

Outdoor Field Day Station Ideas

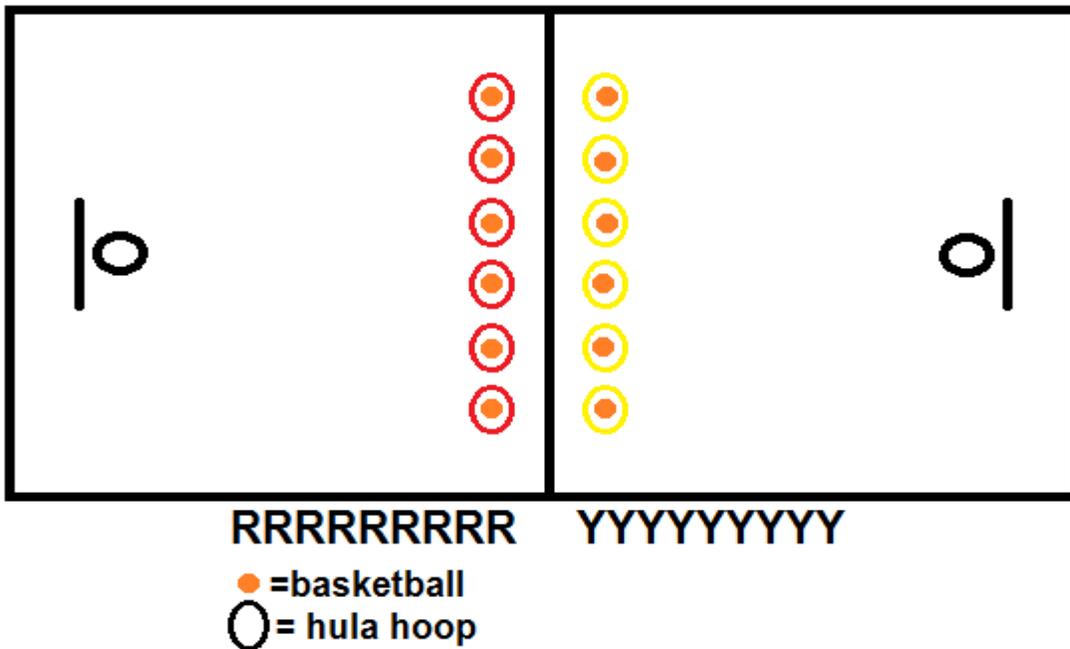
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Basketball Shoot Out –

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. When given the signal to start, all 6 players from each team will collect their ball and begin shooting at their team basket. 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 round, just be careful.

30 Second Basketball ShootOut Set-up



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 toss the koosh ball 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!

Hula Hut

The object of the activity is to be the first team to build three hula huts that are standing at the same time.

In the beginning of the game, each team will stand with a foot inside a large hula hoop. When the game begins, the students will attempt to collect hula hoops for building huts, each team must throw balls at a target (Socci goals). If the target is hit, then the student who hit it may get a hula hoop and take it to their team's construction site (one of the large hula hoops).

Building the Hut – Once the team has collected 6 hoops, they may begin building their hut. The first hoop is the base and lays on the floor. The next two hoops build the first walls. The hoops should form a triangle above the base. The next two hoops form the other sides of the hut and rest on the first two walls. The final hoop rests on the top of the four walls.

Protecting or Knocking Down Huts – Once the huts are built, the team must protect their huts while attempting to knock down any huts built by the opposing team. If any hut is knocked down, it must be rebuilt.

Jump the Creek-

Students will for a line in front of the creek. The object is to clear the “creek” without getting wet. A student is wet: 1) if they touch the rope which begins the creek, 2) if any body part touches between the rope and mat, or 3) if the student does not land on two feet safely. After each student has had a turn jumping, the rope is moved back and the creek widens. Depending on the number of students that remain in the contest, move the rope 6 inches or one foot. Jumping continues until there is a boy and girl champion for each class.

*****NOTE*****

Start at 4 feet for each class. If any students miss the first try, tell them why they would be out, but allow them to jump at the next distance. If a student is out, they should watch and cheer for the rest of the jumpers. If there is time left over, let everyone try again for fun!

Launch It

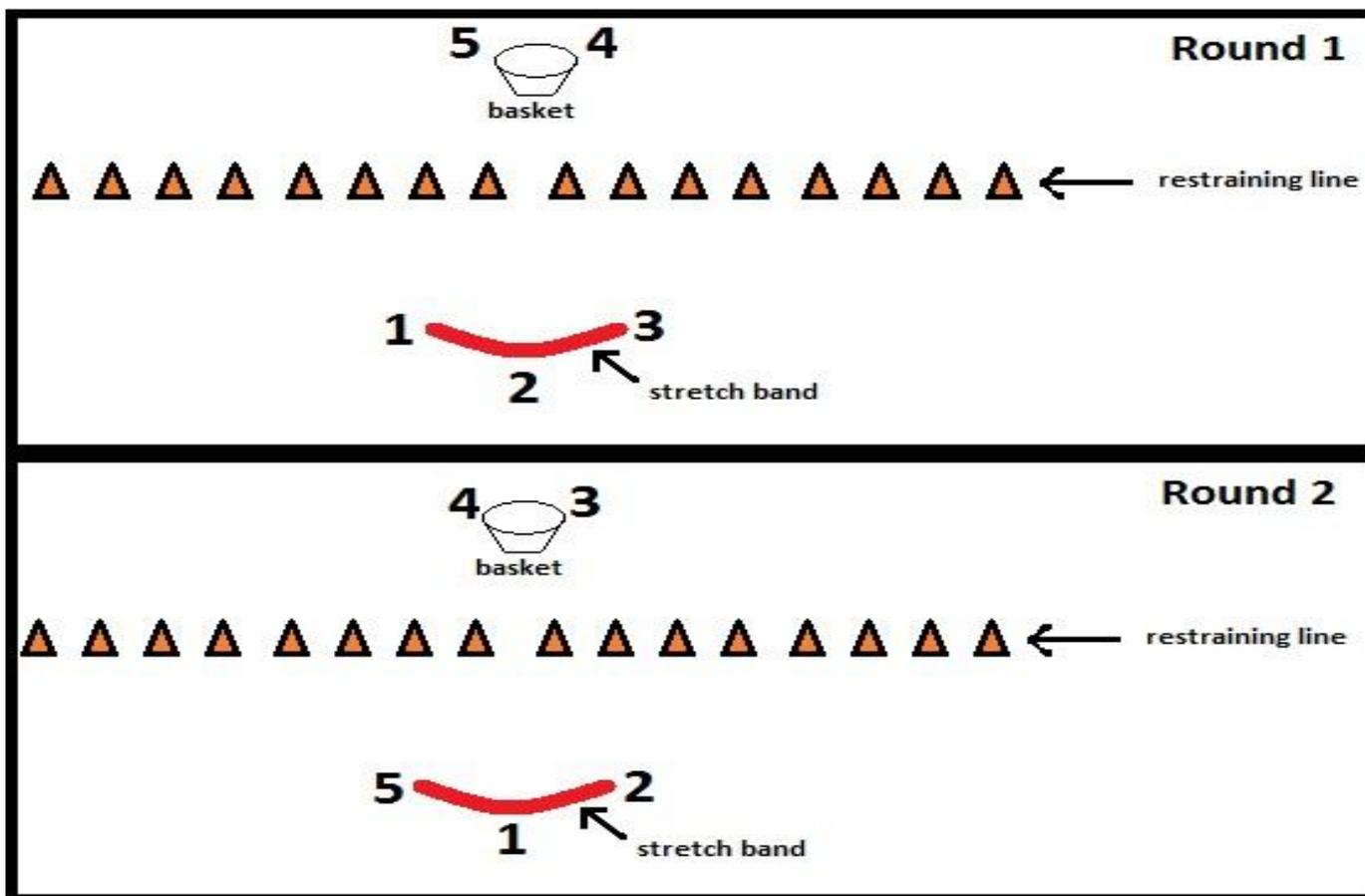
Students will get into groups of fives. Once in groups, each team member will get a number 1 through 5. The partners will assume the positions mentioned below. After the launcher has completed his/her turn (launching 3 objects), then the players will rotate to the next job. The objective is to be the team that catches the most objects that make it past the restraining line.

STARTING POSITIONS –

- Partner 1 – Hold stretch band
- Partner 2 – Launcher
- Partner 3 – Hold stretch band
- Partner 4 – Catcher
- Partner 5 – Catcher

After the Launchers turn is over, the players will rotate to the next job in order (see below).

- Partner 1 – Launcher
- Partner 2 – Hold stretch band
- Partner 3 – Catcher
- Partner 4 – Catcher
- Partner 5 – Hold stretch band



Noodle Soggi

Split the classes into 6 even teams. Each team will have a basket that is filled with noodles. On the top of each basket will be 2 colored flags. The first two people in each line will hold a flag. The flag indicates whose turn it is. Once the teams have been created, the leader will need to choose 4 students to be the defenders. The defenders will move to the middle of the playing area and pick up a demi-noodle. The defenders will use the demi-noodles to protect the Soggi goals by hitting the noodlettes that are thrown by the other students.

When the game begins, the students with the flags may pick up ONE noodlette and run to the middle and try to throw it into the top of the Soggi goal. If the shot is made, the player will earn 2 points. Each player will keep their own score. After taking the shot, the player will return to their team and hand the flag to the next person in line.

After about 2 minutes, stop the activity, quickly clean up the noodlettes, and choose new defenders.

** The players shooting may NOT pass over the defensive line (a line of cones around the Socci goals). Students may only pick up noodlettes that are in their baskets (NOT ones that they find on the ground).

Noodle Soup

Split the class into 4 equal teams. The students may line up behind the cones facing the center of the game area. Two players will be picked to be the “crazy chefs”. The “crazy chefs” will attempt to protect their noodle soup (small noodle pieces) from the hungry students by hitting them with their spoons (longer noodle pieces).

Each team will have two players at a time attempt to collect the food in the middle (they may only take one noodle piece at a time). The players who are attempting to collect food will hold a flag in their hands. If the “crazy chef” tags another player, the student must go back to their team without food and let another player go.

After a few minutes, pick two new “crazy chefs” and continue the game. See how many pieces of soup each team can collect.

Panning for Gold

Each student must get a partner. One partner will get a cup, the other needs to take off their shoes. The partner with no shoes will step into a pool (about 5 students in each pool). The partner with the cup will hold the cup for the pool partner who is trying to collect gold (marbles) with their feet (no hands). The team with the most marbles after both players get a turn is the winner (each partner will have two minutes). If there is time left, allow the students to try again.

Relays (Spoon and Egg & Dizzy Bat)

Dizzy Bat - Students need to be split into 5 even groups for a single class and 10 even groups for 2 classes. One at a time, students will race to the hoop that matches their cone color, pick up the polo stick and place their forehead on the soft part and begin moving in a circle around the hoop (8 times). Ask a few parents to help count for the students getting dizzy. When they’ve taken their spins, they will run back and have a

seat. The first team to have all their members take their turn and sit down wins the race. For fun run the race again, but this time everybody must backwards to the hoop and back to their team.

Spoon Relay – The students are still in the same lines for this activity. Each student running the relay will have a spoon and a plastic egg. All other teammates will wait in line with a spoon. When the first player carries the egg on the spoon up to the hoop and back, they will give the egg to the next person in line without using their hands. If the egg drops on the ground, the person who dropped must get it back on the spoon without using their hands. The first team to complete the task wins. Once again, try this relay backwards for some added difficulty.

If time allows, you can try one more crazy relay.

Hoop Relay – Have each team hold hands and spread out in a straight line. The first person in line will have a hula hoop in their free hand to start. When the leader says “go”, the students must remain connected (holding hands) and move the hoop from the beginning of the line to the end of the line. First team to get the hoop to the end and back without letting go of their hands wins the relay.

**If any parents or volunteers want to run the race for fun against some students, let them try it. It can be a good filler so that you won't run out of time.

Spider Man

The students will line up behind their color squad cones for this activity. The object is for all team members to make it through the “spider's web” without touching it. If they touch the web, it sends a vibration to the spider who will eat them and cause them to be out. If they get out, they must return to the back of the line and try again. The students who make through the web successfully will wait on the other side of the web and cheer for their teammates. First team to complete the challenge will be named the winners. To increase the challenge, add this rule, no teammate may go through a spot that another teammate has used.

This is only a 10 minute activity, so you need to keep the students moving. Remember this activity is coupled with Panning for Gold.

Sponge Battle (Int.)

Have each class break up into four even groups (you can have them separate into the squads (red, yellow, blue, and green). Once split evenly, they will line up behind a cone next to a bucket of water. Three players from each team will get a colored flag and a sponge ball out of the bucket and prepare to start.

The **object** of the game is to eliminate all the other players in the game by hitting them with the sponge balls. Because of the speed and aggressive nature of the game, the students may on throw the sponge balls **UNDERHANDED!!!**

When the leader says “go”, the first three players from each team (they should have a flag in their hand) will try to hit another person with an underhand throw with the “wet” sponge ball. If a player is hit, they must return to their line and hand their flag to the next player in line so that they can go into the game. Each player may only have one sponge ball at a time. A player can remain in the game as long as they can avoid being hit with a sponge ball and remain inside the boundaries. The game continues until all the time has run out.

Players can dunk their sponge in any bucket of water once the game has started. All of the players need to stay inside the boundaries or they will be called “out”.

Water Balloon Toss –

Before you can begin, each student must find a partner. Ask the group to stand back to back with another person. Now that each person has a partner they will stand facing each other on opposite sides of the two giant ropes. If there is a student without a partner a volunteer or parent can throw with them.

When all partners are ready, the leader will hand out a bean bag so the partners can practice throwing and catching before the official water balloon toss begins. When the leader says’ “throw”, the partner with the bean bag will toss to their partner and the partner will then toss it back and stop. If successful, the partner not holding the bean bag (or water balloon) **will take a giant step back** and the helpers will move the giant rope back so that it is just in front of them. The activity should resume for at least three practice throws then the real water balloon toss can begin. The team who can keep their balloon intact the longest wins.

This station is partnered with GA-GA and should only last 10 minutes before you see the second class during the time slot.

Water Cup Relays

Students will line up at their squad colored cones. When the students are lined up, take time to even the teams as much as possible by moving students to fill in spaces. Once lined up, each student will be given a cup (remind students not to squeeze the because the cups will split).

Relay #1

The first person in line will move to the furthest dome from the starting line and then rest of the students will continue the process until all students are by their own dome. When the students are lined up properly, the person at the start line will fill their cup with water. When the leader says go, the first student will run to the next person in line and pour the water into their cup, this will continue until the last person in the line has their cup filled (leader may want to demonstrate the technique for the students first). When the last cup is filled, that student will run back to the starting line and hold the cup up in the air. The team that finishes first and has the most water wins the relay. Continue this relay until everyone has had a chance to start.

Relay #2 (You will need to collect all cups except for the first 2 people in line.)

The leader will demonstrate how to hold a cup of water on your head and pour it into another cup. The object of this relay is to see how fast the team can carry a cup of water to the last dome and back without spilling the water. The students must carry the cup above their head while they run the relay. The team to finish first with the **MOST** water in the cup wins. Repeat this relay as long as time allows.