

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.

11. 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.

12. 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!

13. TOSS & CATCH ITEM

Equipment: 20 polypots, 20 different items to catch.

Rules: Start at the polypot facing your partner. Toss item UNDERHAND to the other partner. After two catches each partner can move away from each other by one step. If one partner drops the item, you must go back to the polypot and start again. After 1 minute, move one spot over to a new item. End partners rotate to the other end.