

Indoor Field Day Station Ideas

by Chad Triolet, Deep Creek Elementary

ROPE CHALLENGE –

Students will need to get into groups of about 6-8 students.

In the center of a marked circle (the NO Zone) will be a small cone with a basketball on top. Crossing the center of the NO Zone will be 4 ten foot ropes. Teammates will hold the end of a rope and attempt to move the ball from the center of the NO Zone without touching any body part in the NO Zone or touching the ball on the floor in the No Zone. If the team makes a mistake, they must allow another team to attempt the task. If the team is successful, they must allow another team to try. If successful, the next time they try, they must come up with a new strategy to complete the task. The goal is to see how many strategies each class can use to successfully complete the task.

TARPS –

Split the class into two equal teams.

Each team will have a tarp and will stand on top of it.

The objective is to flip the tarp over without having any member of the team touching the floor.

The instructor can provide tips or hints if the students are having a difficult time.

** Discuss how important it is to communicate and work together in order to be successful at the task.

PARACHUTE

Parachute Safety Rules-

1. Hold the sides of the parachute, not the handles.
2. Keep all body parts away from the hole in the middle of the parachute.
3. Do not get on or go under the parachute without permission.

There are 3 levels of the parachute (this makes things easier for the students and the instructor):

Level 1 Parachute is located at ground level.

Level 2 Parachute is at waist level when students are standing.

Level 3 Parachute is above the student's heads with arms straight.

Activities:

Color Exchange-

Students again begin at Level 2. Instructor will have students raise the parachute to level 3 and call a color.

Those students must travel quickly to a new spot on the parachute before it falls and touches their heads.

Remind the students that they are not attempting to trap anyone this time and to hold the parachute up as long as possible. Each color should get a turn to go underneath the parachute.

Popcorn-

Have the students start at Level 2. Toss the noodle pieces into the middle of the parachute while the students are making waves and watch what happens. After a short time, have the students stop and rest. Tell them they are going to create a very powerful popcorn popper and pop the balls out of the parachute, but they must all work together in order to be successful. They will raise the parachute to Level 3 and before the parachute gets all the way up, quickly pull the parachute to Level 2 (this action puffs the parachute full of air and will cause the balls to fly). Call a color to get the noodles and return them to the middle. If a noodle gets caught underneath the parachute, choose one student to get it.

Make a TeePee-

Students start at Level 2 and will move the parachute to Level 3. When the parachute is up, all students take two large steps toward the middle of the parachute and pull the parachute behind them and sit on the edge. The students will be underneath the parachute.

Alligator-

Students start at Level 1 for this activity. Students should have their legs underneath the parachute and make waves at this level. Underneath the parachute lurks the alligator. The alligator will tag another person's shoes and then there will be two alligator under the parachute. The game continues until all the players are alligators. For safety, do not allow students to kick their feet when they are underneath the parachute.

GA-GA –

When the students arrive, have them stand outside the Ga-Ga boards to explain the activity.

The object of the game is to eliminate other players by hitting them in the leg with the ball. The ball must remain on the ground and can only be hit with an open hand(s). If a player is hit in the legs or feet, they are out. If a student hits the ball out of the Ga-Ga boards, they are out. If a player jumps off the ground to avoid being hit, they are out. And last, if a player touches their knees on the floor, they are out. If a student gets out, they must get out of the Ga-Ga boards, stand in a hula hoop and jump a rope 30 times before they return to the game. Players who were out must wait until the game has stopped before they may step back into the Ga-Ga boards.

This is a fast paced exciting game and the kids love it!

** During the last few minutes, you can play elimination GA-GA to see who the class champion is. If eliminated the player will stand outside the GA-GA boards and cheer for others.

DDR –

Have all of the students take off their shoes when they enter the music room and then stand on a GeoMat.

Quickly review the basic concept; step forward, backward, left, or right to match the arrows on the screen. Watch out for double jumps (two arrows at the same time) and freeze arrows (long green arrows).

Choose two dancers to start and get ‘em moving!

** Remind students that only good shadow dancers will get a chance to be on the “real” DDR mats.

CUP STACKS –

Have all of the students come in close so that you can provide instructions for all of the participants.

Students will need to get into groups of fours for this activity and stand behind a desk that has a stack of 3 cups on it.

To start, the students will practice stacking up and stacking down a 3-stack. When they have completed their turn, they will go to the end of the line and let the next person take a turn. This will be done for practice.

After a minute or two, the teams will have a little competition. The first person in line must keep their hands on the desk next to the cups to start. When the leader says go, the students must all complete one turn stacking up and stacking down the 3-stack. When done, the entire team must kneel or sit on the floor.

Next, the students will try a 6-stack. They will need to observe the correct technique first, then they will practice like earlier with a 3-stack.

After practice, they will have a 6-stack race like before.

** For more challenges, have each team complete the cup stacks twice before the relay is complete.

** If there are uneven groups, you can have the first person go twice to complete the task.

Basketball Shoot Out –

Once the classes arrive, split them into two even teams. One team should sit on the black sideline on one side of the large orange cone, the other team will sit on the other side of the same cone. Six players at a time from each team will step out and get into a hoop on their side. The object of the game is to score as many baskets as they can in 30 seconds. The team with the most points wins the round. If necessary, the leader can add an extra point to the team that can return the basketballs back to the hoops the fastest (this sometimes keeps the games running faster). Remind the students that no points can be scored after the whistle blows.

Please remind all volunteers that there is no dunking in the gym. The basketball goals are not designed for that type of force! The volunteers can shoot between rounds, just be careful.