

## 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!**

## **10. TOSS & CATCH ITEM**

**Equipment: 20 polyspots, 20 different items to catch.**

**Rules: Start at the polyspot 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 polyspot and start again. After 1 minute, move one spot over to a new item. End partners rotate to the other end.**