

## Field Day Stations K-2

### 1. Parachute

**Equipment:** Parachute, assorted balls and animals

- Keep balls flying, working as a team.
- Bounce the animal around.
- Lift parachute up, step inside and sit down, tucking it around you

### 2. Popsicles, Water & First Aid

**Equipment:** 2 tables, popsicles, 3 pair of scissors, band-aids, water

### 3. Frisbees, Hula Hoops & Scoops/Balls

**Equipment:** 25 Hula Hoops & soft Frisbees, 10 Scoops & Balls Cone, Sign.

**Throw & Play with yourself and others!**

#### **4. Limbo**

**Equipment: 1 OR 2 limbo sticks, 2 cones.**

**2 lines, limbo under the stick. After everyone goes through lower the stick each time. Keep going until rotation is over.**

#### **5. Panning for Gold—ping pong balls**

**Equipment: ping pong balls, 2 large tubs of water 2 small Frisbees, two empty buckets, 2 cones, 2 large spoons.**

**Divide class into 2. Each 1/2 will have a tub to put balls in. The first person in line will run down using the Frisbee fish out one ping pong ball. They CANNOT use their hands. The student then returns using the spoon with only ONE ball and puts it in their bucket. The next person in line goes.**

#### **6. 4 Corner Relay**

**Equipment: 4 Cones, 4 soft batons/wands.**

**Divide class into 4 groups. Line up at each cone. Each person runs one lap. Each time you tag one**

person from another group with your wand (softly on shoulder), you score a point for your team. Keep going until time is up!

7. **WATER BALL TOSS**

**EQUIPMENT: CONE & SIGN 16 WATER BALLS**

Students will line up, approximately 5 feet apart, facing their partner. **(STRAIGHT LINES)** One partner has a water ball that has been dipped in water. At the signal of the leader, they will toss the sponge to their partner. Taking one-step backward, continue the process until only one team is left.

**OR**

7. **Sponge run—**

**Equipment: 4 Buckets, 2 sponges, 2 cones**

Pair up the buckets, spread out 2 a good running distance from each other, fill 2 with water. Form 2 lines. First in line takes sponge, dips in water, run to other buckets and squeeze all water out of sponge. Run back and hand off sponge to the next in line. If the line fills the bucket before the buzzer, change sides and try to fill the other bucket. Keep going until end of rotation.

**8. SOCCER DRIBBLE & SHOOT**

**EQUIPMENT: 3 SOCCER BALLS, GOAL, 12 CONES, SIGN & CONE**

Set up **THREEE** sets of about 4 cones. Students dribble between the cones down and back racing the other person. **SHOOT FOR THE GOAL!** Must go between all the cones. Feet only and you only get one shot to make the goal!

**9. BUBBLES 😊 (PLEASE DON'T THROW AWAY THE SMALL BUBBLE CONTAINERS! WE WILL REUSE THEM)**

**EQUIPMENT: BUBBLES & WANDS, TABLE & PAPER TOWELS**

Just have some fun playing in bubbles. 5<sup>th</sup> graders home made bubble recipe! You will need some bubble **WANDS!**

## **Field Day Stations GRADES 3-5 (not in order)**

### **1. Water Bomb Toss**

**Equipment:** Cone & Sign

**Get a partner, toss water bomb back and forth. Start close, take a step back if you catch it. Go back to start if you drop it!**

### **2. Hula Hoops & Frisbees & Bubbles!**

**Equipment:** Bubbles & Wands, 25 hula hoops, 5 multicolored Frisbees.

**Spread out and have fun!**

### **3. Parachute**

**Equipment:** Parachute, assorted balls and animals

- **Keep balls flying, working as a team.**
- **Bounce the animal around.**
- **Lift parachute up, step inside and sit down, tucking it around you.**

### **4. Popsicles, Water & First Aid**

**Equipment:** 2 tables, popsicles, 3 pair of scissors, band-aids, water jugs

## **5. Football Scoreboard**

**Equipment: 6 colored cones, Point Signs & Cones, 6 soft footballs.**

**Divide into 6 teams, Score as many points that you can for your team by catching the football!**

## **6. Limbo**

**Equipment: 2 limbo sticks, 2 cones.**

**2 lines, limbo under the stick. After everyone goes through lower the stick each time. Keep going until rotation is over.**

## **7. Get Soaked**

**Equipment: One large bucket of water, 2 water launchers, 8 cones.**

**First in line runs down to the other cone, next in line fills up water launcher and tries to soak the person at the other cone. Once water is out they replace the person that "got soaked", that person goes to the back of the line to wait their turn to do the soaking. Keep going until rotation is over.**

## **8. Panning for Gold—ping pong balls**

**Equipment: ping pong balls, 2 large tubs of water 2 small Frisbees, two empty buckets, 2 cones, 2 large spoons.**

**Divide class into 4 teams. Each team will have a tub to put ping pong balls in. The first person in line will run down using the Frisbee fish out one ping pong ball. They CANNOT use their hands. The student then returns using the spoon with only ONE ball and puts it in their bucket. The next person in line goes.**

## **9. Panning for Gold--marbles**

**Equipment: marbles, 2 large tubs of water 2 small Frisbees, two empty buckets, 2 cones, 2 large spoons.**

**Divide class into 4 teams. Each team will have a tub to put marbles in. The first person in line will run down using the Frisbee fish out one marble ball. They CANNOT use their hands. The student then returns using the spoon with only ONE marble and puts it in their bucket. The next person in line goes.**

## **10. RELAYS GALORE!**

### **EGG & CHOPSTICK RELAY**

**Equipment: Egg & Chopsticks, 12 cones, 3-6 teams**

**Divide students into 3-6 teams. One person carries egg down to cone and back. Give to the next person. Keep going until the rotation is over.**

### **SPOON & EGG RELAY**

**Equipment: spoon & egg sets.**

**Run down touch the cone and back without losing your egg. Give to the next person in line. Keep going until time is up.**

### **4 CORNER RELAY**

**Equipment: 4 Cones, 4 soft batons/wands.**

**Divide class into 4 groups. Line up at each cone. Each person runs one lap. Each time you tag one person from another group with your wand (softly on shoulder), you score a point for your team. Keep going until time is up!**