

Last Friday it finally happened. Our incredible string of good weather luck finally ran out. We made it through PK/K Field Day, the trip to Gettysburg, the Spring Fair, Fall trips to the farm, the fourth grade trip to Pierce Mill in Rock Creek Park, practically every event where good weather was needed. And then came Field Day last Friday. It was clear that the skies were opening and a new game plan was needed immediately.

Margie McClure and Kevin Jackson work on Field Day for weeks. Coming up with a new theme each year and then all the corresponding activities is the first step. An army of volunteers is then recruited and hundreds of pieces of equipment gathered together for set-up the morning of the big day. Last Thursday night it was about 8 p.m. when the set-up crew stopped for the evening. What was going to happen on Friday morning was still up in the air.

At 6 a.m. it was clear that 'widely scattered showers with the majority of rain occurring after 2' had decided to move in about 6 hours earlier than planned. Change in the game plan was needed. As many activities as possible were moved indoors. The computer lab was dismantled and one activity went there. The Oasis got another one. The overhangs in the front entrance and behind the cafeteria were used for some more. A new schedule was developed with the younger children moving from activity to activity in the morning and the older grades taking over the afternoon. But somehow by 9:30 everything was ready and the fun began.

One of the highlights of Field Day is trying out new activities that will be used the following school year in physical education classes. This year was no different. In the cafeteria, the students were being introduced to a series of martial arts activity. After a not very exciting warm-up routine, after all everyone was pretty warmed up when they arrive, the fun began. Step by step a new movement was added until everyone was dissolving in laughter trying to keep up with the video. Up in the Oasis a dance video had everyone moving to songs that for the most part I didn't know. In the gym, railyard fitness, some new equipment that the HSA got for us this year, was assembled and nimble footed students were following the designed course.

Other activities are just fun. There was cup stacking and the annual scavenger hunt. Bean bag tossing and toe fishing. Instead of moving around in small groups as we usually do, classes moved together. But everyone got to do four different activities and most were hits with everyone in the class.

The big winner of the day took place in the Great Hall. At this year's health and physical education conference, Ms. McClure took a workshop on fitness drumming. How appropriate for an arts integration school. Using large fitness balls, plastic tubs and drumsticks from the music room, students were introduced to how drumming and movement can occur together. Using the ball, the sides of the tub, the floor and the sticks themselves, the students followed the drum leader as a series of patterns was presented. Add in some jumping and dancing around the tub and you quickly find out just how strenuous a workout you can get in a very short time. But who cared if you were getting a workout or not? This was just plain fun!!!

There are more activities on the calendar. Friday is PK graduation in the morning with the 5th grade awards assembly in the afternoon. Class parties and picnics are coming up. On the 19th we say goodbye to our 5th graders and celebrate their accomplishments this year. The end of school year 2012-2013 is in sight and we're hoping for more good weather for some of these events. But rain or shine, last Friday showed us that the students at Lafayette have learned some other important life skills beyond reading, writing and arithmetic. To be flexible, make adjustments in the routines when needed, discover new ways to have fun. To have fun with fitness. So while it may have been a very wet Field Day, it was still a day to explore what we can do with our bodies in new and exciting ways. It was a day to see just how much fun fitness drumming is. And a day for Mrs. Bright and I to be grateful that the gym is on the other side of the building!!!