

Field Day Stations

- 1. Jump Rope and Hula Hoop:** Students should try to move the entire time they are at this station by either jumping roping or hula hooping. Adults should hold the long jump ropes to help the students be successful. Students can ask to do “tic toc” (rope swing back and forth under the student’s feet but doesn’t go over their head) or overhead rope spinning. Students can have a hula hoop contest around their waist or roll their hoop on the ground and see how far it goes. Students can also jump the hula hoop like a jump rope. Please have students pile all the hoops back together before rotating to the next station.
- 2. Sponge Squeeze Relay:** Divide the class into 2 teams. Each team will then line up one behind the other facing their big bucket of water. On the signal, the first student in line will reach down into the bucket and pull out the big sponge and pass it over his/her head to the student in line behind him. That student will pass it over his head to the next students etc. until the student at the end of the line gets the sponge. That student will then run to the small clear plastic pitcher and squeeze the sponge into it. After the water is squeezed out, that student then runs to the front of the line, dunks the sponge in the large bucket and the process is repeated. A different student each time should be running to the front to start the process over and the line needs to keep scooching back to make room. Every student in the line must touch the sponge and it must be passed, not thrown. The first team to fill their pitcher to the top line wins. Reuse the water and repeat the race if time allows! An alternate variation would be to pass the sponge over one person’s head and then the next person passes it under their legs and repeat in that pattern. Students have practiced this activity in PE without water, so should know what to do.
- 3. Relay Races:** Students should form group of 4 and each group should form a line behind a different colored cone. 1 student per team will race down to the same colored cone that is across from them and then back to the starting cone and will give the next person on their team an elbow bump. The elbow bump must be given at the cone- no leading. Vary the races with different movements- running, skipping, galloping, grapevine, defensive slide, walk/jog backwards, bottom kicks, high knees, bear walk down and run back, crab walk down and run back, balance the golf ball on the spoon, throw the noodle javelin style and chase after it all the way to the cone and back, balance the noodle on your hand, have 2 people per team balance the noodle between their heads, backs, stomachs or knees. Repeat if time allows. Can also vary the number of lengths a race is (e.x.- each team member needs to run down and back 3 times). Make the distance shorter for younger grades. Please stress good sportsmanship and not bragging and also honesty.
- 4. Habitat Survivor tag:** : I taught this game to the students in PE class, so they should be familiar with it. Students pretend that they are desert animals living in a burrow (area behind the cones). Students have to travel through the desert to the oasis (the container full of water and sponge pieces) to get a water droplet (1 sponge piece) and bring it back to their burrow. However, there will be 4 or 5 “sun” taggers (depending on class size) who are trying to dehydrate them. Sun taggers cannot go past the coned areas (near the burrows and near the oasis). If the sun tagger tags them from the shoulder down with the noodle, the student freezes where they got tagged and puts their hands straight up in the air. If they have a sponge when they are tagged, they can keep it in their hand. There will be 4 students who are the “rain” and will each have a squirt bottles. The “rain” helpers are looking for students who are dehydrated, ask them where they want to be squirted, and

squirt them 3 times “rehydrating” them. After students are rehydrated, they will unfreeze, do a star jump, and continue in the direction they were traveling. Play for several minutes and then switch who the “suns” and “rain” are. Please stress honesty, safety, and try to get everyone to have a turn as a sun or a rain.

5. **Fling socks and Vortex Footballs:** The foxtail is a ball with a long ribbon “tail” on it and is designed to be thrown by the tail. Students should partner up or form groups of 3 and spread out. Foxtails should not be thrown near the trees. Students should hold the foxtail by the tail and spin it underhand (like a softball pitcher) and then release the tail as the ball comes forward. The foxtails should fly through the air and look really cool. Students can keep track of points depending on where on the tail they catch it (point explanations are on the tail of the foxtail). Younger grades may have difficulty throwing it by the tail and can throw it by the ball or hold the tail closer to the ball. Please make sure students are not pulling on the foam part of the vortex football. Rotate equipment every few minutes so everyone gets a turn with each type of item.
6. **Frisbees and Flying Paratroopers:** Have students partner up or form groups of 3. Students can choose which type and size of frisbee they would like to use. Remind them to keep the frisbee parallel, in line, with the ground. I use the analogy of keeping the food on the plate and not letting it slide off. Students can also try the flying paratroopers. One student can throw it up while the other tries to catch it. The parachute needs to be folded up and then thrown straight up into the air. Rotate equipment after a few minutes so students get a chance with different items.
7. **Splashy Clean Out:** This is the wet version of the game students have played in PE called Clean Your Backyard. Divide the students into 2 teams. Each team will be on opposite sides of the badminton net 2 buckets of water and splash balls will be on each side. On the signal, students all throw 1 splash ball at a time over the net and then run and get another. The object is to have the least number of balls on your side. Students should only have 1 ball in their possession at a time and need to throw it over the net. Students are not aiming to hit other students but rather trying to throw the ball as far as they can over the divider. Play for a certain amount of time (about 5 minutes) and then either count or eyeball which side has more balls and then play again. Students can keep track of how many balls they throw, catch, or throw and catch! Stress good sportsmanship and trying your hardest and also stepping forward with the opposite foot from the arm they are using to throw with.
8. **Popsicles/Rest/Chalk Decorating/ Bubble pop:** Students can each have 1 popsicle. Please remind them to throw the trash in the trash can. Students can choose to draw on the sidewalk with chalk, rest, and pop the bubble from the bubble machine. Please do not allow students to touch the bubble machine.
9. **Water Ball Scoop Toss and Catch:** This is a cooperative activity in which students are trying to successfully throw and catch the water ball with their partner and see how far apart they can get while still being able to catch the ball. Each student will get their own rainbow scoop and a partner. Each partnership will have 1 water ball to throw and catch to each other. Have students stand across the line, facing their partner, about 1 giant step away. The student with the ball will throw it to their partner who tries to catch it in their scoop and throw it back. If both partners successfully catch the ball, they each take 1 regular sized step away from each other and repeat the process. If at any time 1 partner does not catch the ball, partners stay at their current distance until both have caught the ball. Please remind students to be careful with the scoops as they are just plastic. If students ask you not to use the scoops and just use their hands, that is fine. Hands might be better for younger grades.

10. Pyramid Climb Dice Game: I taught this game to students in PE, so they should be familiar. There are 4 levels of the pyramid with a decreasing number of hula hoops in each. Students must start at the bottom level, where there are 4 orange hula hoops. 2 students will “battle” at each hula hoop by rolling 1 dice each. The dice must land in the upside down frisbee or else it is an automatic loss. Whichever student rolls the higher number wins the battle and moves up to the next level of 3 hula hoops, which are yellow. The player with the lower number in the battle, runs a lap around the pyramid before finding a new player to battle at the bottom level. 8 students start the game while the rest of the class waits behind them. The battles move fast so they wait long. A player that wins at yellow moves up to purple while the player who loses at yellow, runs a lap and starts back at orange. A player that wins at yellow moves up to purple while the player that loses runs a lap and starts back at orange. A player that wins at purple advances to the championship round and rolls the bug dice that must stay in the laundry basket. A player that wins the championship battle counts 1 point for themselves, does a victory dance, and starts back at orange. A player should never be at the same hoop 2 times in a row because if they win, they move up, and if they lose, they run and start back at orange. While students are running laps of the pyramid, teachers and volunteers can use the water blasters to spray them and make the lap more fun!! Please stress honesty, good sportsmanship, rolling the dice normally, and remind them that they cannot control what number shows up on the dice, just like they cannot control obstacles in life- we just take them in stride and deal with them!

11. Sponge Tag: Students must stay in the designated area. Choose 1 person to be “it” first and give that student 1 wet sponge out of the container filled with water. That student throws the wet sponge at others trying to hit them. If a student gets hit with a wet sponge, then they go to the container to get a sponge and is now a tagger also! Play until there is only 1 student who is not a tagger left. Have students put their sponges back in the containers and have the last player starts as the first “it. If a student runs out of the designated play area, they automatically become a tagger also. Please stress safety, honesty, and good sportsmanship.

12. Fresh Food Frenzy: I taught this game to students in PE class, so they should be familiar with it. Divide the class into 2 teams. The playing area is divided into 2 sides. Each side has an equal number of cones with fruit and veggies beanbags balanced on top. Teams must stay on their designated sides and try to throw 1 yarn ball at a time over to the other side to try to knock a beanbag off a cone. Students will all be throwing at the same time. Students can protect their fruit and veggies by playing defense and blocking balls, however they must be standing for safety reasons. If a student catches a ball in the air that is thrown by the other team, he/she can put 1 beanbag back on a cones that has fallen off. If a student accidentally knocks a beanbag off on their own side, sadly it has to stay down until a ball is caught. Please stress good sportsmanship, honesty, playing by the rules, working together and communicating with teammates, not cheating, stepping with the opposite foot when throwing, aiming at a beanbag, and paying attention.