

### **Field Day Station Directions:**

After a student participates at your station, please mark off on their card with the special pen. Encourage the kids and have FUN! Thank you so much!!

### **In Gym:**

#### **Station #1 - Cargo Net**

Students may climb the cargo net one time. Have a maximum of three students on the net at one time. They must climb within the boundaries made by the jump ropes but may climb to the top scarf. Watch the climbers constantly to be aware of any unsafe climbing. Climbers **should face the net** on the way up and down. Keep waiting students behind the 3 cones. If the line is too long with the K-2nd, tell them to only go to the top jump rope.

#### **Station #2 - Climbing Rope Swing**

Students may have one turn to swing on the rope and land on the crash pad or other landing. If there is no line, they can have more than one turn.

#### **Station #3 - Mushroom Paddle Scooter Course**

Students must sit or kneel on the scooter and use the mushroom paddles to move themselves through the course. When done they carry the equipment back to the start.

#### **Station #4 – Roller Racers**

Students get to ride the roller racers around the roller racer track. If there is a line, let the kids go around the track one time.

### **On Blacktop Behind Gym:**

#### **Station #5 – Bean Bag Target Toss**

Students get to toss bean bags at the targets and attempt to make them go through the holes. Give students 5 tosses each and adjust how close they can be to the target depending on age. After they have completed their 5 tosses, have them retrieve their beanbags for the next student.

#### **Station #6 - Putt Putt Golf**

Give students a golf club and a ball and let them putt into the cup. Let them go until they get it in. Make sure they keep their clubs low!

#### **Station #7 - Bulls Eye Washers**

Students toss large washers into wooden crate. Have them pick up washers when done. Let them stand as close as needed.

#### **Station #8 – Potato Hockey**

Students use a hockey stick and a potato and when you say go they push the potato with the stick down to the cone and back. Remind them to push, not hit the ball. Keep the stick low!

## **On Field Behind Gym:**

### **Station #9 – Big Tire Roll**

Students get a big tire and roll it to the cone and back. Can be done with a friend or alone. Be careful not to fall down!

### **Station #10 - Ollie Octopus**

At least 4 players cooperate in trying to launch Ollie Octopus into the air using a parachute. When Ollie starts to get flat, blow him up with the electric pump. His zipper opening is under his belly.

### **Station #11 - Big Ball Race**

Students roll a big ball down to the far cones and back. How fast can they go without losing the big ball? Be careful not to fall down!

### **Station #12 - Hula Hoop Frisbee Throw**

Students have 5 frisbee tosses to try and make them into one of the hula hoops. When students have completed their tosses, have them retrieve their frisbees for the next student.

### **Station #13 - Egg & Spoon Race**

Students try to balance the wooden egg on the wooden spoon and walk/run down to the cone and back. Fun to do in groups!

### **Station #14 - Rubber Chicken Toss**

Toss the 3 rubber chickens as far as you can! Have students retrieve chickens after their one toss for next student.

### **Station #15 – Big Ball Kick**

Students get to kick the three balls as hard as they want. Then they go get them and bring them back to you.

### **Station #16 – Pig in the Pen**

Students get to toss pigs into the big rainbow pen. They get 3 tosses. Have kids retrieve pigs after their turn.

### **Station #17 - Noodle Javelin Throw**

Students throw the noodles javelin style as far as they can! Have students retrieve noodles when done.

### **Station #18 – Hopper Ball Race**

Students bounce on the hopper balls down to the cones and back. Be careful not to bounce off the hopper or into each other! Little ones may want to just bounce around instead of “race.”