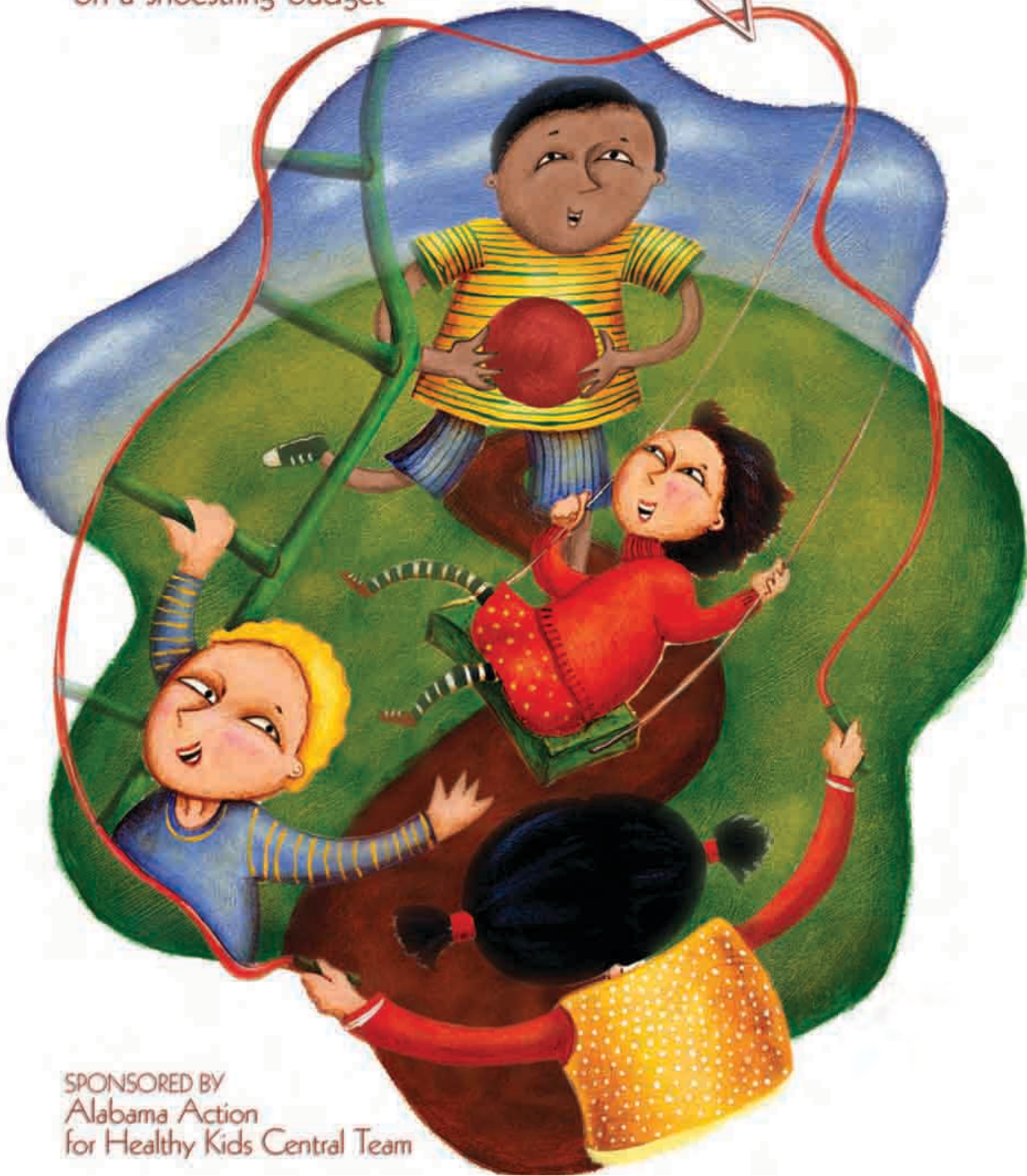


Fantastic Field Days

on a shoestring budget



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Samples And Resources

Sample Volunteer Letter

Dear Parents/Guardians,

Our school, _____, will be hosting its annual fun and fitness day on _____. We are in need of volunteers to make our event a success, so we are asking you to sign up for a time and an event that does not conflict with your child's scheduled activity time.

Below you will find a sign-up slip, please fill it out and return it to your child's homeroom teacher.

Thank you,

Your name _____

Your name:	Time	Set-up	Ball Toss	Volleyball	Sack Race	Refreshments
Child's teacher						
Child's grade						



Spring Olympics



Station 1: Sponge Ball Toss

Equipment: 4 buckets, 20 sponges- There needs to be a sponge for each student.

Rules of the game: There will be two teams. Each team will have a bucket filled with water. 10 sponges will be placed in each bucket. The object of the game is for each student to toss a wet sponge and ring the bucket. The team who rings the bucket with the most sponges wins!

Station 2: Hula-Hoop Worm

Equipment: 2 Hula-Hoops

Rules of the game: The students will divide into two groups. The hula hoop will be placed on the ground next to the starting student. All participants of the game must join hands and form a chain. The chain cannot be broken or the group will have to start all over. The object of the game is for the students to squirm like a worm to get the hula-hoop from the front of the line to the end of the line. The first group to complete without breaking the chain is the winner!

All lines must be even.

Challenge: If there are two classes or more, challenge one class against another.

Station 3: Noodle Connections

Equipment: Minimum of 10 noodles per group.

Rules of the game: The students will be divided into 2 groups. Each group will be given noodles. The object of the game is for each group to make a 3 dimensional object using the noodles. A time limit will be given for each group. Remember to give your students a few minutes to discuss their 3-D object. Early Childhood students and Elementary students may need a little extra time allowance. The group with the tallest standing 3-D object is the winner.

Station 4: Inside Out

Equipment: Oversized Clothes, Milk Crate, Clorox bottle, rocks

Rules of the game: The students will divide up into two groups. The students will race to dress with the clothes inside out over their own clothes. After the students have dressed with their clothes inside out, the student must run and shake the bottle, then run back and undress for the next student to begin. In order to complete the race the inside out clothes must be placed back into the crate.

Station 5: Balloon Race

Equipment: 4 Buckets, Balloons

Rules of the game: The students will be divided into even groups. Each group will have two buckets. One bucket will be placed at the beginning line of each group. The other bucket will be placed at a distance from each group. The bucket at the beginning of the line will be where the water balloons will be placed. The object of the game is that each student will run and race against another to get their balloon to the other bucket without busting them. The group who has the most unbusted balloons in their bucket is the winner.

Station 6: Beach Volleyball

Equipment: Beach Volleyball, Noodles

Rules of the game: Noodles will represent the net. The poles will be placed on the ground. The students will be divided into two teams. The object of the game is to score by the other team missing the ball. The ball must go over the pole as it would a net. Normal volleyball rules apply to this game even though we are substituting using a noodles.





Summer Olympic Field Day

Activities for All Ages



Station 1 : China's Chopstick Relay

2 hula hoops - 2 rubber chickens - 4 chopsticks - 2 "pans" - 2 poly spots

Kids line up in 2 lines with the first person from each team standing on a poly spot. The first student in line has two "chopsticks" and must pick up the rubber chicken from inside a hoop using only the sticks. They will have to bring the chicken down to their "stir-fry pan", then return the sticks to the next student in line, who then runs to the pan and must bring the chicken back to the hoop and the process continues until everyone has a turn. The first team to complete the task is the winning team.

Station 2 Australia's Splash Down Under Sponge Race (Pre-2) & Splash Ball Throw (3-5)

4 large water buckets – 4 sponges – 4 pitchers – 1 table / 4 buckets - 12 splash balls

PRE-2: Sponge Race – 4 teams line up with the first child in front of a water bucket. Each child must soak their sponge into the bucket of water. Then they run to a table with an empty pitcher and fill it by squeezing the water from the sponge into the pitcher. The sponge is passed to the next child in line. After every child has gone, the team with the most water wins. This race will be at the same station number as the Splash ball Throw for the 3rd-5th graders.

3-5: SPLASH THROW - 4 teams line up with the first child in front of the bucket of water. Each child has 3 splash balls to soak in the bucket and then throw for

distance. The longest throw is recognized. Balls are recovered by the child and passed to the next child in line. **This is not a competition, just an opportunity for each child to try his/ her best throw.** The throws must be overhand. Space kids far enough apart so they throw in separate areas.

Station 3 Olympic Torch & Ball Relay (Pre-2) & Olympic Torch Relay (4 x 100 yd Relay) (3-5)

4 small cones – 4 "softee" balls – 4 buckets – 4 poly spots / 4 batons

PRE – 2: OLYMPIC TORCH & BALL RELAY- This is a relay race run on a much smaller course than the 4 x 100. Students line up in 4 teams. The first student will stand on a poly dot, holding a cone upside down with a "softee" ball on it and run to a bucket about 50' away. When they reach the bucket, they must drop the softee ball from the cone into the bucket, retrieve it, and run back with it to the next team member. This continues until each team member has a turn. The first team to complete the task is the winning team. If class size allows, you may run heats with the final two teams going head to head.

3-5: OLYMPIC TORCH RELAY (4 x 100 yd Relay) - This is a 4 x 100 yard relay raced on the running track. Students will line up at their station on the course. The first person will start with a "torch" (baton) and it is passed to the next runner when he reaches the next runner. This is the "real" relay and we anticipate students will be more serious during this competition. Again, if class size allows, you may run heats with the final two teams going head-to-head.



4. Spain's Soccer Smash

2 poly spots - 2 soccer balls – 2 cones – 2 soccer nets
Kids line up in 2 teams with the first person on each team standing on a poly dot. Students kick the ball to the cone and stop. Here they have 3 “penalty” kicks to kick the ball into the net. After the ball is in the net or the player has kicked 3 times, the child picks up the ball and runs it back to the next player in line. This will continue until all team members have had a turn. The first team to complete the task is the winning team.

Station 5 Denmark's Discus Throw

4 poly spots - 4 Frisbees – 4 large cones – 4 hula hoops

Children are lined up in 4 teams with the first child on a poly dot. Cones are placed inside of hula hoops on the ground some distance away. Each child has 3 chances to throw the Frisbee into the hula hoop and get close to the cone. After 3 attempts, the child recovers the frisbee and passes it to the next child in line. This will continue until all team members have had a turn. If time allows after all are done, Frisbees can be thrown again for distance or pick up a hoop and see if they can throw it through the hoop.

Station 6 Ireland's Potato Sack Race

4 sacks -4 poly spots – 4 cones

This one is familiar. Kids start on a poly dot and run to and back from the cone. Run this race in heats with the final two teams going head to head in a final competition.

Station 7 Great Wall of China - Inflatable Obstacle Course

Children will be able to run against a classmate in this large obstacle course with a climbing wall, tunnel and slide. Need volunteers at start and finish.

Station 8 Russia's Rest Station

Water - cups - snacks - garbage cans – beach balls

Students may drink and have a snack during this time. Maybe have the rest stop on the bleachers or somewhere in the shade. You will need water cooler, cups, snacks & garbage cans. Beach balls are there if the kids want to play with them

Each station should have no more than two grades participating at a time. A rest station will be one of the stations.

Station 9 Jamaica's Javelin Throw

Equipment: Event Sign, 5 fun noodles (javelins), 2 yard sticks (one for a foul line and the other for measurement)

How to Play: The first five students stand behind the line and throw their “Javelins” (Fun Noodles) one person at a time. You may use a student to watch to see that no student steps over the line. Students may throw their javelins any way they wish. Have the next five students continue as described above and so forth until all have a turn.

Station 10 Sweden's Star Ball Race

Equipment: Event sign, 2 balls (any balls would do), 2 cones

How to Play: Students will line up in two equal lines; the first person in each line is given a star ball. The ball must be passed over the head of the first student and under the legs of the second student, then over the head of the third student ...keeping this pattern until the ball reaches the end of the line. Then, the last person in line runs with the star ball to the front of the line and the pattern begins again.





Beach Day Experience



Station 1

Equipment/Materials: Event Sign, Large Beach Balls, Old towels or pillow cases, cones to designate boundaries

Hands off Towel Catch: There will be 10 to 20 students playing at a time and there will be two students to each towel. A teacher or volunteer will throw the beach ball up in the air and the students will catch the ball with the towels. The objective is to keep the ball moving from towel to towel without letting the ball hit the ground. The students will be standing in lines of twos. The area that the students will play in is a square and there are four sides.

Rules

1. The teams have to keep the ball inside the square.
2. If someone drops there end of the towel and the ball that team is out.
3. If the students step out of the four lines they are also out.

Station 2

Equipment/Materials: Event Sign, Volleyball net or yarn (tripled) two poles, and a large beach ball.

Beach Volleyball: In this game grades will be divided into teams. They will throw the ball over the net and then will try to hit it. The first team to reach 10 wins the game. There will be up to six to nine students on each side. Every 5 minutes each team will put new players in the game so that everyone will get to play. This game will last up to 20 minutes.

Rules

1. Each student will get to throw the beach ball over the net.
2. If one team drops the ball the other team gets the point.

3. If the ball is out the other team gets the ball
4. 9 students is the maximum amount that can be on each team at one time.

Challenge: This can be done indoors using chairs.

Station 3

Equipment/Materials: Poster board, markers/pencils, Chalk or flour to mark a large circle around the sand/dirt pile hula hoops, beach items, pennies, sand/dirt, and plastic pails (shovels are optional)

Find the Beach Items: There will be a beach area with two to three large piles of sand or dirt where students must dig through to find objects that are listed on a large poster board. Each team will have three members who will have one minute each to find objects. When their time is up they must empty their findings into the hula hoop where volunteers will count and record the items found. The team that finds the most beach items wins the game. Each team will have a plastic pail that they can put there items in.

Rules

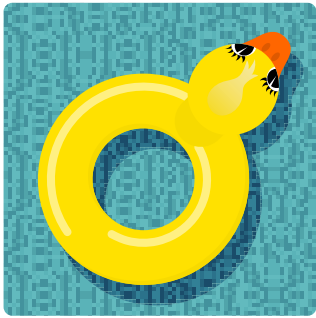
1. There will be no stealing from the other team.
2. The sand/dirt should not be scattered outside its designated area.
3. All items will be counted by a volunteer.
4. There will be 2 points given for each item found.
5. The team with the most points wins.

Station 4

Equipment/Materials: Station Sign, water, chairs, and first aid supplies.

Rest or Nurses Station: This area is to be used to address dehydration and other health issues associated with heat and intense activity.





Wet and Wild Thrill

Station 1 Activity Name: "Swamp Monster"

Grades: All

Students line up in two teams with the first person from each team standing inside a starting hoop. Give all students a plastic cup. On the signal to begin, the students inside the hoop will dip their cup into the trash can full of water, turn and pour his water into the cup of the person next to him and so on down the line. When the water reaches the last student in line they will pour it into the empty bucket and run to the front of the line to begin the activity again. This will continue until all team members have had a turn to be in the front of the line. Students stop on the signal and event volunteers will check the buckets with yardstick to see who has the most.

- If time remains, have students repeat activity.
- To increase difficulty for older grades - have students turn around backwards with their cup between their legs.

Equipment needed: Event sign, 2 hula hoops, 1 yardstick, 2 large trash cans filled with water, 40 plastic cups (16 oz.) & 2 five-gallon containers.

Station 2 Activity Name: "Goblin Squeeze"

Grades: All

Students line up in two teams with the first person from each team removed from the line and seated with a one liter bottle placed above his head, inside a hula hoop about 50 yards from their team. The second person in line will stand inside a starting hoop. On the signal to begin, the students inside the hoop will dip their sponge into the trashcan full of water, run to the seated student and squeeze his water into the bottle. The squeezer then takes the sitters place and the sitter returns the sponge to the next person in line and then goes to the back of the line. This will continue until all team members have had a turn to be the sitter or the bottle is filled. If all team members have had a turn to be the sitter and their bottle is not filled, students will stop on the signal and event volunteers will check the bottles to see who has the most. If time remains, have students repeat activity.

Equipment needed: Event sign, 4 hula hoops, 2 one liter drink containers, 2 large sponges, & 1 large trash can filled with water.

Station 3 Activity Name: "Terrible Claws"

Grades: All

Six students (or half of the team if less than six)

from each team will remove their shoes and socks and sit in a chair around their teams pool. Give each of these students a bucket, placed beside them on the ground. On the signal to begin, they place their feet in the water and attempt to collect marbles with their toes and place them in their container. Allow one minute for each collection and then have students who are waiting count the marbles. Have students return the marbles to the water for the next group and repeat activity for students who have not gone. If time remains, have students repeat activity.

Equipment needed: Event sign, 2 large trash bags or sheets for students to stand on, approximately 200 marbles or balls for each pool, 2 plastic swimming pools, 12 small chairs & 12 small buckets/containers.

Station 4 Activity Name: "Wild Things Two Headed Race"

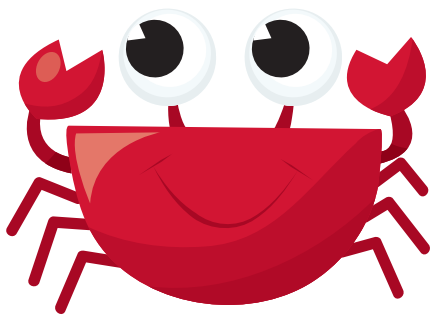
Grades: All

Students will line up with a partner behind a start cone. On the signal to begin, the first pair of students in each line will pick up the large T-shirt from the ground, put on the shirt so that both heads are out and each student has their outside arm sticking out the arm hole of the shirt. The partners will move to the cone, go around it, and move back to the start cone where they will quickly take off the shirt and give it to the next set of partners. This continues until all pairs have had a turn.

Note: The teams must have the same number of participants. If needed, use the classroom teacher if odd number of students. The first set of partners can go again to make the teams even if necessary. Repeat activity as time allows.

Equipment needed: Event sign, 4 cones, 2 large and 2 extra large T-shirts.





*Getting Down and
Healthy with Fitness*



Station 1: Crazy Colors All Around

Equipment: Note cards, Different Color Cones, and a Timer

How to Play: Use different color cones and put cards under the cone with an opposite color written on a note card. Students will run to the opposite color cone that they have chosen from under the last cone.

Format for Crazy Colors All Around: Divide the students into four groups and place each group at one of the colorful cones. Explain to the students that the cones are the inbound. Let the students know which cone to run to and pick up a note card with a color on it, then run to the colored cone that was written on the note card.

Station 2: Hungry Crabs

Equipment: 4 Hula Hoops, 50 puffer balls (depending on the class size), 4 cones (to mark boundaries)

How to play: Set up: Prior to the activity, set up a large area (depending on the number of students) with boundaries marked by cones. Scatter the bean bags throughout the designated area. Place one hula hoop on the outside of each edge of the boundaries.

Format Assessment: Divide the students into four groups and place each group at one of the four hula hoops. Explain to the students that the area inside the cones is the “ocean” and the bean bags are “crab food”. Explain that the hula hoop is their team hula hoop and is where they are going to place the bean bags that they collect.

The students are going to crab walk inside the boundaries and collect the bean bags. They are only allowed to get one bean bag at a time. Once they get a bean bag, they place it on their stomach and crab walk to their team’s hula hoop. They place the bean

bag in the hula hoop and go back to get another bean bag. Each team is trying to collect the most bean bags either before time runs out or all the bean bags are gone.

Station 4: Going to Town Baseball

Equipment: 6 Tall Cones, 6 hoops, 24 whiffle balls (4 for each), Bucket of water balloons (children last swing), 6 towels (to dry the ball)

How to Play: Children will hit the balls off the tall cones, retrieve, and repeat. The last ball is a wet one! They retrieve again to prepare for the next group of excited children!!!!

Format for Going to Town Baseball: To have 8 students out in the field to try and catch the whiffle balls and one student at bat to try and hit the ball of the tall cone.

Station 5: Dribbling to the Goal

Equipment: 8 racquets, 8 balls, 4 targets, A maze of cones

How to Play: Children will move through the maze while dribbling the ball on a racquet and finish with a blast to the target! Balls are retrieved, children run back to start carrying the ball to prepare for the next turn. Repeat, then turn sign to “Open” (have a sign with green to let students know they can enter the activity) for the next group.

Station 6: Community Sidewalk Murals

Equipment: 1 bucket of chalk, A large paved area, A basket of things to draw

How to Play: Students will perform a mural with classmates on something they enjoy to do or someone special in their life. Children can contribute ideas like stores, apartments, houses, cats, dogs, sports pictures of murals throughout the Field Day. A volunteer outlines the area to be used and starts the mural by drawing a building or a house. This is a remarkable piece of artwork by the end of the day.

Format for Community Sidewalk Murals: Students will be spaced out on the sidewalk out of dangers way to draw different murals that represents them (nothing negative). Examples: their house, dog, bird, etc.



Helping players can not be tagged once they're connected. When the two helpers are connected with the sitting player, they must remain connected until they enter the wellness center. Upon entering the wellness center all three players must perform 10 jumping jacks or sit-ups, or run in place for about ten seconds. They must then get back in the game by trying to help someone else after exercising.

Taggers can not go in the wellness center. Nobody is allowed in the wellness center unless they got tagged and/or are helpers. A good place to put the wellness center is in the center of the gym marked with cones. Switch taggers often or if everyone gets tagged. Remind the students that giving a helping hand prevents them from being tagged.

Format Assessment: The students need prior lessons in space awareness and traveling in space while being aware of others.

Adaptations for Students with Disabilities: The classes can use a variety of locomotor movements such as walking or skipping. This activity can be adapted by changing activities in the fitness center as well.

Station 7: Helping Hands

Equipment: Noodles, cones, space, up-beat music (optional)

How to play: This activity is best played in the gym or outdoors. Select 3 taggers and give each tagger a noodle to tag other students on the waist or below. All other students will be runners.

When a runner is tagged they sit on the floor where they were tagged. Tagged students may re-enter the game by being connected by two students with the hand. One helping hand is not enough to free a player that's sitting. The first helper that arrives must connect with a helping hand and stay connected until another helper connects to the other hand. Once a sitting player has two helping hands from two different helpers, they are allowed to pull the sitting player to his/her feet. They literally gave two helping hands.



Ghostly Field Day

Station 1 Pumpkin Balance Beam/Pumpkin Walk.

Equipment: Event sign, Small pumpkins, Balance beam

How to play: Students place a small pumpkin on their heads. How many times can a student walk the length of the balance beam without letting the pumpkin fall? Each student who can walk the beam five times (up, back, up, back, and up again) is recognized during the award ceremony. Younger students might need to walk the beam fewer times.

Station 2 Something Spooky

Equipment: Plastic Pool, Paper ghost, Fishing pole

How to play: Provide a plastic pool. Fill the pool with paper ghost; each ghost has a paper clip attached to it. Arrange a group of students around the pool. Give each a fishing pole with a circle magnet attached to the end of the line; students have two minutes to catch as many ghosts as they can. At the award ceremony, recognize students who “catch” the most ghosts

Station 3 Halloween Tug-of-war

Equipment: Rope, Puddle of slimy orange water

How to play: Students must get into two teams, one team will pull from one side and another team pulls from another side. In the middle of the tug-of-war will be a big puddle of slimy orange water. The teams that losses the tug-of-war will be pulled into the slimy water. The team that wins will be rewarded with a medal.

Station 4 Round and Round the Tire Goes.

Equipment: Orange cones, Tires, Gloves

How to play: Set up a spooky looped course with ghost and pumpkins everywhere. Provide each student with a tire. (You might provide gloves too, so students do not get their hands dirty.) Time students as they roll the tire around the outside of the loop. How long does it take to roll the tire one lap? Students with the fastest times are recognized at the award ceremony.

Station 5 Bobbing for apples

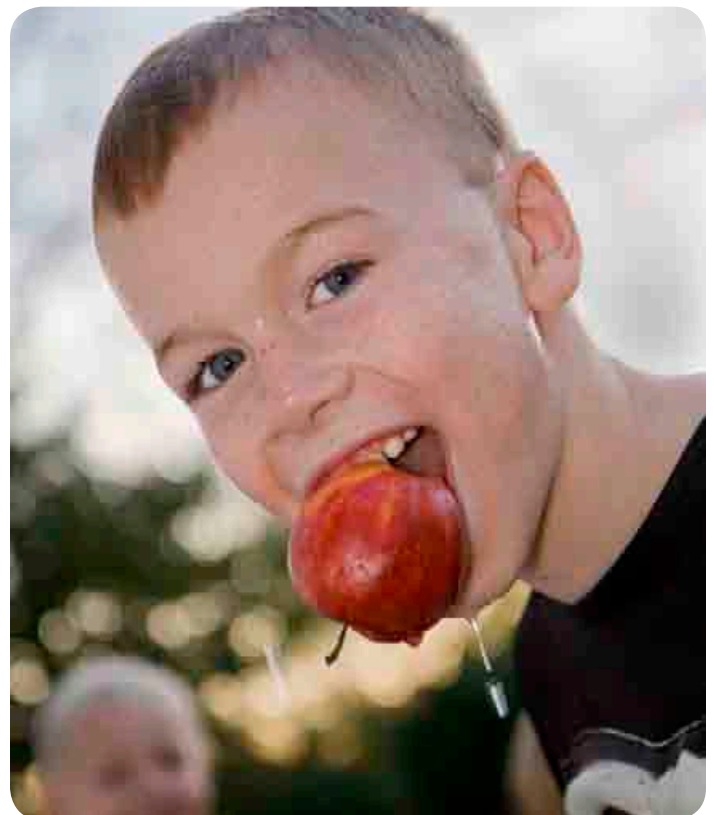
Equipment: Apples, Tub of water

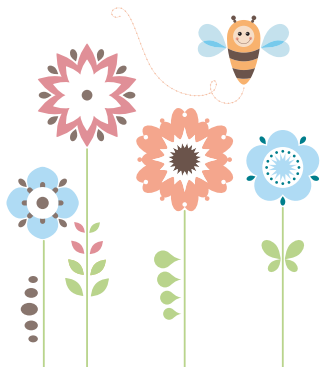
How to play: Students must form two teams in two separate lines. Each player must place both hands behind their back and dip their heads into the tub of water and try to get the apples into their mouth using their teeth to grip the apples. This activity will be timed; each player will have 5 minutes to get as many apples as possible. The team with the most apples wins a 1st place medal.

Station 6 Ghost town relay race

Equipment: Cones, Signs, Ghost decorations

How to play: Each student will be paired with a running mate. Once they are paired they must race each other to the finish line. The person that wins the race will win a gold medal.





Spring Fling



Station 1: Dodge Ball w/nerf balls

Equipment/Materials: Nerf balls, Cones

Students are to play dodge ball with the nerf balls. Students are to divide into two teams with 4 or 5 students in the middle of the cones while trying not to be touched by the ball. The game will end once the last person is touched with the ball.

Station 2: Tug of War

Equipment/Materials: One long thick rope, Pool of noodles

Students are to play tug of war with a long thick rope. Students are to divide into two teams with 6 or 7 students on each side of the rope. Students will have to use all their strength to pull the other students to the middle of the pool of noodles.

Station 3: Clothes Relay

Equipment/Materials: 6 adult size shirts, 6 adult size pants, 6 adult size shoes, 6 adult size jackets, Cones

Students are to divide into 3 groups of 2. Each student need to hurry and put on 2 pieces of clothing and run down the middle of the cones to meet the other teammate.

Station 4: Balloon Relay

Equipment/Materials: Balloons, Pool Noodles, Cones

Students are to place the balloon in between their legs and transfer from point A to point B and continue until each student has had a turn.

Station 5: Beach Ball Relay

Equipment/Materials: Beach Balls, Rope, Plungers

The students are to get into groups of 2. The students are to pass the ball in between the plungers while their ankles are tied up with rope.

Station 6: Clean Up Relay

Equipment/Materials: Old Newspaper, Clothes Basket, Garbage Bags

Students are to divide into 2 or 3 teams and at the sound of the whistle all groups are to fill their baskets with as much paper as they can in 20 seconds.



*Join Our May Day for
Some Fun and Play*

Station #1 Hula Hoop Frisbee Throw

Equipment: Hula Hoops, Frisbees

Spread five hula hoops on the ground. Give students five chances to toss a Frisbee into each of the hoops. Assign each hoop a point value. Students add up the points they earn for their five Frisbee tosses. Students who get the most Frisbees into hoops or the most points win the game.

Station #2 Straw Toes

Equipment: Straws, Hula Hoops

Place a hula hoop on the ground for game area. Cover the inside area of the hula hoop with straws. (Set up several areas so several students can do the activity at the same time. Students take off their shoes and socks and attempt to pick up straws with their toes. How many straws can each student pick up in 60 seconds? Students with most straws win.

Station #3 Hula Hoop Marathon

Equipment: Hula Hoops

How long can students keep a Hula Hoop spinning around their bodies? Record the time each student keeps the hoop spinning: (stop the clock the first time the hoop contacts the ground). Students with the longest spinning times win.

Station #4 Rope Jumping Race

Equipment: Jump Ropes

Provide each student with a jump rope. Students count aloud as they jump. Record the number of jumps each student completes before missing. Each student has a time limit of two minutes; that way students who jump faster are at more risk of missing or have a better chance of completing more jumps. Three students who jump the most times in two minutes win.

Station #5 Balloon Throw

Equipment: Water balloons

How far can students throw a balloon filled with water? Give each student one toss and record the farthest distances thrown by boys and girls for each grade. One student in each grade wins.

Station #6 Shoe Kick

Equipment: Rope, Students' Shoes

Have students loosen one shoe so their toes are still in it. Place a rope on the ground for the starting point. From the marked starting line, students kick that shoe into the air. Record the distance the shoe travels. Students might take a running start, or not; they are disqualified if they take a running start and kick from the wrong side of the starting line. Students in each grade who kick the longest distance win.





The Fall Harvest Festival

Station 1: SOAK IT

Materials: Plastic buckets, sponges, and water

Rules: Students will be in 2 rows of 10 (Team Tigers and Team Zebras). The objective of the game is for each team to transfer water from one bucket to another. This will be done by soaking sponges in the water and trying to retain that water until you reach the other bucket. The first team to reach the line on the second bucket wins.

Station 2: THE FALLING SNOWBALLS

Materials: Whiffle balls, plastic bags, buckets, and milk crates.

Rules: Students will be divided into two (2) teams of ten (Team Stars and Team Earth). Each team will have a team leader. Each team leader will have a bucket of whiffle balls. Each team will have one crate and each team member will have one plastic bag each. Each team leader will toss the whiffle balls in the air and the team members are responsible for catching with the bag only (no hands). Once the team leader is out of balls, the team members must then run to fill up the crate. The team that collects the most balls wins.

Station 3: HULA HOOP TOSS

Materials: hula hoops (or swim rings), pool noodles, and toilet plungers

Rules: Students will be divided into 4 rows of 5. Each student will stand behind the pool noodle without stepping over and toss the hula hoop on the plunger. Whatever row lands the most hula hoops around the plunger wins.

Station 4: KNOCK THEM DOWN

Materials: Liter bottles and large beach balls

Rules: Each student will be given the opportunity to knock down as many liter bottles, by rolling the beach ball. Each student will be given 2 tries. Students that rank top 5 will win a prize.

Station 5: OLD FASHION RELAY

Materials: Paper towel roll

Rules: Students will be divided up into 3 teams of 5 (team red, team white, and team blue). Each team member will station themselves at markings where they will wait for their team member to hand them the paper towel roll. At the sound of the whistle the first person will run to the second person placing the paper towel roll in their hand. This pattern will continue until the last person gets the paper towel

roll and crosses the finish line. First team to make it across the finish line wins.

Station 6: I CAN GET DRESSED FASTER THAN YOU

Materials: Shirts, pants, and shoes

Rules: Students will be divided into 2 teams of 2. Two team members out of each team will race to the line where they will find clothes. Both team members must get dressed in those clothes as fast as possible. Once dressed they must run back to where they started and get undressed. While getting undressed, the second team member of each team will be putting on the clothes that their teammate is taking off. Once the clothes are on, the team member must get to the finish line as quickly as possible. First team to cross the finish line wins. This game can be repeated until everyone has a turn.





Light Up the Day with Fun

Station 1

Equipment: Beanbags, Balance Beam, Chalk, Cones

Balance Beam/Bean Bag Walk. Students place a beanbag on their heads. How many times can a student walk the length of the balance beam or chalk line without letting the beanbag fall? Each student who can walk the beam five times (up, back, up, back, and up again) is recognized during the award ceremony. Younger students may need to walk the beam fewer times.

Station 2

Equipment: Basketballs, Basketball goal, pen/pad

Basketball Free Throws. Set a different line for students in each grade level. A student stands at the line and has five chances to get a ball in a hoop. Count the number of baskets each student makes. Students who score the most baskets are recognized at the award ceremony.

Station 3

Equipment: Jump Ropes, Stop Watch

Rope Jumping Race. Provide each student with a jump rope. Students count aloud as they jump. Record the number of jumps each student completes before missing. You might provide a time limit (for example, two minutes) and record the number of jumps made during that time; that way, students who jump faster -- at more risk of missing -- have a better chance of completing more jumps. The three students who jump the most times within the time limit are recognized at the awards ceremony.

Station 4

Equipment: Hula Hoop, Loose clothes

Hula Hoop Marathon. How long can students keep a Hula Hoop spinning around their bodies? Record the time each student keeps the hoop spinning; stop the clock the first time the hoop contacts the ground. Students with the longest spinning times are recognized during the award ceremony.

Station 5

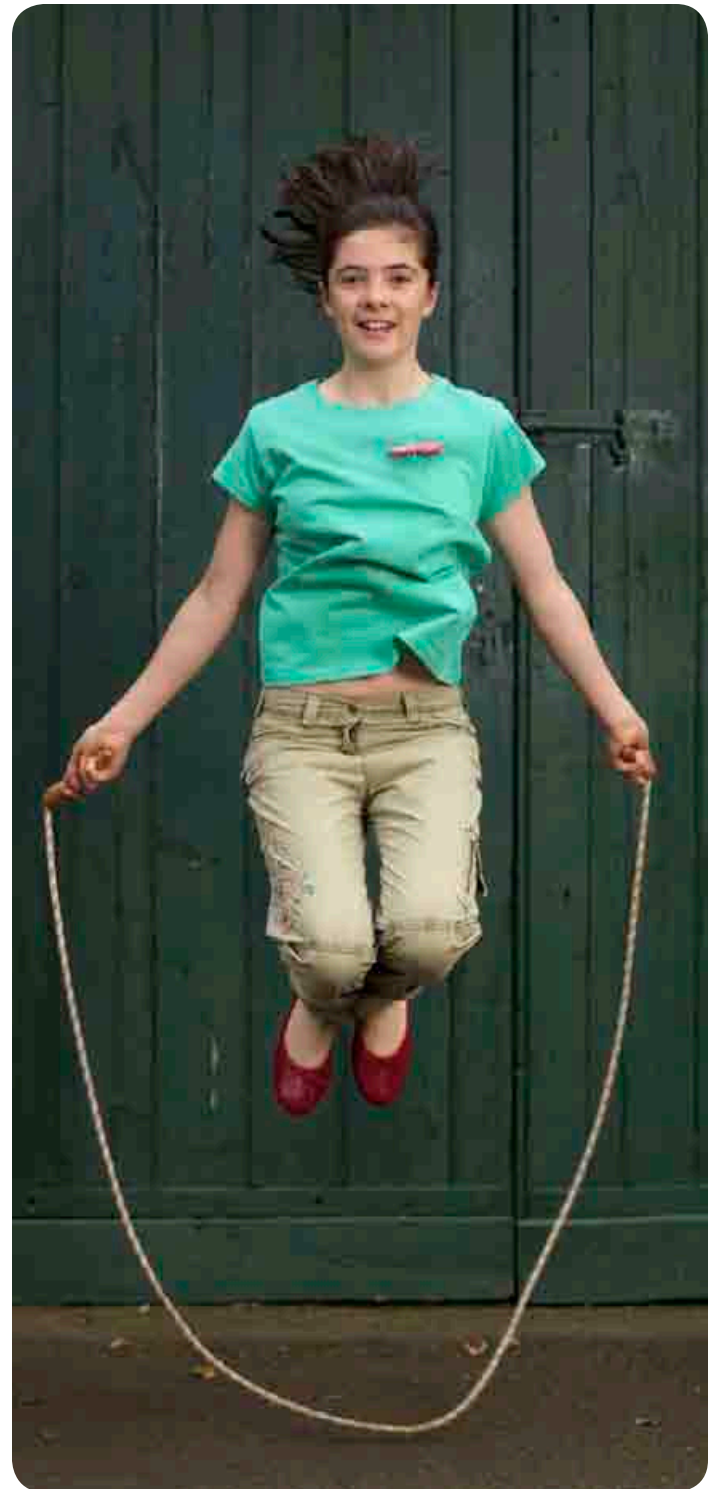
Equipment: Radio, CDs, Chairs, Small Hoops

Musical Hoops. This all-class activity is played like musical chairs; the only difference is that students walk around hoops arranged on the ground instead of around chairs. As the game begins, there should be one less hoop than there are students.

Station 6

Equipment: Balloons, Cones, Stop Watch

Balloon Race: You will need four chairs: Each teammate has a balloon. The first one runs to the chair, sits on the balloon until it pops then runs back for the next teammate to do the same. Play goes on until the team that has popped all the balloons wins.





Get Out and Play!

Station 1: "Dodge Ball"

Materials/ Equipment Needed: Nerf balls, Cones

Students are to play the age old game of Dodge ball but with a new twist of using nerf balls. Students are to divide into two teams with 4 or 5 students in middle, while trying not to be touched by ball; this is to continue until the last person has been hit. Cones are to be used to mark the out of bounds marks.

Station 2: "Diggy Tennis"

Materials Needed: Plastic shovels, Tennis balls or Beach balls

Students are to play tennis using the plastic shovels provided only 2 students at a time due to safety issues. This is a monitored event. This game is designed for students to be active and also having fun playing tennis.

Station 3: "Egg Relay"

Materials Needed: Plastic spoons, Eggs (donated by parents), Pool Noodles

Students are to use the plastic spoons while trying to transfer the eggs from point A to point B. This is to be done without dropping the eggs and whoever finishes 1st wins. The lanes are to be lined with the pool noodles to indicate their lanes. Two or three teams are needed if necessary.

Station 4: "Paper Towel Toss"

Materials Needed: Paper towel rolls/Rolled up Newspaper, Hula Hoops

Students are to use the large hula hoops which are in the upright position so that the students can attempt to throw the paper towel rolls through the hoops. This can be a timed event or an individual competition.

Station 5:

Materials Needed, Beach Balls, Plungers, Rope

Students are to use beach balls and plungers to transfer the balls from point A to point B while holding up the balls with the plungers along with their ankles tied (loosely) with rope. There can 2 or 3 teams of 2 people.

Station 6:

Materials Needed (Inside Activity), Hockey sticks, Beach balls

Students are to use the plastic hockey sticks and the beach balls to play traditional hockey just in a new way. The students are to use the bamboo poles as goal post. (Supervised activity)





A Community of Fun

Station #1: Community Center Basketball:

Students will use small beach balls to make shots in milk crates. Each shot is worth 2 points. The object of the game is to reach 20 points before the opponent. Materials: Beach balls, milk crates.

Station # 2: Park football:

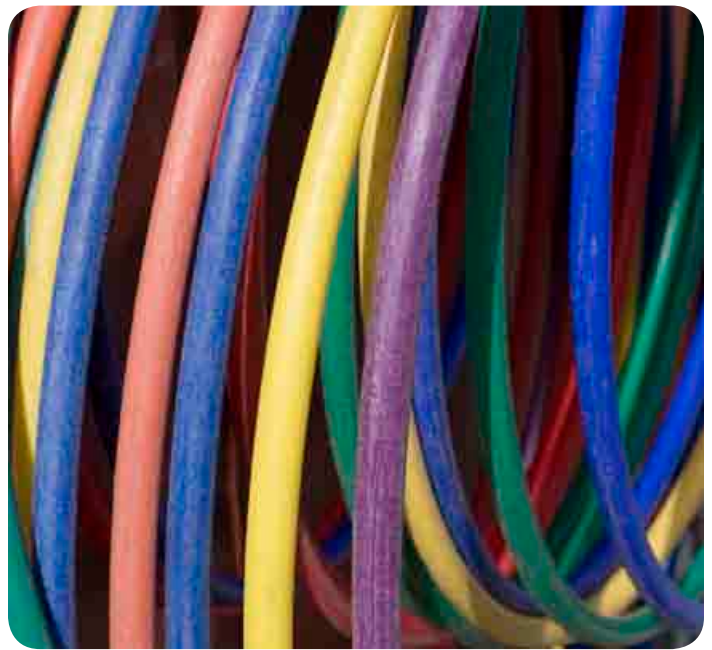
Students will use nerf balls to throw them through the hula hoops. Students will be given 10 seconds to try to throw the ball in. Only three chances will be given to each student, and the student with the most nerf balls to make it through will be the winner. Materials: nerf football, hula hoops

Station #3: Wet Community Mall:

Students will use sponges, old, shirts, and plastic buckets to complete the game. The students will be paired off in order to play this game. One team member will hold the shirt up while the others dip the sponge in the plastic bucket filled with water. The object of the game is to see which team can wet the large shirt completely in 1 minute. The shirt that is covered with the most water determines the winner.

Station 4: Renovation Station:

The students will be given a pile of shoes and 1 plastic shovel. The object of the game is to use the shovel to dig in the pile to find the matches to the shoes. The student who can find at least 8 matches and line them up on the sideline the fastest wins the game.





Simple Field Days

Station 1

Equipment/Materials: Boxes

Activities: Students are to tie one small box on each foot using a shoestring. When that task is completed, students are to race to the finish line as fast as they can.

Station 2

Equipment/Materials: Sponges

Activities: Students are to form groups of two. One student will be responsible for carrying as many sponges as they can to the finish line. At the finish line, their partner will stack all of the sponges into a small pile that will not tumble. The team with the most sponges neatly stacked in two minutes wins.

Station 3

Equipment/Materials: Beach Balls

Activities: Students are to form groups of two and play a game of volleyball. The team that manages to make the opposing team drop the ball the most (without the ball going over the foul line) will win.

Station 4

Equipment/Materials: Balloons

Activities: Individually, students are to blow the balloon as fast and large as they can within a one minute time frame.

Station 5

Equipment/Materials: Hula hoops

Activities: Students are to race while rolling the hula hoop without it falling to the finish line.

Station 6

Equipment/Materials: Peanuts, plastic straws, and a table

Activities: students are to carry peanuts from one end of the table to the other (using two straws) and place them in to a small plastic bag. The student with the most peanuts at the end of three minutes will win.





Let's Play!

For More Information,
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