

Field Day 2014—Stations

Station One—Basketball Shoot Out (In Gym)

Equipment Needed: 2 basketballs, 2 nerf footballs, 2 bean bags, 2 hoola hoops, 1 stopwatch

Instructions: One team per basket (or hula hoop).

For 8 minutes, students will take turns shooting at the basketball hoop (or hula hoop).

Each time a student makes a basket (or through the hoop) their team will receive a point.

The team with the most points at the end of the 8 minutes will be the winning team.

Rules: Players must stay in order the whole time. Players must stand behind specific line (mentioned below) when shooting.

Note for K-1 teams: Will use bean bags to toss into hula hoops hanging from baskets. These teams will start from the yellow line closest to the hoop.

Note for grades 2-3 teams: Will use a nerf football and try to get it through the hula hoops that are lowered from the basketball hoops. These teams will start from the yellow line closest to the hoop.

Note for grades 4-5 teams: Will use a basketball and try to make it into basketball hoop. These teams will start from the dotted curved line (near black line).

Note for grades 6-8 teams: Will use a basketball and try to make it into basketball hoop. These teams will start from the free-throw line/foul line.

Station Leaders—Tony Hawkinson and John Condon

Station Two—Hockey Zig-Zag Relay

Equipment Needed: 2 hockey sticks, 2 tennis balls, 2 pucks, cones

Instructions: Two teams will line up at one end of the playing area in two different lines (one team per set of cones). The first team member in line will have a hockey stick and hockey puck or tennis ball (depends on grade). When the station leader says “GO,” the first member on each team will use the hockey stick to push/hit the puck/tennis ball weaving through the cones and back. When they return to the starting line/cone, they will hand off the hockey stick and the puck/tennis ball to the next person and go sit at the end of the line. The first team to finish and be sitting down wins the relay.

Note for K-1 teams: Teams will use hockey pucks.

Note for grades 2-3 teams: Teams will use hockey pucks.

Note for grades 4-8 teams: Teams will use tennis balls.

Station Leaders—Anna Hingst and Brian Hingst

Station Three—Obstacle Course

Equipment Needed: 2 cones, 1 bouncer, 2 stopwatches (1 as backup), playground equipment

Instructions: Team that completes the obstacle course in the least amount of time wins. One team will go at a time and one parent volunteer will time them using stopwatch. One student will go at a time (starting in-between two cones), and the next student will begin when the student in front of them reaches the blue bars. If students start to get clogged up, then make the next person wait until it clears up. Some students may need parent assistance with going across yellow rings (have other two volunteers near rings for assistance).

Note for K-3 teams: Start by the brick wall, walk backwards to blue bars, turn around, go up blue bars, go across yellow rings, run to picnic table near field, get on bouncer and bounce around picnic table, leave bouncer at picnic table, then run around see-saws and go back to team and sit down.

Note for grades 4-8 teams: Start by the brick wall, walk backwards to blue bars, turn around, go up blue bars, go down fireman pole, go across blue monkey bars, go across yellow rings, run to picnic table near field, get on bouncer and bounce around picnic table, leave bouncer at picnic table, then run around see-saws and go back to team and sit down.

Station Leaders—David Dickerson, Dave Osborne, and Andrew Edds

Station Four—Dizzy Bat Relay

Equipment needed: 2 aluminum baseball bats, 2 plastic baseball bats, 4 cones

Instructions: Two teams will line up at the end of the playing area (one team per set of cones). When the station leader says “GO,” the first team member on each team will run down to the bat, pick it up, spin around with their head on the small end of the bat and the larger end of the bat on the ground. One parent volunteer (or team coach) should count laps for each team (one parent assigned to count for one team, other parent for other team). This will help because the students will almost never spin the right number of times on their own.

After they are done spinning, they will run back to the starting line. When they reach the starting line, they will high-five the next person in line and then sit down at the end of their line. Once high-fived, the next person on the team will go. The first team to finish and be sitting down wins the relay.

Note for K-1 teams: Spin 2 times around, use plastic bats

Note for grades 2-3 teams: Spin 3 times around, use plastic bats

Note for grades 4-8 teams: Spin 4 times around, use aluminum bats

Station Leaders—Melanie Mason and Allen Mason

Station Five—Racquet Relay

Equipment Needed: 2 racquets, 2 tennis balls, 2 bigger balls, 4 cones

Instructions: Two teams will line up at one end of the playing area (one team per set of cones). When the station leader says “GO,” the first team member in line will carry a racquet with a tennis ball/blue ball on it, run/walk down to the cones at the opposite end of the playing area, run/walk around the cone, and run/walk back. If the ball falls off the racquet the player must stop and pick it up and resume running/walking when the ball is back on the racquet. The player may not run while holding the ball. When the player returns they will hand off the racquet and ball to the next team member, and then sit down at the end of the line. The next team member will do the same thing until all team members have gone. The first team to finish the relay wins the relay.

Make sure students have one hand on the handle of the racquet, and other hand by their side, so they are not tempted to grab the ball.

Note for K-3 teams: They will use a tennis ball with the racquet.

Note for grades 4-8 teams: They will use a larger blue ball with the racquet.

Station Leaders—Tara Bristol-Gotta and Carmina Parong

Station Six—Chicken Relay

Equipment Needed: 2 tennis balls, 2 larger foam balls 2 boxes/barrels

Instructions: Provide each team member with a tennis ball (egg). When the relay begins, the first person on each team puts the tennis ball between his or her knees and waddles to a box that has been set up at a certain distance from the teams. The student must get close enough to the box so when he or she releases their knees, the ball falls into the box (nest). The student will then pick up the egg from the box and carry it back to the next teammate in line.

Note for K-3 teams: Will use larger foam ball

Note for grades 4-8 teams: Will use tennis ball

Station Leaders—Elizabeth Yapple and Kate Stottlemeyer

Station Seven—Hurdles Relay

Equipment Needed: 16 hurdles, 2 cones, 2 stopwatches

Instructions: Each team will have 8 hurdles to jump. The course will be U-shaped. The teams will stand in line. When the station leader says “GO,” the first team member will run the hurdle course. When the team member crosses the finish line, he/she will sit down at the end of the line, and the next team member will go. The first team to finish the hurdles and be sitting down is the winning team. To challenge each individual team, you can use the stopwatches to time the separate teams (that will give them another challenge, instead of sole focus on beating other team). See if 2nd or 3rd time through is faster.

Rules: Students must jump over the hurdles, not run around the hurdles.

Note for K-1 teams: These teams will run the course once, or more if time allows.

Note for grades 2-3 teams: These teams will do this twice.

Note for grades 4-8 teams: These teams will do this three times.

Station Leaders—Jimmy Benson and Tripp Cooke

Station Eight—Hooping It Up

Equipment Needed: 2 large hula hoops

Instructions: Each team will join hands in a circle. One person has a hula hoop over his or her right arm. When the relay starts, the student with the hoop over an arm steps into and through the hoop, so it rests on his or her left arm. Then, the hoop is slid onto the right arm of the student to the left. That student repeats the process. The first team to pass the hoop around the circle without dropping hands wins. If a team lets go of each other and drops hands or the hula hoop, that team must start over.

Note for K-1 teams: These teams will finish when the hoop has traveled one full circle to the left. Repeat the activity if time allows (with different person as the starter).

Note for grades 2-5 teams: These teams will finish when the hoop has traveled one full circle to the left, and then one full reverse circle to the right. Repeat the activity if time allows (with different person at front of line).

Note for grades 6-8 teams: These teams will finish when the hoop has traveled one full circle to the left, then one full reverse circle to the right, and then one more circle to the left (hula hoop makes 3 full trips around the team). Repeat the activity if time allows (with different person as the starter).

Station Leaders—Vilma Pizzurro and Heather Ashby