



STONY POINT NORTH
FIELD DAY
2017



Dates: Friday, May 22, 2017 - Make-Up Day: Monday, May 22, 2017

Field Day Times:

Morning session: 8:50 – 11:20 Kindergarten, 2nd, and 4th Grades

Afternoon session: 12:00 – 3:00 1st, 3rd, and 5th Grades and Staff Events

**Station Activities, Rules, and Procedures,
and Equipment Needed**

Area 1 Activities

50 Minutes Total.

1. Divide the Grade into 3 groups. Rotate within this station **every 5 - 6 minutes.**
 2. **Students do not have to do the same activity four or 5 times!! Once or twice is enough then we can have MORE Activity Stations.**
 2. Groups will rotate within Stations 1, 2, and 3 each 5-6 minutes, then all 3 Groups will come together to **do stations 7 and 8 within one Large group.**
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Station 1-1

- **50 Yard Dash - Boys**
- **50 Yard Dash – Girls**
- **Shuttle Relay**
- **Sack Race**

- **50 Yard Dash**

Event Procedures: This race may not be exactly 50 yards. We will utilize best flat area to run all events at Station 1-1.

1. Line up students at “Starting Line” (**West** end between Pylon Cones) so the “Finish Line” can be seen by spectators.
2. Give basic command: “**Ready – GO**”.
3. As students cross the Finish Line, yell out the top 4 finishers for each race. If you do not know students name have 4th or 5th grade helpers help with names.

Equipment Needed: Cones to mark “Starting Line and Finish Line”.

Student Helpers Needed for all 3 events at Station 1: 4-6

- **Shuttle Relay**

1. After 50 Yard dash, all students will be at East End. Use this line as the Starting Line and Finish Line for “Shuttle Relay”.
2. First line all students up behind “Shuttle Relay Cones” at East end. Make sure Teams are even in numbers and then send half of each team to West end behind the corresponding cones.
3. Determine if any students need to go TWICE to even team numbers up.
4. After running their turn in the Shuttle Relay all students should be sitting down. This will help determine which students are left to run.
5. The Starting Line and Finish Line are both at the East end.

Equipment Needed:

- Utilize same cones as 50 Yard Dash PLUS cones in front of each “Shuttle Relay Team” at each end of race.

- **Sack Race**

There will be two sack races for each group. The Girls Sack Race going from the East end to the West end. When they finish their race, they will take their Sacks off and give them to the Boys.

The Boys will race from the West end (Starting Line) to the East end (“Finish Line”).

1. After Shuttle Relay, have all the Girls Line up at the West end using the line as the Starting Line. Have all the boys go to the West end and waiting at least 10 yards away from the Girls Finish Line. Pass out White bags to each student, have them stand inside bag.
2. Same procedures as 50 Yard dash.

Equipment Needed:

- Use same cones as used for 50 Yard Dash
- White Burlap bags.

Station 1-2

• **Obstacle course** - Obstacle course is set up to include Jumping over Hurdles, Climbing through "Tunnel" (Tumbling Mat folded up and velcroed together, and Zig Zag diagonal running (using short Swimming Noodles standing up in ground.

1. Determine if any students need to go twice to even out team numbers.
2. Have students lined up at East end to make sure Teams are even. This will be run similar as "Shuttle Relay" but no Baton will be passed, students will slap hands for next runner to start. Next runner will start when previous runner passes the cone when finished. On the command "Ready – Go", students will start running the obstacle course.
3. From the East end a student will start with Zig Zag diagonal running around the short swimming noodles standing up from the ground, The pattern to run is "Right – Left – Right – Left." Students should know this from participating in PE class.
4. After Diagonal running, students then crawl through the "Tunnels" (mats). *Students were told NOT to wear cleats on Field Day! Do not allow any students wearing cleats to participate in this event. Their cleats could damage mats.
5. After crawling through Tunnels, students will then jump over two "Hurdles". After "Hurdles", students will then slap hands with next teammate waiting in line at other end and that runner will start the Obstacle Course from the opposite end but running the same obstacles but in reverse order.

• **Equipment Pick Up Note at the end of the day:**

The short Swimming Noodles will be placed in the ground standing up vertically using Wire Hangers. When picking up these Swimming Noodles at end of the day, make sure these Wire Hangers are picked up also and NOT left in ground!!

Equipment Needed:

- 8 Short Swimming Noodles with wires in bottom to set up for Diagonal Zig-Zag running.
- 6 Tumbling Mats folded up and velcroed closed to make "tunnels".
- 3-6 Tall Pylon Cones to help "Tunnels" stand up.
- 12 pulon cones for "hurdles".
- 6 green "hurdle sticks.

Student Helpers Needed: 4-6 at each end line to watch lines and set up any equipment that was knocked over during race.

Station 1-3

"Soccer Goal Kick" using Soccer Goal on North end and Soccer balls"

Procedure:

1. Students line up in two even lines behind Cones
2. Soccer Goals on north end is used with two soccer ball for the goal.
3. **First Activity - No Goalie** – First student in each line runs up to kick soccer ball into goal, Student that just kicked ball retrieves ball and places it near cone for next student to kick. Have 2 soccer balls at each cone so students are not waiting for one soccer ball to come back.
4. The two teams keep score which group scores the most goals.
5. **Second Activity – "Soccer Kick WITH Goalie"** – Use a student from the Opposing team to be the Goalie to block or stop kicks. Teams keep score.

Equipment Needed:

- a. Soccer Goals
- b. 2 -4 soccer balls.
- c. Cones or "dots" are set up approximately 10 yards from goal and distance is adjusted depending on grade level.

Student Helpers Needed: * 1-2 to help run station. If shortage of helpers, this station can be run without helpers with just a parent volunteer or by classroom teacher at the station

Station 1- 4

“Soccer 3 – on - 3” - Short game using Soccer Goal on South end and 1 Soccer ball”

Procedure:

1. Use Soccer Goals on South end with one soccer ball for each goal.
2. Students line up with 3 in a group behind Cones
3. Our “3 – on – 3” game is a quick short game using only one soccer goal.
4. A team of 3 are spread out about 12 – 15 yards from the goal.
5. Another team of 3 students are spread out and playing defense.
6. There is not a goalie in this game so students cannot use their hands.
7. On the command “GO” the offensive team with the ball starts with a pass or dribble to a teammate.
8. Rotation
9. Play continues until:
 - A. A goal is scored.
 - B. The ball is kicked out of bounds.
 - C. The defense gains control of the ball.
 - D. OR the turn goes longer than 20 – 30 seconds.
 - E. **This station is supposed to be a SHORT mini soccer game or drill.**

Equipment Needed:

- a. Soccer Goal at south end of field.
- b. 1 soccer goal used at a time. An extra ball is available in case the ball is kicked out of bounds so that students do not have to wait for one ball.
- c. Cones are set up approximately 10 yards from goal and distance is adjusted depending on grade level.

Student Helpers Needed: * 1-2 to help run station. If shortage of helpers, this station can be run without helpers with just a parent volunteer or by classroom teacher at the station

Station 1-5

Izzy-Dizzy Relay - ("Bat Spin" Relay)

- **Izzy - Dizzy Relay Procedure:**

(Short Foam "Swimming Noodles" are used in place of bats to prevent possible injuries in case students would fling their bat after spinning when dizzy.

2. Distance of this relay is approx. same as 50 Yard dash. Three Cones are placed in this Race only at East end.
3. Even up lines and determine if any students need to go twice to even out team numbers.
4. All students will start at East End so students will finish race running towards spectators. Use this same line as the Starting Line and Finish Line for "Izzy - Dizzy Relay".
5. Place Carpet Squares approx. 20 yards away from "Starting Line".
6. Have 3 small Foam "Swimming Noodles" placed on ground another 20 yards past Carpet Squares.
7. Have 3 cones set up at East end with the Team lines behind each cone.
8. On the command "Ready – Go", students will run with their Batons out to the Carpet Squares and place their Baton on their carpet square.
9. Students will then run to west end and pick up their short swimming noodle. Student will place both hands on top of swimming noodle and then place their forehead on their own hands. (Do not have students place their forehead on top of swimming noodle to prevent swimming noodle to become wet with sweat.)
10. Student spins quickly in circle around swimming noodle 15 times (not 15 seconds). (Have 4th or 5th Grade helpers count number of spins.
11. After completing 15 spins, student should be dizzy and then runs back toward their baton on the Carpet Squares, picks up their baton and runs back to their team line and passes baton to next student in line.
12. Have students sit down behind their line so that you can determine how many students are left to run in each line.

Equipment Needed:

- 3 Cones to mark "Start- Finish Line",
- 3 Batons,
- 3 Carpet Squares,
- 3 Short Swimming Noodles.

Student Helpers Needed: 4-6, one or two at starting line and 3 students counting spins.

*** At conclusion of all 5 stations in Area 1 all classes will then do:**

Station 1-6 and Station 1-7

- **FOUR Team Tug O' War**
- **Balloon Bottom Relay Grades K-2**
OR
- **Water Balloon Catching Contest Grades 3-5**

Station 1-6

FOUR Team Tug-o-War

Station 1-5 • FOUR Team Tug-o-War Procedure:

1. **Stress Safety !!!!**
2. **Do NOT let students wrap rope around any part of their body. Some ropes may have loops at the end of the rope, DO NOT allow students to put a rope loop around their waist, arm, or leg.**
3. **Do not allow students to be dragged on the ground during the competition.**
4. With the FOUR Team Tug – o – War” rope, divide the group up into 4 equal teams.
5. The field will be marked by paint lines and/or cones, as the line where to pull the rope past to win.
6. Blow **a whistle or YELL “STOP”** to stop competition to have all teams stop pulling.
7. Reset rope to start a new “Tug-o-War” contest. If there is enough time before switching stations/areas, the contest can continue until one team has won TWO (or three) times.
8. Students were told in PE class that they can bring gloves for this contest.

Equipment Needed:

- “Four Team Tug-o-War Rope”,
- Cones or painted lines marked to determine how far rope needs to be pulled.

Student Helpers Needed: No NEW students helpers needed. The student helpers at Stations 1, 2, 3, 4, and 5 will help with these 2 stations. If students are not helping in this event then they should stand on the west side to watch event and not block spectators view by standing on East side.

Station 1-7

Balloon Bottom Relay Grades K-2 Procedure”

1. Have Students sit at a South End line in 3 – 4 even lines.
2. A 4th or 5th Grade Helper will be next to the first student in line with a bag of balloons. The Helper will pass out a balloon **ONLY to the first person in line.**
3. ****DO NOT give each student a balloon all at the same time!!!**
Balloons could blow away or be accidentally popped.
4. A carpet square is placed on the ground at a North end line approx. 20 yards away.
5. On the command “Ready – Go”, the helper will give the First students in line a balloon. That student will run with the balloon out to the carpet square, sit on the balloon and pop it. The student will then run back to their team at the starting line.
6. As the student crosses the line, the 4th or 5th grade helper will then hand the next person in line another balloon. And the next student repeats the procedure.
7. Make sure students sit down after their turn.

Equipment Needed:

- Bags of Balloons for each line.
- 3-4 carpet squares, (one for each line).
- Either pylon cones or painted lines to mark starting lines.
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Student Helpers Needed: No NEW students helpers needed. The student helpers at Stations 1, 2, 3 will help with these 2 stations. If students are not helping in this event then they should stand on the west side to watch event and not block spectators view by standing on East side.

Station 1-8

Water Balloon Catching Contest Grades 3-5

Procedure:

1. All students choose a partner. One partner starts on a South line and the other partner is positioned directly in front of them approx. 5-7 yards away to start competition. The partner starting on a South line remains at that spot during this contest. Only the partner near the North end moves when told to by the Judge to increase the throwing distance.
 2. 4th or 5th Grade Helpers hand the partner at the Starting line a Water Balloon. After receiving a Water Balloon, whenever the Water Balloon breaks those partners are eliminated from the competition. EVEN if the Water Balloon breaks BEFORE the first throw. Stress this with all students.
 3. On the command "Throw", the first student at the South line tosses their Water Balloon to their partner. ** Underhand throws are best, and cushioning their hands on the catch will help in not breaking the Water Balloon.
 4. After the Water Balloon is tossed to the partner, the partner tries to catch the Water Balloon. If the Water Balloon breaks then both partners are eliminated.
 5. If the partner catches the Water Balloon, the student WAITS before throwing it back.
 6. All students that were eliminated leave the throwing area.
 7. Now the Judge has the second partner (the student that just caught the Water Balloon) move back 3-4 yards. The student at the South line remains at the SAME position.
 8. On the Judge's command "Throw", the second student at the North end tosses their Water Balloon back to their partner on the South line.
 9. Throws continue in this procedure until there is one group remaining.
 10. Stress once the Water Balloon breaks the students are eliminated. We will not have enough Water Balloons for second chances or balloons that are dropped accidentally.
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Area 2 Activities

50 Minutes Total.

Special Note:

Area 2 activities are “Small Group Activities”. These activities will be best when there are not a lot of students in the group which eliminates waiting in longer lines.

Divide the Grade into 5 - 6 groups. Rotate within this area every 7 - 8 minutes.

There are no “open stations” (ALL stations will have students at each station) in this area. Area 3 will have “Large Group Activities and will have one station open (with NO students) when students rotate.”

- **Station 2 - 1 “Angry Birds Sling Shot Contest”**

(using 3 Person Sling Shot/Launcher)

1. **STRESS SAFETY!!!!**
2. **NEVER ALLOW STUDENTS TO AIM OR POINT THE 3 PERSON SLINGSHOT TOWARDS ANOTHER STUDENT.**
3. **All nerf balls are shot towards the area of the tree and away from any other students.**
4. **Have students shoot the Nerf Balls UP.** Aiming up at a 45 degree angle also will provide the best distance.
5. **There MUST ALWAYS be Adult Supervision at this station. Never allow students to run this station by themselves.**
6. 4th or 5th Grade Helpers can assist the lower grade students with helping HOLDING the sides of the slingshot/launcher. The 3rd person can pull back the middle section of the launcher to launch the small nerf ball.
7. Each contestant is assigned a “marker number”. A 4th or 5th grade student will use the “marker numbers” and place on the spot on the ground where the ball stopped rolling after “launched”. These helpers must stay out of the way when the ball is launched. After the ball lands the helpers can then move to the ball, place the “marker numbers” and throw the ball back to the adult supervisor.

Equipment Needed:

- “3 Person Slinghot/Launcher”
- 5 – 6 Small Nerf Balls
- “Numbered Markers” to mark distances (one number assigned for each student participating)

Student Helpers Needed: 3-4 Students (2 students to help with holding the sides of the sling shot for lower grades. 1-2 students to Mark the throws distance and return balls.

***** Make sure these students stay out of the way of the person launching the nerf balls.**

- **Station 2 - 2 "Jump The Creek"** (Jumping over Long Swimming Noodles)

Procedure:

1. **STRESS SAFETY!!!! Check the area for holes and ruts. Stress having students be careful how they land on the ground.**
2. Have two cones or two lines set up at each end as "starting lines" where students begin their running on their approach to "Jump the Creek".
3. Have Swimming Noodles laying on the ground parallel to each other. This is our "creek".
4. After a running start, students one at a time, attempt to "Jump over the Creek" (swimming noodles).
5. If a student hits either one of the swimming noodles, or steps between the swimming noodles, then they are "out" and eliminated from the rest of the competition.
6. After the entire line has either "jumped the creek" or has been eliminated, the student helpers will then widen the distance between the swimming noodles and the line starts "jumping the creek" again.
7. The contest continues until there is one student remaining.
8. The first distance between swimming noodles should be based on grade level. Have a close distance for lower grades. Allow ALL students to make the first TWO jumps. Then spread the swimming noodles apart wider.
9. The entire contest needs to finish within 6 - 7 minutes.
10. **STRESS Safety!! Make sure students are doing this safely and correctly so that they do not land and injure their ankles or feet.**
11. **DO NOT have the FINAL distance between swimming noodles be too far. This may increase the chances of a student landing on their foot wrong and suddering a foot or ankle injury.**
12. If the distance at the end has just a few students, call it a "TIE" for First Place.

Equipment Needed:

- 4 Long Swimming Noodles
- Either Pylon cones or painted lines to mark "starting lines" to begin running approach before jumping.

Student Helpers Needed: 2 Students. One student for each set of swimming noodles.

- **Station 2 - 3** **“Hippity Hop Relay”** using “Hippitty-hop balls”

Procedure:

1. Students sit on the “hippitty - hop balls on their bottoms and hop around a designated cone (or to a designated line if enough cones are not available).
2. For safety reasons **DO NOT ALLOW** students to lay down on the hippity-hop balls on their stomachs and bounce. This could result in the student doing a “nose-dive” down to the ground and the student landing on their face.
3. The activity proceeds in a typical relay type procedure.
4. Increase the length of the distance depending on the grade level.
5. Do not allow the students to do anything that may damage the “hippity-hop balls”,

Equipment Needed:

- Hippity-hop balls
- Cones if available or a designated line will be painted to mark a starting line and the line for the participants to advance to.

Student Helpers Needed: * 1-2 to help run station. If shortage of helpers, this station can be run with out helpers with just a parent volunteer or by a teacher whose class is at the station.

- **Station 2 - 4** **“Belly Bumpers”** using inflatable “Belly Bumpers”

Procedure:

1. Use cones to mark a circle for the playing area.
2. Students get inside of “Belly Bumpers” safely. When all students are inside a Belly Bumper, the supervisor at this station says “GO”.
3. The object in this activity is to remain standing up while bumping into other students that are inside the Belly Bumpers.
4. Once a student is no longer standing up OR bumped out of the circle/playing area, then that student is “out” and needs to leave the area. Stop the activity if necessary so that students can safely get back to their feet and leave the circle.
5. The last remaining student standing up is the winner.
6. Stress safety and NO Rough Play while students bump into each other.
7. Make sure adult supervisor and student helpers are alert to help students in Belly Bumpers from landing on their head.

Equipment Needed:

- a. Belly Bumpers
- b. Cones placed in a circle if available or a designated circle will be painted to mark the playing area.

Student Helpers Needed: * 1-2 to help run station. If shortage of helpers, this station can be run with out helpers with just a parent volunteer or by a teacher that has their class at the station

- **Station 2 - 5** **“Mini-Parachutes”** using “Mini Parachutes and frogs and Chickens”

Procedure:

1. Students in small groups of 4 or 5 per mini parachute. For each group have one student be counter and say “One – Two – Three – UP” where all students raise the parachute at same time.
2. Start with an object (Chicken or frog) for each parachute”
3. **TWO Basic Activities:** “Toss Up and Catch in OWN Parachute” - After tossing object up in the air, the group of students at each parachute move together to try and catch the object in their parachute. Students need to be ready to move together to catch object.
4. See how many consecutive times each group can catch their object in the parachute.
5. Second Activity: “Catch” - Next, take out object from all groups and start one object in one parachute and have the groups form a circle or triangle formation and then toss the object from one parachute to the next. If larger number of groups, use more than one object at a time.

Equipment Needed:

- a. Mini- Parachutes
- b. Objects – Frogs and Chickens
- c. No Cones are needed

Student Helpers Needed: * 1-2 to help run station. If shortage of helpers, this station can be run without helpers with just a parent volunteer or by classroom teacher at the station

- **Station 2 - 6 “Striker Ball”**

Procedure:

1. Use cones to mark a circle for the playing area.
2. Students get inside of “Belly Bumpers” safely. When all students are inside a Belly Bumper, the supervisor at this station says “GO”.
3. The object in this activity is to remain standing up while bumping into other students that are inside the Belly Bumpers.
4. Once a student is no longer standing up OR bumped out of the circle/playing area, then that student is “out” and needs to leave the area. Stop the activity if necessary so that students can safely get back to their feet and leave the circle.
5. The last remaining student standing up is the winner.
6. Stress safety and NO Rough Play while students bump into each other.
7. Make sure adult supervisor and student helpers are alert to help students in Belly Bumpers from landing on their head.

Equipment Needed:

- a. Striker Ball equipment consists on 6 cones, 6 Striker ball flags, and one ball (have an extra ball available.)
- b. Cones placed in a circle if available or a designated circle will be painted to mark the playing area.

Student Helpers Needed: * 1-2 to help run station. If shortage of helpers, this station can be run with out helpers with just a parent volunteer or by a teacher that has their class at the station

**** NOT USED for 2015**

- **Station - 4 Javelins** (Foam Javelins thrown for accuracy and distance)

Procedure:

1. Students throw nerf Javelins for accuracy and distance.
2. Place one cone as marker out in front of throwing line.
3. Student tries to throw the nerf Javelin as far and as close to the target.
4. Student helper marks each contestant's throws with marker cones.

Equipment Needed:

- d. 5-6 Nerf Javelins
- e. Numbered Marker cones to mark contestant's throws.

Student Helpers Needed: 2-3 students to mark contestant throws and return Javelins.

* If shortage of helpers, this station can be run with out helpers. Throwers would mark their own throws and return their own Javelins.

NOT USED

"Shoe Hunt"

Procedure:

1. Students take their shoes off and give them to a student helper that places them in a large box and then empties all the shoes in a pile at the opposite end of the starting line.
2. * If any student does not want to take off their shoes they cannot watch this activity.
3. On the command "GO" the first person in each line runs down to the opposite end when the pile of shoes are located and finds their shoes, puts them on AND TIES THEIR shoes (as verified by the student helper) then runs back to the starting line and touches the hand of the next person in line in a relay procedure.

Equipment Needed:

- 1 large box to transport shoes to make a "shoe pile"

Student Helpers Needed: 1-2

NOT USED in 2017

- **Station 2 – 5 Earth Ball** - Passing Drills with Giant Ball

Earthball Activities:

1. Have students form a circle around Earthball.
2. Pass Earth Ball around circle Clockwise.
3. Pass Earth Ball around circle Counter Clockwise.
4. Have students lift up Earthball above their heads and carry Earthball.
5. "Earth ball Soccer". Divide group into two teams and have them try to push Earthball behind a designated line.

Equipment Needed:

- a. Earthball

Student Helpers Needed: 1-2 to help with passing the Earthball especially with the lower grades.

Area 3 Activities

50 Minutes Total.

Special Note:

Area 3 activities are “Large Group Activities”. These activities will be best when there are a lot of students in each group.

In Area #3 we will divide the grade into four groups instead of five groups. The reason for this is that these activities are better with more students in the group to form a larger group.

We will still do all 5 stations but as we rotate, one station will be one station open (with NO Students.) when we rotate.

Divide the Grade into **4 groups NOT 5 groups.**

The activities in this area are “Large Group” activities and do not work as well with smaller groups.

Rotate within this station every 6-8 minutes

- **Station 3 - 1 "BUCKET STACKING RELAY"**

Procedure:

1. 3 stacks of 9 buckets are used in each line.
2. Students make 3 even lines behind a starting line.
3. Pictures of different bucket stacking positions are placed standing against a cone at the opposite end of the starting line.
4. A stack of buckets are placed approximately 10 feet away from the starting line.
5. Students are told what MOVEMENT SKILL will be used for each race – Hopping, Skipping, or Running.
6. On the command go the first student in each line performs the designated movement skill and goes to the stack of buckets and picks up a bucket.
7. Each student performs the designated movement skill toward the cone near the bucket stacking diagram and places it down to form the position of the buckets stacked on the diagram.
8. After placing the bucket down the student returns to their line using the same movement skill and touches the outstretched hand of the next student in line who then starts their turn.
9. The procedure continues until all buckets have been placed in the correct position.

Equipment Needed:

- 3 sets of 9 buckets
- 3 diagrams of Bucket stacking positions.
- 3 cones to be used to stand the diagrams up against.

Student Helpers Needed: 1-2

- **Station 3 - 2 "Switch"** (Hula Hoop "musical chairs type game)

Procedure:

1. 6 - 7 hula hoops are placed on the ground in a random position.
2. Students are lined up in two even lines on the sidelines of the hula hoops.
3. On the command "Switch" the first student from each line runs into a hula hoop.
4. On the next command of "switch" the next person in lines run into a hula hoop as well as any student already in a hula hoop.
5. Students must ALWAYS GO INTO A NEW HULA HOOP and cannot return to the same hula hoop.
6. Any student who cannot find a new hula hoop is "out" and goes to the shortest line on either sideline.
7. In case of tie, students will do "Rock, Paper, Scissors"
8. Safety – make sure students are not playing too rough when trying to get into a hula hoop and are not pushing other students when going into the same hula hoop.

Equipment Needed:


- 6 - 7 Hula Hoops

Student Helpers Needed: 1-2

- **Station 3 - 3 “Topple Tubes”**



Procedure:

1. Divide group into 2 teams (it could be boys and girls teams but make sure both teams have equal numbers. This
2. Topple Tubes are placed on their side to start game =  =
3. Assign each team a color – blue or yellow.
4. On command “GO”, each team skips, hops, or runs to Topple Tubes and sets the Topple Tube up so that their color is showing.
5. After a few minutes blow whistle or yell “STOP”.
6. On the command “STOP”, all students placed both hands on their heads (to prevent students continuing to flip Topple Tubes).
7. Both teams go to the sides that they started from.
8. A student from each team is chosen to run out and knock over their team's Topple Tubes that are up as that team counts the number of Topple Tubes that were up.

Equipment Needed:

- Topple Tubes

Student Helpers Needed: 1-2

- **Station 3 - 4 "Running Tic Tac Toe"**

1. Students are divided into two teams and line up in two lines behind cones.
2. Two cones are used. Students form their lines behind the cones. On cones are 3 rings with two different colors.
3. Nine hula hoops are used and are placed in a "Tic Tac Toe" formation.
4. On the command "Go" the first student in each line takes a ring off of their cone and runs and places it in a hula hoop in the "Tic Tac Toe" formation trying to get "3 in a row"!
5. After placing the ring down, the student goes back to their line and slaps hand with the next person in line who repeats the same process.
6. After the third ring is place down and if as team does not get "3 in a row" to win, the 4th person runs down and moves one of their team's rings to a new open hula hoop still trying to get "3 in a row".
7. There is no "tie game". The game continues until one team gets "3 in a row".

Equipment Needed:

- 9 Hula Hoops (or 18 hula hoops if playing two games at once.)
- 2 cones (or 4 cones if playing two games at once.)
- 6 deck rings of two colors (or 12 deck rings of two colors if playing two games at once.)

Student Helpers Needed: 1-2

- **Station 3 - 4 “HOOP PASS “**

Procedure:

1. Students hold hands **in a circle** and pass a Hula Hoop from one person to the next around the circle without using hands. The Hula Hoop starts on the right shoulder of one student and goes all the way around the circle until it returns to the same student's right shoulder.
2. Students hold hands **in a straight line** and pass a Hula Hoop from one person to the next around the circle without using hands.
3. If there is an uneven number of students then make the shorter line pass the Hula Hoop one extra student so that there is an even number of turns.

Equipment Needed:

- 2-3 Hula Hoops

Student Helpers Needed: 1-2

• Station 3 - 5 “Water Relay”

Procedure:

1. Water is filled into 2 (or 3) large buckets (use 2 or 3 lines depending on number of students in group).
2. A clear container is positioned away from the starting line for each line.
3. A team is lined up near the large bucket. The first person in line starts with a large sponge.
4. On the command “Ready – GO”, the first person in each line places the large sponge into the large bucket to soak the sponge.
5. The student then walks/run to the container positioned away from the starting line and squeezes the water into the clear container. The student then runs back and hands the sponge to the next person in line.
6. The next student in line repeats the same process of placing their sponge into the large bucket of water and then taking the sponge to the clear container and squeezing the water out.
7. The event continues until either the water level on the clear container reaches a certain line OR until each line has an equal number of turns.
8. **FOUR different variations:**
 1. **Sponge Relay**
 2. **Bowl Relay**
 3. **Cup Relay**
 4. Instead of one person going from the starting line to the pitcher, have students in each line line up between the starting line to the pitcher and the sponge, bowl, or cup is passed **OVER THE HEAD** in line to the next student in line. The person at the end of the line near the pitcher will then run the the object back to the starting line to get more water as each person moves up in line.

Equipment Needed:

- Event is set up near the water supply
- 3 large buckets for water
- 3 sponges
- 3 clear containers

Student Helpers Needed: 2-3

(If our Music set up is possible)

**** SPECIAL STATION – For all students together AFTER completing all stations in Area 3.**

After students have rotated to All 5 Stations in Area 3 then ALL students will form lines in the middle of Area 3 and students in Grades 1-5 will all dance to “Whip Nae Nae”, “The Cupid Shuffle” and “The Electric Slide” as an entire grade, We DO NOT have to play the entire song.

Music will need to be turned on with hook up through a window from a classroom.

Area 3 Activities NOT USED

“Parachute Activity” Not Used in 2017

1. This station **MUST** have a larger number of students otherwise all parachute activities cannot be done to raise the parachute and keep the air underneath.
2. Students should be **grabbing the edge** of the parachute and **NOT the black handles or a cord that is sticking out**.
3. Activities:
 1. **Walking – then Skipping** - **clockwise** eventually making waves/ripples
 2. **Walking – then Skipping** - **counter clockwise** making waves and ripples.
 3. **“Mountain”** – students start from a squatting position go until arms are above head on the command “DOWN” they pull edges down and trap the air inside making a “mountain”.
 4. **“Mountain with faces inside”** *May not do this outside because students need to lay down on their stomach and have only their head inside the parachute looking inside at all other students faces.
 5. **“Igloo”** –similar to “mountain”. Students start from a squatting position go until arms are above head on the command “DOWN” they pull edges down and trap the air inside then take two steps to the inside and sit down on the inside of the parachute and make igloo.
 6. **“Igloo with number switches”**. All students are numbered 1-4. Students make “igloo” and leader calls out a number and students switch places quickly inside of the igloo.
 7. **“Popcorn”** – do wave/ripples toss the chickens and frogs onto the parachute and “pop” them up.
 8. **“Little Poppers”** – same as “popcorn” but choose 3-4 students to go under parachute and help pop up chickens and frogs.

Equipment Needed:

- Large Parachute

Student Helpers Needed: 1-2

• Station 3 - 3 Golf Ball on Badminton Racket.

1. Students form 2 – 3 lines based on number of students in group.
2. First student in line places a whiffle Golf ball on a badminton racket.
3. Student must keep their hand on the handle of the racket and keep the golf ball on the face of the racket.
4. Student can walk, jog, or run around the cone placed about 20 -30 feet away.

5. When returning to starting line the student passes racket and golf ball to next student in line.

Equipment Needed:

- a. 3 Badminton rackets
- b. 3 plastic golf balls
- c. 3 cones

Student Helpers Needed: 3

NOT USED IN 2015 - 2017

• **Station 3 - 4 Fleece Ball Toss into Hoops Relay**

1. Students form 2 – 3 lines based on number of students in group.
2. Instead of bean bags we will use “fluffy cloth balls” since they will roll better.
3. Three Hula Hoops are placed in front of each line as targets. A “ball” landing in the closest Hula Hoop is worth 1 point, the middle Hula Hoop is 2 points, and the farthest Hula Hoop is 3 points.
4. A game goes up to 10 total points. Each team keeps their own score by yelling out the TOTAL number of points they have scored whenever a ball lands inside a hula hoop.
5. Each student throws the ball one throw at a time. After throwing the ball, the same student needs to run out and get their ball and then run it back and hand it to the next person in line. Do NOT allow students to throw it back.
6. Play continues until one team has scored 10 total points. When reaching 10 points the team must sit down. The first team scoring 10 points AND sitting down is the winning team.

Equipment Needed:

- d. 6-9 Hula Hoops
- e. 3 fluffy cloth balls

Student Helpers Needed: 3

ACTIVITIES NOT USED IN 2015 - 2017

• **Station 3 - 4 ?????**

“HOT SHOT Basketball Shooting Contest” or “Jump Rope” for Lower grades if they can’t shoot baskets.

Procedure:

1. The two basketball goals farthest to the east are used for this activity.
2. “Poly-spots” (Dots) are used to mark designated spots on the court.
3. The closest spots are worth 1 point, the next closest are worth 2 points, then 3 points and 4 points.
4. Two lines are formed behind the basketball pole at each basket.
5. The first person in each line has 45 seconds to accumulate as many points as possible.

6. Points are scored when a student makes a basket when they have shot with at least one foot touching the spot.
7. Students **MUST GET THEIR OWN REBOUND.**
8. Adult helper uses the stopwatch on their phone to determine 45 seconds OR just estimate 30 or 45 seconds for each shooter.

Equipment Needed:

- f. 2 basketballs
- g. 10 "poly-spots" (dots)

Student Helpers Needed: 2

Additional Station if needed to replace a station if equipment is not available.

- **Station Hopper Relay** - Relay, using soccer ball. Place soccer ball between knees.
2 Activities: 1. Hop around cone about 30 feet from starting line.
2. Hop in "Oval relay"