat, wool and hides. Because camels evolved in a semi-desert environment, they have developed sophisticated physiological adaptations for coping with both heat and dehydration. A camel's
eyes are large, with a soft, doe-like expression. They are protected by a double row of long curly eyelashes that also help keep out sand and dust, while thick bushy eyebrows shield the eyes from the desert sun. A camel can go 5 to 7 days with little or no food and water, and can lose a quarter of its body weight without impairing its normal functions. **Government Head: Range from having a Supreme Leader, Council of Ministers, or Constitutional monarchy.**

*The students must inflate their camel “humps”. They will need to fill the bucket “humps” up with nutritional water/food to make the “humps” rise back to being in a firm condition.*

The students will form 2 equal lines standing shoulder to shoulder. 1 bucket is placed at the front of the line which has the “deflated” furry hump. Another bigger bucket (watering hole) is in the back of the line and holds all the “nutritional water” from which the students will scoop out with a leaky cup. The student closest to the watering hole will scoop out water using the leaky cup and pass it to the person next in line. Each student **must get a turn to pass the cup**, when the cup gets to the last person, they poor the water into the deflated hump(bucket with floating fur covered ball), then pass the cup back through the line, **no throwing**. Repeat the process until the “hump” is almost out of the bucket or time for 4 minutes and see which team has their hump the highest in the bucket.

**Equipment:** 5-6 cups with holes, 2 watering hole buckets, 2 smaller buckets (red), 2 six inch plastic balls covered with fur material (humps)

D  Germany Autobahn Race-  *The German Autobahn has taken on an almost legendary mystique where drivers can drive faster than 100 miles an hour. The reality is just a little different than the legend. The myth that there are no speed limits is wrong because speed limit signs are posted along most highways (80 MPH). The fact is that the autobahn is an extensive network of limited-access freeways that can usually provide a driver with a speedy route from town to town. **Government Head: Chancellor**  * Divide the class into 4 equal teams lined up in relay formation behind a cone with a spot marker placed in front of the cone about 2 feet away. There is a circle painted on the blacktop. 1st person scoots on their forward sitting on their bottoms around the circle (autobahn). When they get back to their spot marker, they flip the scooter and they then tag the team relay cone with their foot, which in turn signals the next person in line to take their turn. When all finished, they flip the scooter and place it on their spot marker (garage) that is in front of their team’s line. If there is time, let them go again.

**Equipment:** 4 scooters, 4 spot markers and 8 cones

E  Australia's Kangaroo Station - *Kangaroos are marsupials, a type of mammal that carries their young in a special pouch on the mother’s body. Kangaroos have large feet for jumping and large fat tail used for balancing. Kangaroos are found naturally only in mainland Australia and New Guinea. **Government Head: Prime Minister.**  * Students will do a variety of different jumping skills using a jump rope. (forward, backward, 1 foot, etc.) At this station there may be contests to see who the longest jumper is, fastest jumper, and most creative. Once the student stops jumping he or she must sit down and wait for the next contest.

**Equipment:** 25-30 short jump ropes
**F France Pastry Pile Up** - The French are famous for their love of fine food and they sure know how to prepare it. Sweet pastries are the country’s specialty. Centuries ago, the French obtained the sugar from Beekeeping Monks. Croissants are the best known French Pastry. In the late 1700’s, Antonin Carem, The King of Chefs was one of France’s most popular Chefs. He is noted for creating the Torque Cooking Hat, popularized puff pastries and one of the first “recipe cook books “ for sale. **Head: President and Prime Minister.**
The object of this station is for each team to stack as many pastry boxes on top of each other. The first person goes down to the cone where there are pastry boxes, picks one up and runs back to their line and gives the box to next person in line who then goes up to the cone and places another pastry box on their s and takes it back to their line. This continues until all the pastry boxes have taken. Equipment: 8 cones (2 for each team) placed at the beginning of the line and 25 ft in front of line. As many “pastry boxes” (donut boxes) you can get from stores.

**G Italian Pasta Pull** - Italy is known for its love of pasta. There are over 23 types of pasta. Including the fattest, longest, strongest, & “wheatest” which we are using here 😊. **Government Head: Prime Minister.** Students will be divided into two fair teams. The teams each try to pull the center of the rope past their cone. Be creative with the teams, have girls against boys, winter & fall birthdays against spring & summer birthdays. Equipment: tug of war rope, 3 cones (1 in middle and 2 on each team’s side).

**H Switzerland Boulder Throw** - Switzerland is a small land locked country in the heart of Europe. The Swiss mountains are famous for climbing, skiing, and other recreational activities. The “Strong Man” competition originated in Switzerland. **Government Head: combination cabinet and collective presidency.** There will be a girl and boy team that stands behind their team’s cone. They each get to throw the large “boulder”. Each student will get to throw the “boulder” as far as they can. A girl then boy throws (alternate boys first then girls etc). The longest throw will be marked with a cone (marked where the ball first hits the ground). No need to move the cones unless someone has thrown past it. The Markers roll the ball back for the next person in line. There are retrievers out in the field The “boulder” is must be picked up when tossed. This activity may be played twice, if time allows. The students that are waiting for their turn are standing in line behind a cone. Equipment: 2 large rubber balls, & 4 cones

**I Bahamas Frisbee Throw** - Christopher Columbus discovered the Bahamas on October 12, 1492. The Islands are now a very popular tourist attraction due to their beautiful beaches and climate. **Government Head: Prime Minister.** The students will line up behind a cone. They take turns to see who can throw the frisbee the farthest. A helper will be out in the field that will mark the frisbee where it lands with a cone. She/he will move the cone when a frisbee is thrown farther. The first 4 people in line will have a frisbee. Another helper will run the thrown frisbee in and give it to the 5th person in line. This way the next person in line won’t have to wait for the frisbee to be returned to them. Equipment: 3 cones, 4 frisbees
England Soccer Shoot Out - The game of soccer originated in England. The men’s World Cup is considered the most popular sporting event in the world. When a soccer game is ended in a tie...the goalie and the best 5 players proceed to a shoot out. Each of the 5 players get one chance to shoot at the goal with a goalie present. Each side gets to have 5 players shoot. At the end of the shoot out the team with the most goals wins. Government Head: Prime Minister. Students will take one shot from 3 different angles marked by cones. There will be 6 balls used. (3 balls will be held by the helper to put down after the kicker has kicked the ball). After the 1st student has kicked the 3 balls, a retriever will get the balls and roll them to helper. Continue until everyone has had a turn. The “president” of the station should pick the helper and retriever if there is not enough adult help. If there are 2 nets, make 2 teams.

Equipment: 6 soccer balls, soccer net, 4 cones (3 for marking and 1 for the students to line up behind).

Ireland Potato Sack Race - The Irish became dependent on the potato for their main food source because the potato is one of the few foods that has all the basic vitamins necessary to maintain human life. In 1846 a disease attacked the potato crop causing the Great Irish Potato Famine. This led to the great migration of Irish immigrants to America. Government Head: President. Students will race in potato sacks down to the cone and back. Place the group into teams of 4-5. It is the choice of the group if they would like to do partners or do it individual. Keep playing rounds until time runs out. 1st challenge: individuals, 2nd challenge- partners.

Equipment: 5-6 potato sacks, 5-6 cones

The Greece Torch Relay - Greece generally considered being the cradle of Western civilization. As such, it is the birthplace of democracy, Western philosophy the Olympic Games, Western literature and historiography, political science, major scientific and mathematical principles, and Western drama, including both tragedy and comedy. The torch precedes each Olympic summer games. It originates in Greece and travels a different historic path each Olympic game. 2008 Olympic torch relay was the first global journey of the Flames. Government Head: President of the Republic. Students will balance a foam ball on a tennis ball container/plunger and try to run down and around the cone without losing the flame. There will be 5-6 groups. Each student needs to run down and around the cones and upon returning hand off the torch to the next person in their group. Continue until everyone in the group has had one turn. If the ball falls off the container/plunger they must go back to the start and replace their ball and start again.

Equipment: 5-6 empty tennis ball containers, plungers, or Pringles cans, 10 cones, 7 foam balls

Africa – The “Safari Country”. Kenya is Africa's single most famous safari draw, the annual Great Migration occurs every September and October as animals travel between Tanzania's Serengeti and Kenya's Masai Mara park reserve. Home of the big five wild animals- the lion elephant, rhino, leopard and buffalo. Government Head: Semi-presidential republic where the President is head of the state and head of the government.
The wildlife parks regularly need to capture wild animals to tag them with monitors in order to study/keep track of the animals. The object of this station is to keep animals on or sometimes off the capturing net (parachute.) Equally place students around the outside of the parachute. **First challenge:** Shake the objects on the parachute without them falling off. **Second Challenge:** Try to shake all of the objects off the parachute. **Third challenge:** The boys try to get wild animal A’s off the parachute, while the girls try to wild animal B’s off the parachute. **Fourth challenge:** (students must listen for cues on how to lift the parachute) 1. **Mushroom- waist, knees, lift,** 3 steps in, down and put knees on edge of the parachute. 2. **Tent for the safaris- waist, knees, lift,** 3 steps in down and put knees on edge of the parachute with their bottoms holding edge of parachute down. **A student helper should be designated to go and retrieve the objects when they fall off of the parachute.**

**Equipment:** parachute, yarn balls, 2 different type of stuffed animals ex lions, tigers, elephant etc, or bean bags covered with leopard, cheetah, giraffe print.

**N USA- Salute to our Troops- United States has one of the strongest and dedicated military armed forces in the World. To be in the armed forces, a person must go through rigorous training. This training usually takes place at “Boot Camp”. Welcome to Potowmack Elementary Ranger Boot Camp –Drill Sergeant Caruso style. Government Head: President**

There will be 2 teams during this event. Try to even out the teams by athletic abilities and knowledge. Each team will have their own lane and if a team crosses into their opponent’s course will be penalized 10 seconds. If a student cannot finish an obstacle they will be penalized for 10 seconds. The winner is determined by the first team who successfully completes the obstacle course first (all participants must finish the course). If there is an odd number, one person will go twice.

Each team with (1) start out by putting on a camouflage BDU top (shirt) and before they start the course. (2) Each student will run or jump over 3 small hurdles and then 3 larger hurdles. If the students are unable due to age or special needs they may run in-between each one. (3) The students will follow the course in a half circle where they come to the next obstacle. Students must crabwalk (backwards or forwards) for 15 feet, which is marked off by cones and labeled. (4) The students will perform 20 correct jumping jacks. (5) The students will grab a bat and spin 5 times before proceeding. The students will follow the course in a half circle and come to the low crawling station. (6) Each student must traverse this obstacle by going through hula hoops that are taped together. The students will follow the course around in a half circle and then come to the jump rope station. (7) They must rope jump 15 times to move con. It doesn’t have to be in a row or perfect. All they have to do is jump over the rope 15 times as they turn the rope. (8) The students then will run 10 feet and perform 10 push-ups. Finally, the students will make their last turn, ¼ turn and come to the hula hoop stepper. (9) Each student must run through the hula hoops while placing 1 foot in each hula hoop and then run to the starting area. (10) The students must take off their BDU top and hand it off to the next person. This is the end of the course.

**Equipment 2** BDU tops, 6 small hurdles, 6 large hurdles, 6 blue mats, 32 hula-hoops, 2 jump ropes, 2 bats & 11 cones