

A'Maze'ing Race

- Equipment:

4

Medium Noodles

6

Tires

4

Hurdles

2

Tunnels

2

Big Cones

2

Medium Cones

1

Large Cone
- Object:

Make it down and back through the course before the other racer
- How it works:

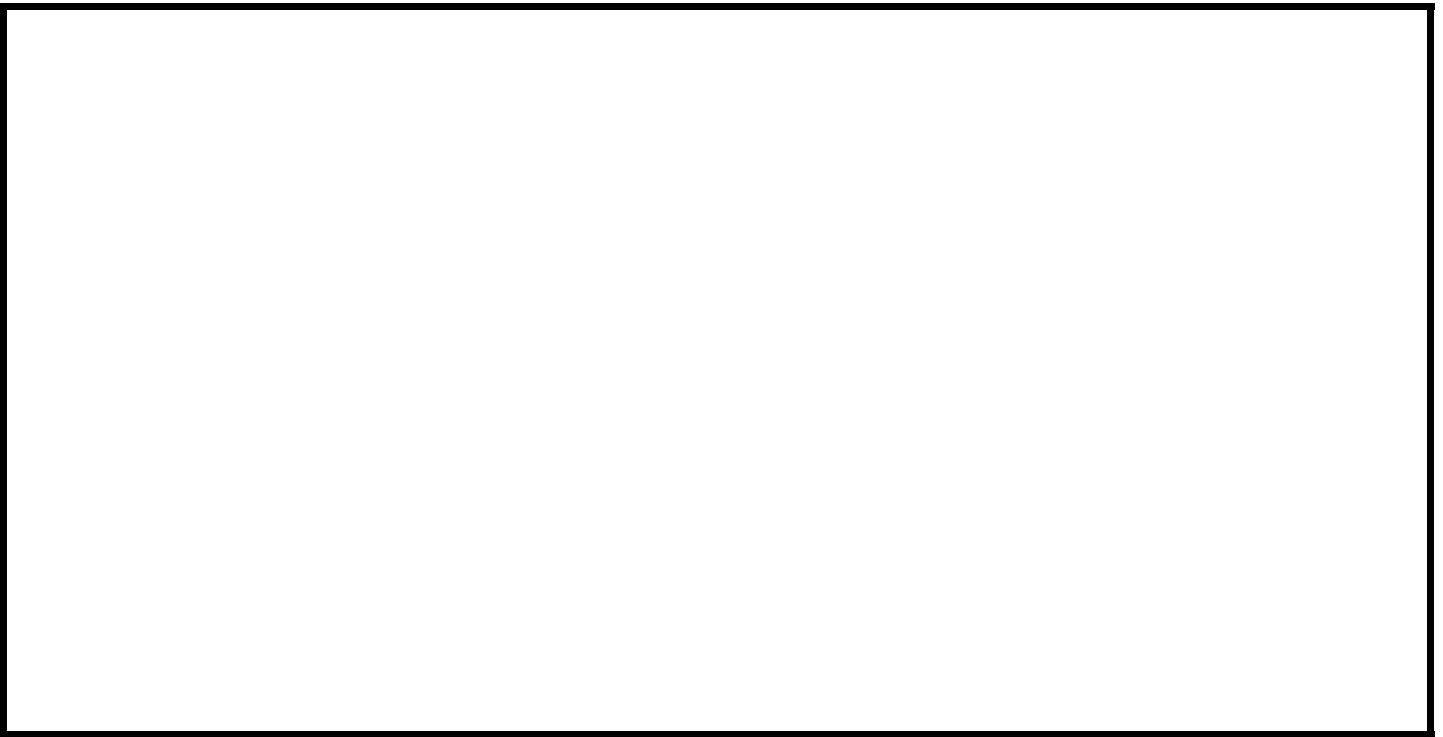
2 students race at the same time, first by spinning around the noodle 5 times, run through the tires, jump over the hurdles, crawl through the tunnel, spin around the noodle 5 more times, then go back through the course in reverse order.
- Scoring Levels:

Students can complete 1 level for every race they win. **Students can complete a maximum of 3 levels for this event.**
- Diagram:

Baggo

Equipment:	3 Baggo Boards
	9 Bean Bags
	1 Cone
Object:	To throw the 3 bean bags and have them land and stay on the Baggo board or land in the hole.
How it works:	The students will be given 3 bean bags to throw at their designated Baggo board. All throws should be underhand throws.
Scoring Levels:	Students will complete 1 level for every bean bag that lands (and stays) on the Baggo Board. The students will complete 2 levels for a bean bag that lands in the hole. Students can complete a maximum of 3 levels for this event.

Diagram:



Balancing Act

- Equipment:**
- 2 Wooden Spoons
 - 2 Wooden Eggs
 - 2 Medium Cones
 - 2 Large Cones
 - 1 Large Cone
- Object:**
- To travel around the medium sized cone and back while balancing the wooden egg on the wooden spoon.
- How it works:**
- When you say go, the students will race around the medium sized cone and back while balancing the wooden egg on the wooden spoon.
- Intermediate** students must use 1 hand to hold the spoon.
- Primary** students can use 2 hand to hold the spoon.
- Scoring Levels:**
- Students can complete 1 level for every race that they win. **Students can earn a maximum of 3 levels for this event.**
- Diagram:**



Basketball Shoot

Equipment:

- 2 Basketballs, 1 Playground Ball
- 6 Colored Poly Spots (2 yellow, 2 red, 2 green)
- 2 Basketball Hoops
- 2 Cones

Object:

To make as many basketball shots as possible with each turn.

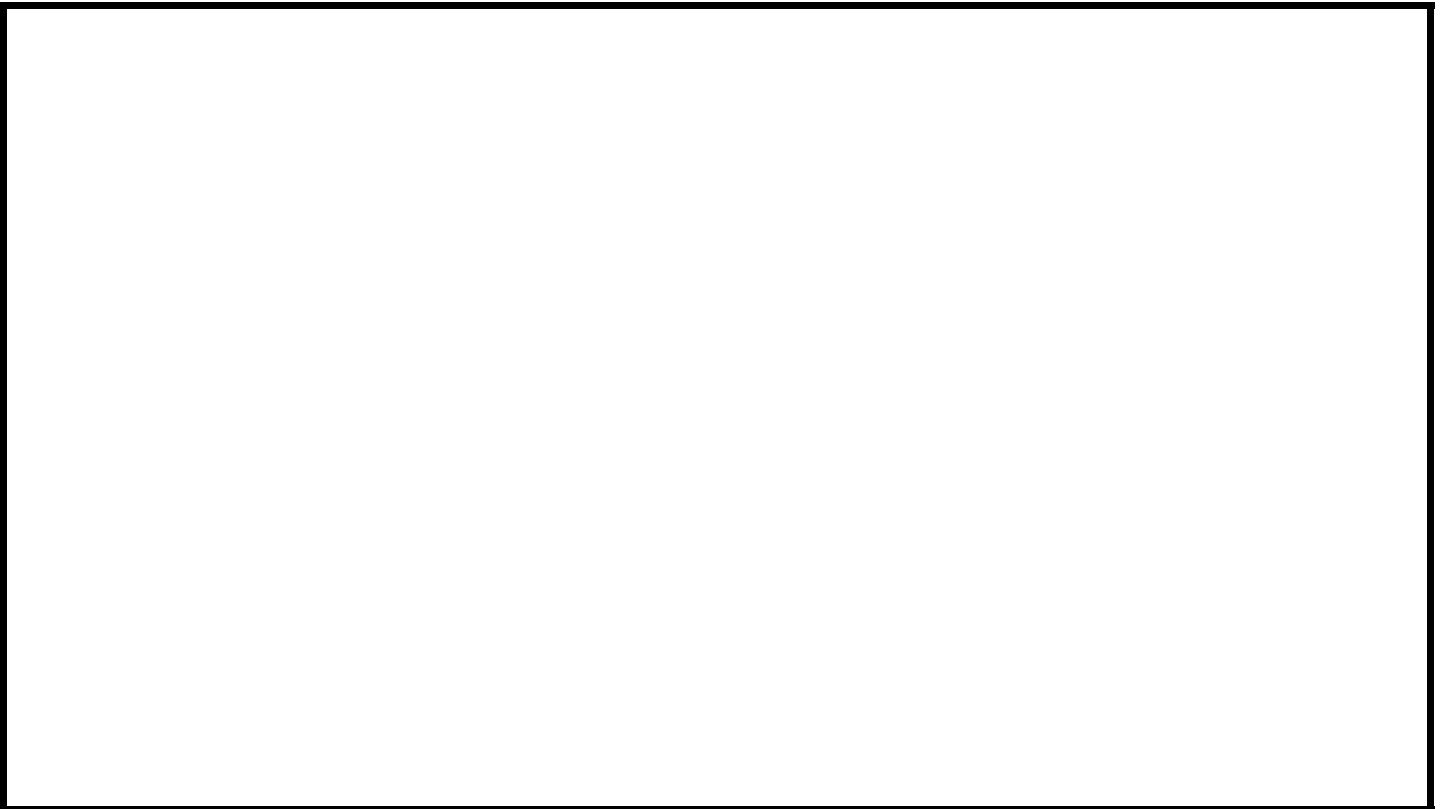
How it works:

The students will get 3 shots (1 shot from each spot) to make a basket. The **Intermediate** students will shoot at the 10 foot hoop and the **Primary** students will shoot at the portable 6 foot hoop.

Scoring Levels:

Students can complete 1 Level for making a basket from the green poly spot, 2 levels for making a basket from the green and yellow, and 3 levels for making a basket from all 3 spots (green, yellow, and red).
Students can complete a maximum of 3 levels for this event.

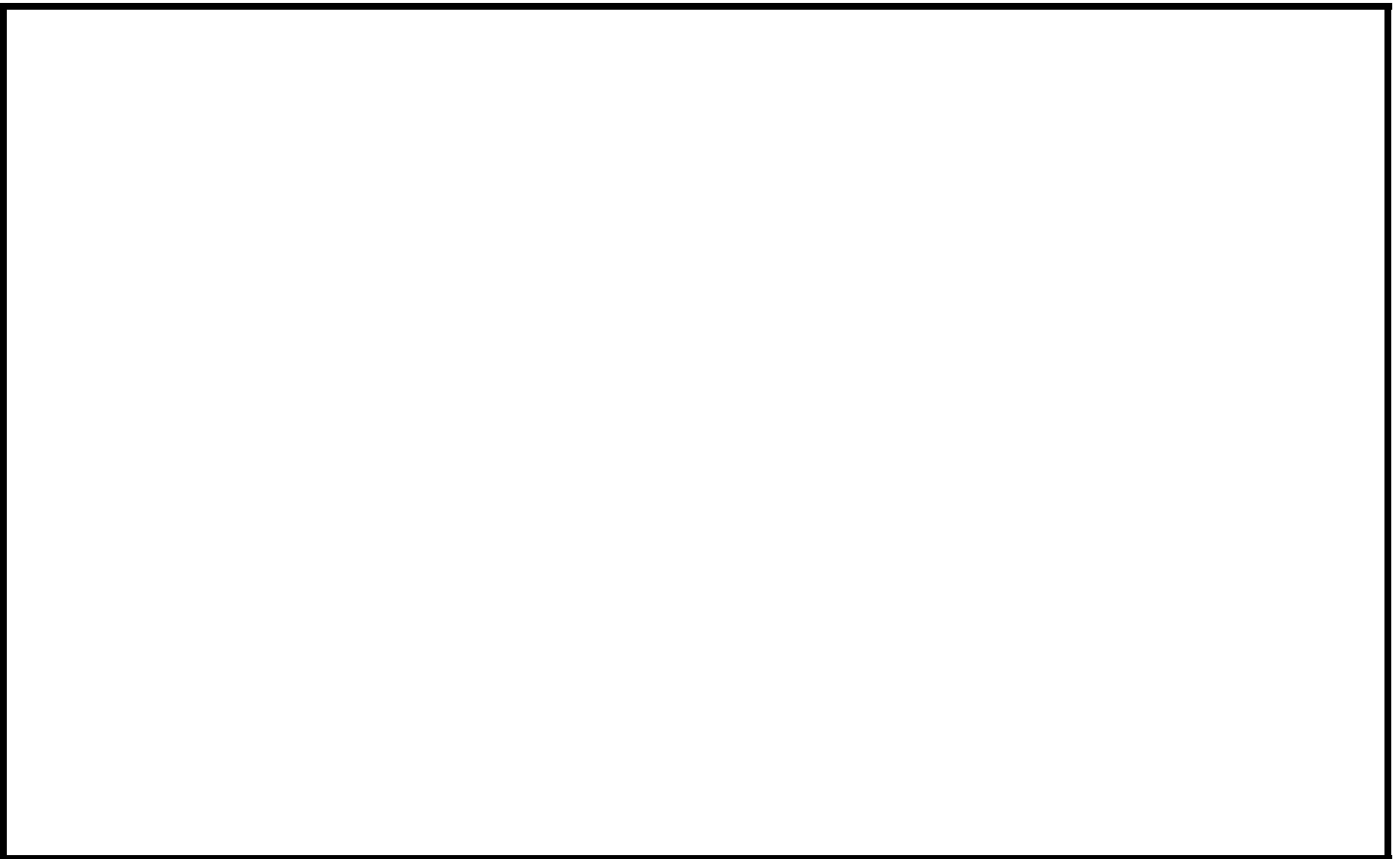
Diagram:



Beach Bum Relay

- Equipment:**
- 2 Playground Balls
 - 4 Medium Cones
 - 1 Large Cone
- Object:**
- To go around the cone while keeping the ball between you and your partner without using your hands.
- How it works:**
- When you say go, the student and their partner will put the ball between their chests and race around the cone without using their hands.
- Scoreing Levels:**
- Each student from the winning team will complete 1 level for each race they win. **Students can complete a maximum of 3 levels for this event.**

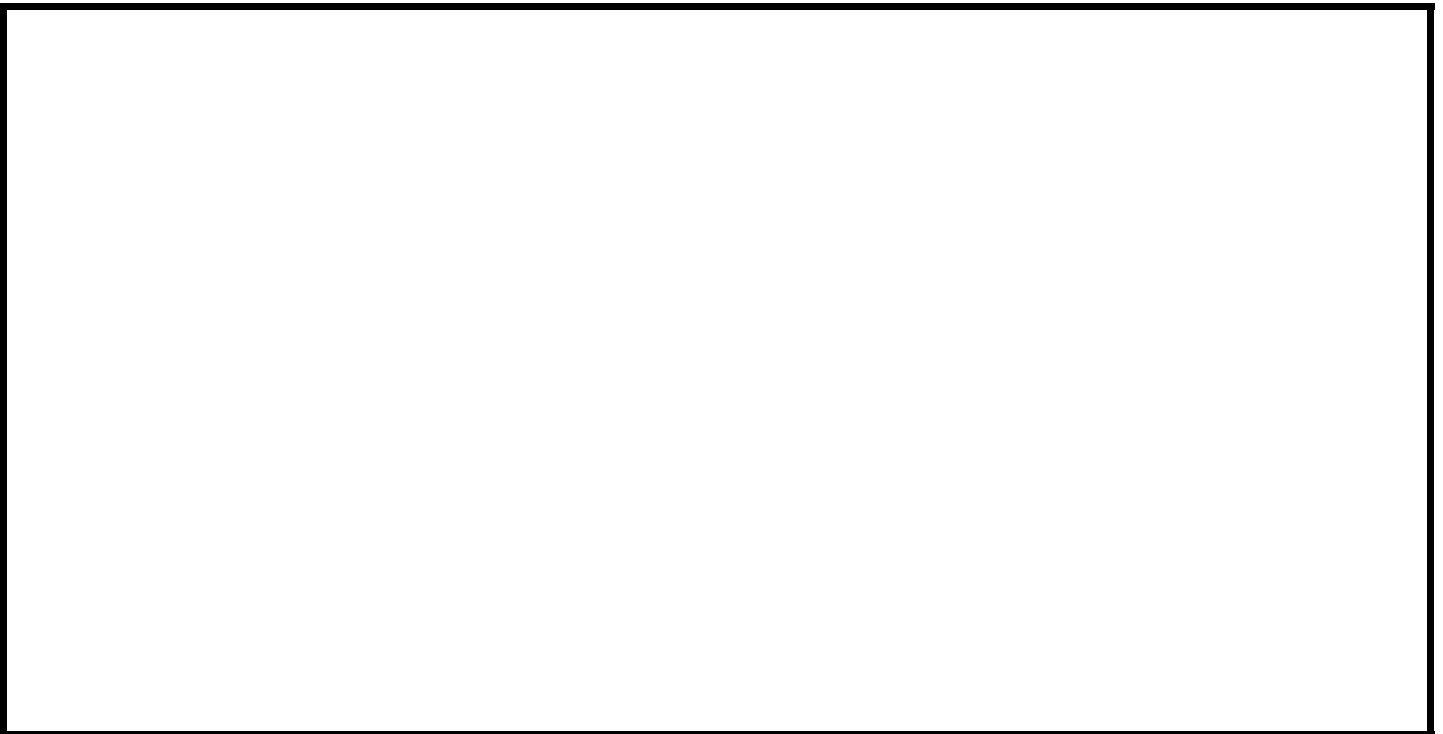
Diagram:



Blongo

Equipment:	3 Blongo Ladders
	9 Blongo Balls
	1 Cone
Object:	To throw the Blongo balls and have them wrap around the rungs of the Blongo Ladder.
How it works:	The students will get 3 throws per turn. They will try to throw the Blongo balls underhand and have them wrap around the different rungs of the Blongo Ladder. You can count the throws that hit the ground first and then wrap around a rung.
Scoring Levels:	The students can complete 1 level for a Blongo ball that wraps around the top (yellow) rung of the ladder, level 2 for a throw that wraps around the middle (white) rung, and level 3 for a throw that wraps around the bottom (orange) rung of the ladder. Students can complete a maximum of 3 levels for this event.

Diagram:



Bowling

Equipment:	6 Bowling Pins 1 Bowling Balls 1 Poly Spots 1 Cone 1 Gym mat
Object:	To bowl the ball and knock down as many pins as possible.
How it works:	The students will get 2 chances to bowl a ball and knock over as many bowling pins as possible. The Intermediate students will bowl the ball from 15 yards away while the Primary students will bowl the ball from 10 yards away from the pins.
Scoring Levels:	The Primary students can complete 1 level for knocking over 1 pin, 2 levels for knocking over 2 pins, and 3 levels for knocking over 4 pins. The Intermediate students can complete 1level for knocking over 3 pins, 2 levels for knocking over 4 pins, and 3 levels for knocking over all 6 pins. Students can complete a maximum of 3 levels for this event.

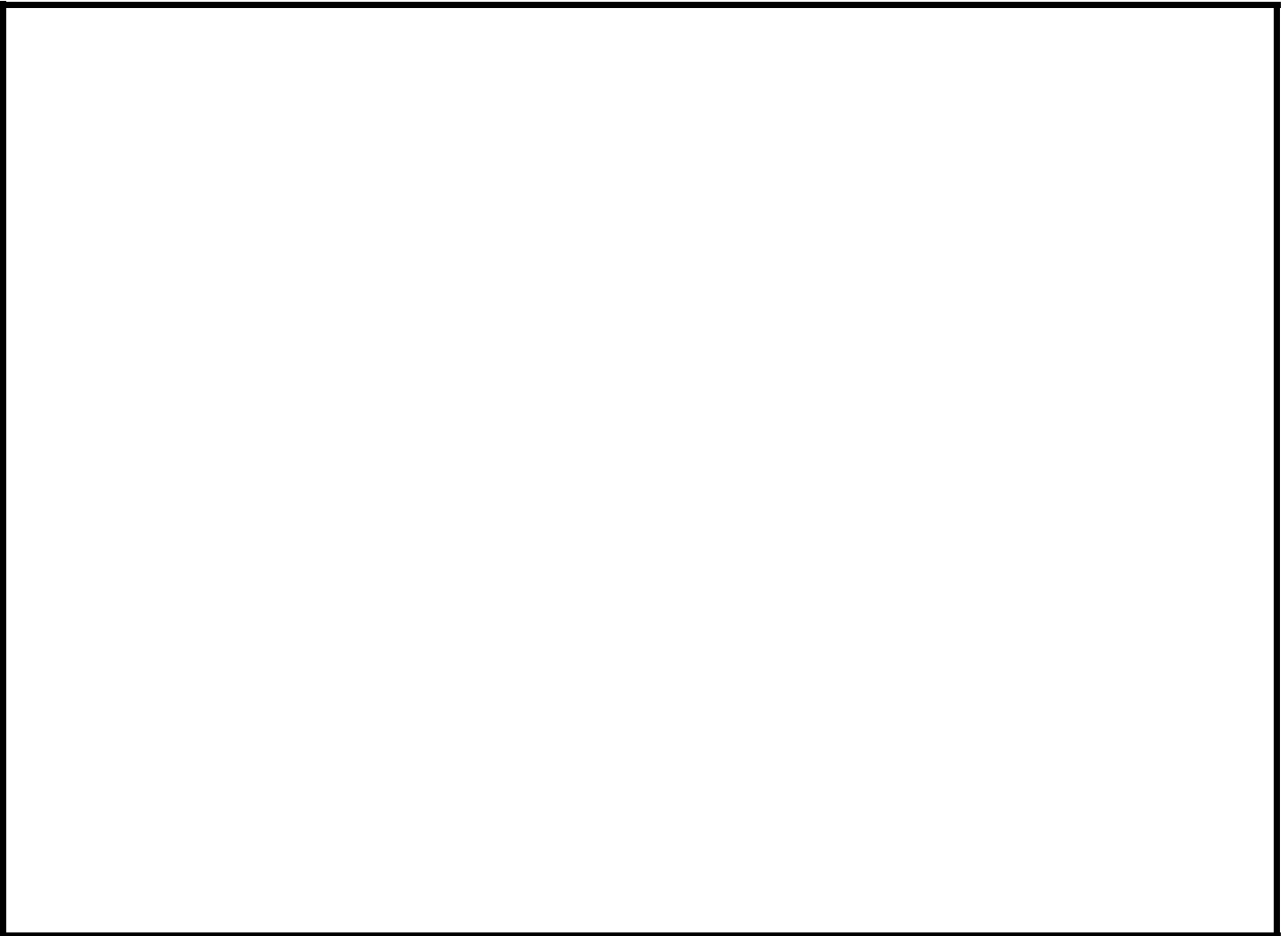
Diagram:



Chopstick Relay

- Equipment:**
- 4 Noodles
 - 2 Gator Balls
 - 3 Cones
- Object:** To be the first back to the starting line
- How it works:** The students will race 2 at a time keeping the ball off the ground with the two noodles (like chopsticks), run around the cone, and then back to the starting line.
- Scoring Levels:** Students can complete 1 level for every race they win. **Students can complete a maximum of 3 levels for this event.**

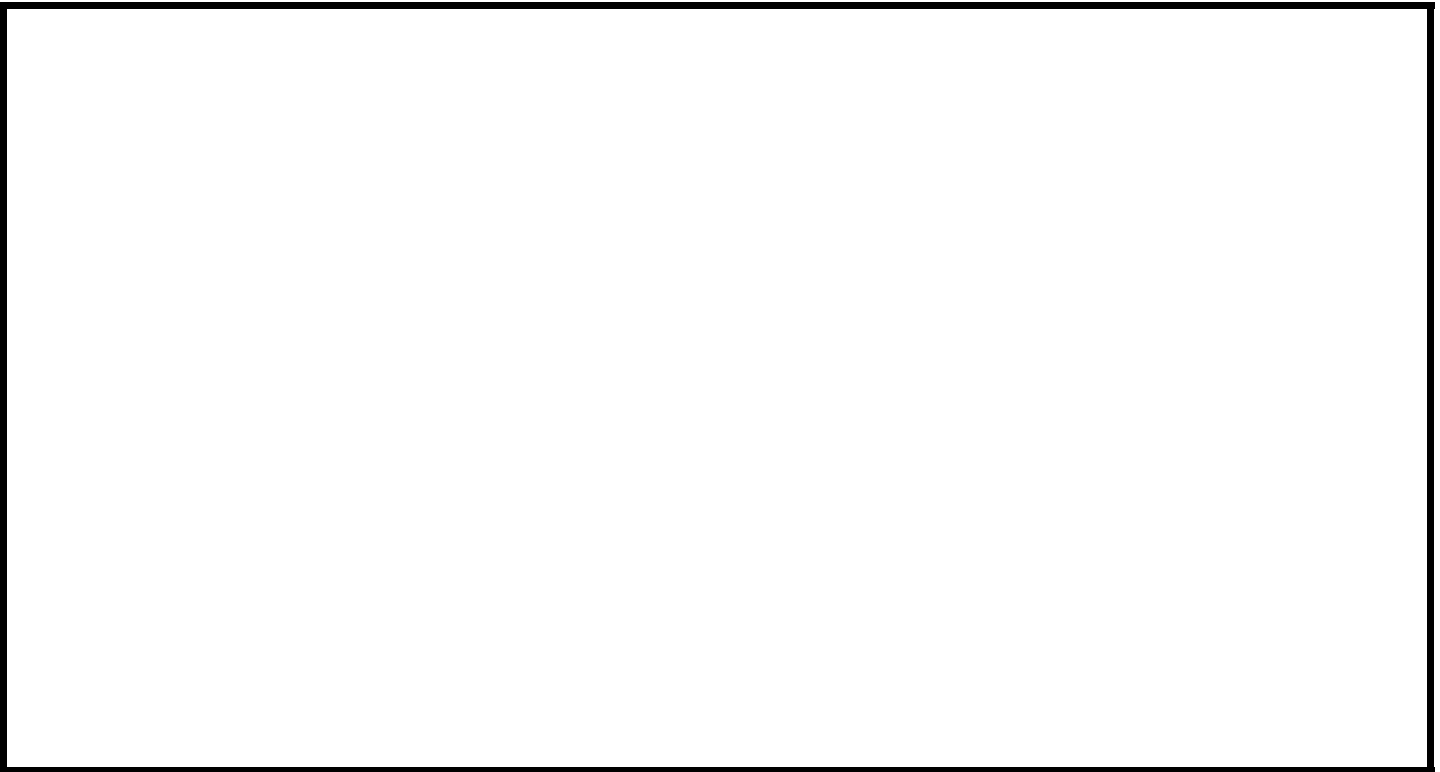
Diagram:



Clothes Race

- Equipment:**
- 2 Large Pairs of Pants
 - 2 Large Shirts
 - 2 Noodles
 - 1 Cone
- Object:** To be the first back to the starting line.
- How it works:** The students will start by spinning around the noodle 5 times, then they will race to the big pair of pants and put them on, then they will
- Scoring Levels:** Students can complete 1 level for every race they win. **Students can earn a maximum of 3 Jelly Beans for this event.**

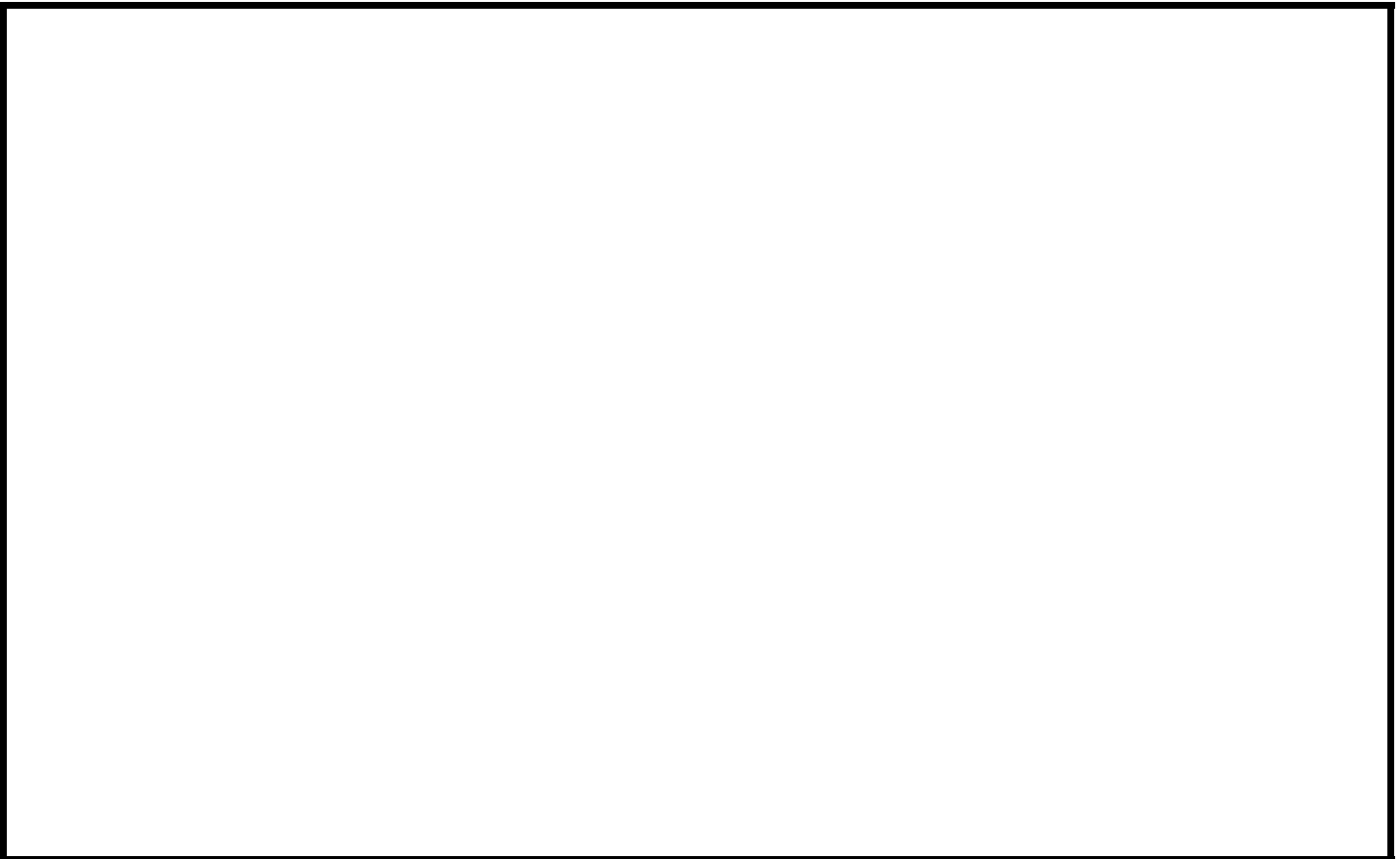
Diagram:



Bump

Equipment:	8 Volleyballs 4 Medium Cones 1 Large Cone
Object:	to keep the volleyball up in the air by using the bump (forearm pass)
How it works:	The students will try to use the Bump pass to keep the volleyball up in the air as many time as possible.
Scoring Levels:	<p>The Primary students can complete 1 level for doing 2 consecutive bumps, 2 levels for 4 consecutive bumps, and 3levels for 8 consecutive bumps.</p> <p>The Intermediate students can complete 1level for 3 consecutive bumps, 2 levels for 6 consecutive bumps, and 3 levels for 10 consecutive bumps. Students can complete a maximum of 3 levels for this event.</p>

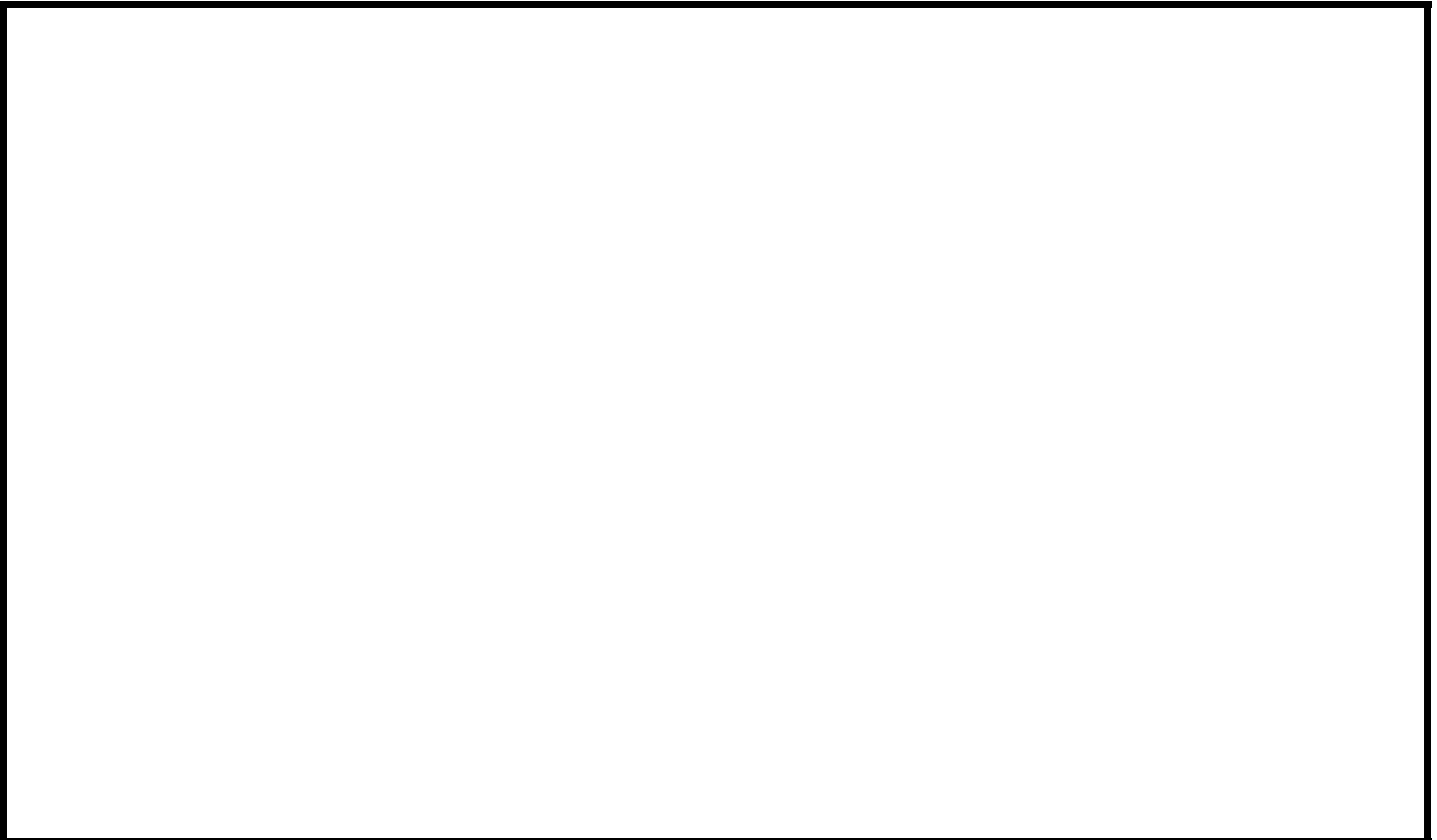
Diagram:



Fastest Hands in the West

- Equipment:**
- 1 Table
 - 2 Cup Stacks
 - 2 Medium Cones
- Object:**
- To "upstack" and then "downstack" the cups faster than the other person.
- How it works:**
- 2 at a time, the students will run to the table and then compete against each other by correctly upstacking the cups and then correctly downstacking the cups. **See Cupstacking Handout.**
- Scoring Levels:**
- Primary students can complete 1 level for winning each race using the 3-3 stack.
- Intermediate students can complete 1 level for winning each race using the 6 stack. **Students can earn a maximum of 3 levels for this event.**

Diagram:



Gator Target Throw

Equipment:

- 1 Table
- 6 Gator Skin Balls
- 12 Bowling Pins
- 2 Medium Cones

Object:

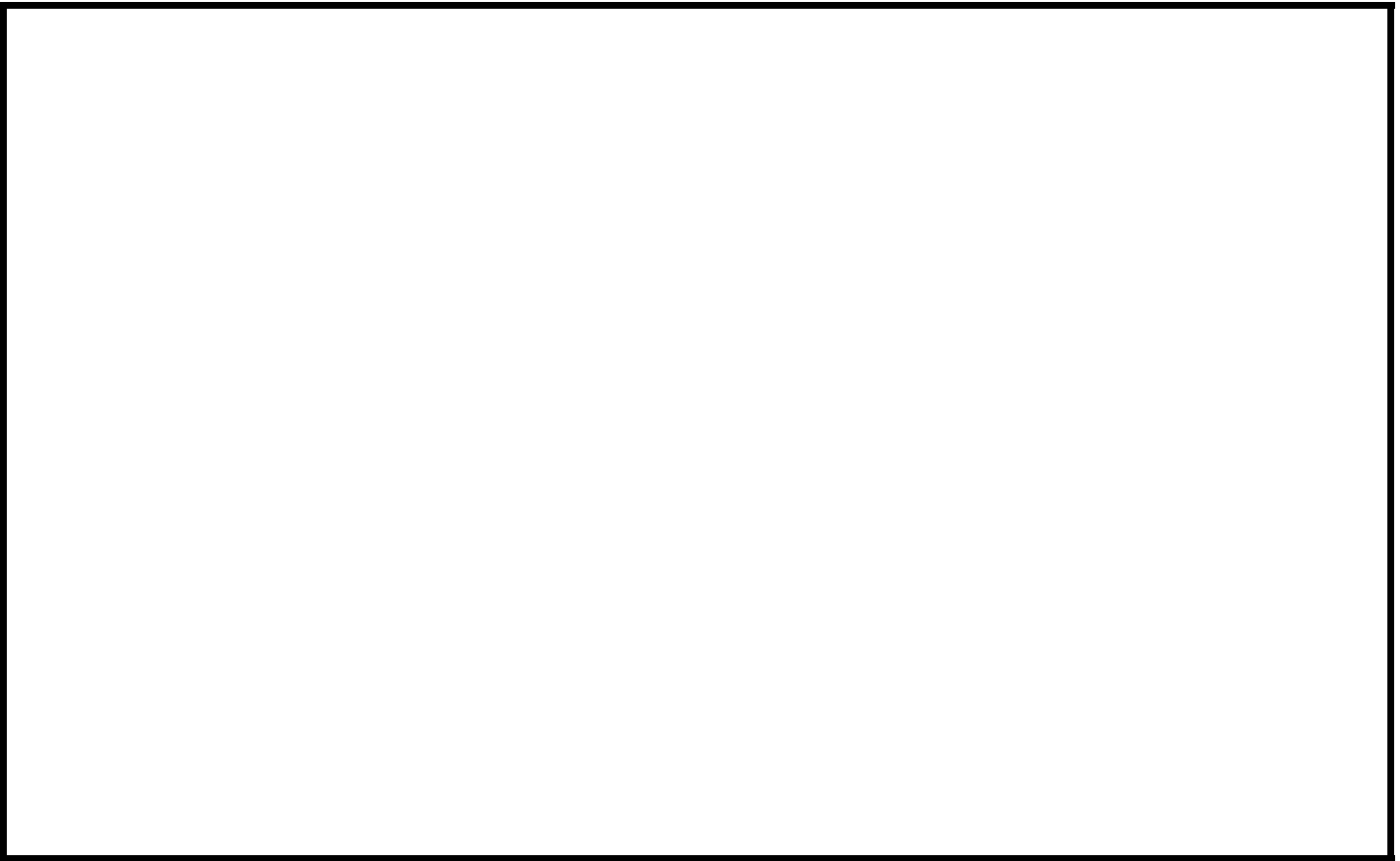
To knock over all your bowling pins in fewer throws than the other person.

How it works:

The Primary students will get 3 gator balls to throw at the bowling pins. The student that knocks down the most pins with the fewest throws wins the challenge. The Intermediate students will get 2 gator balls to throw at the bowling pins. Same as primary.

Jelly Beans:

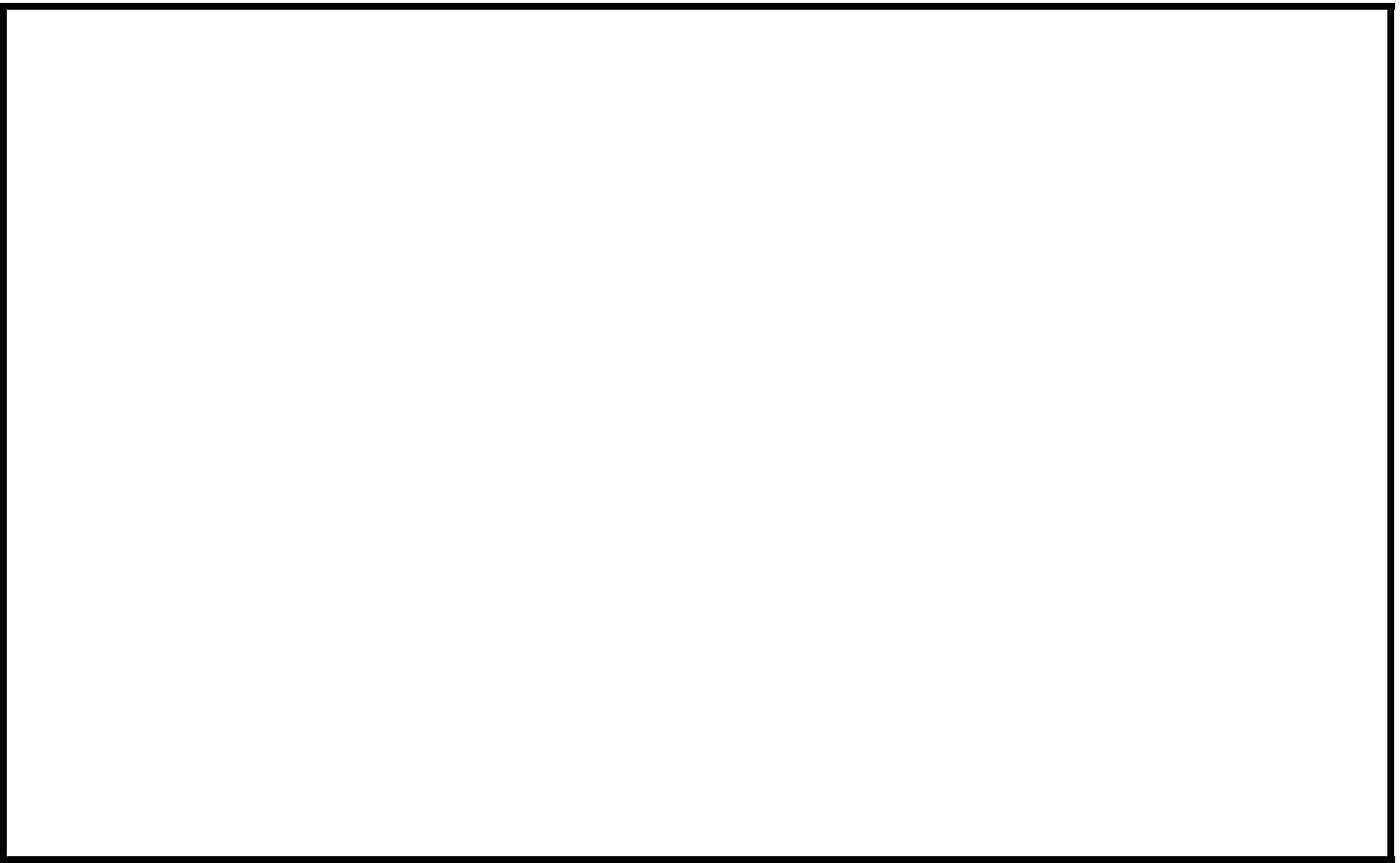
Students can earn 1 Jelly Bean for each win. **Students can earn a maximum of 3 Jelly Beans for this event.**

Diagram:

Hockey Shot

Equipment:	2 Hockey Goals
	4 Hockey Sticks (2 large, 2 small)
	6 Medium Cones
	4 Hockey Balls
	1 Large Cones
Object:	To dribble the hockey ball through the cones and shoot the ball into the goal before the other person.
How it works:	2 students will race at the same time. Primary students will get a small stick and ball. When you say go, the students will dribble the ball, weaving through the 3 cones and then shoot into the goal. First one to score wins the race. Intermediate is the same except they will use the large sticks.
Scoring Levels:	Students can complete 1 level for every race they win. Students can complete a maximum of 3 levels for this event.

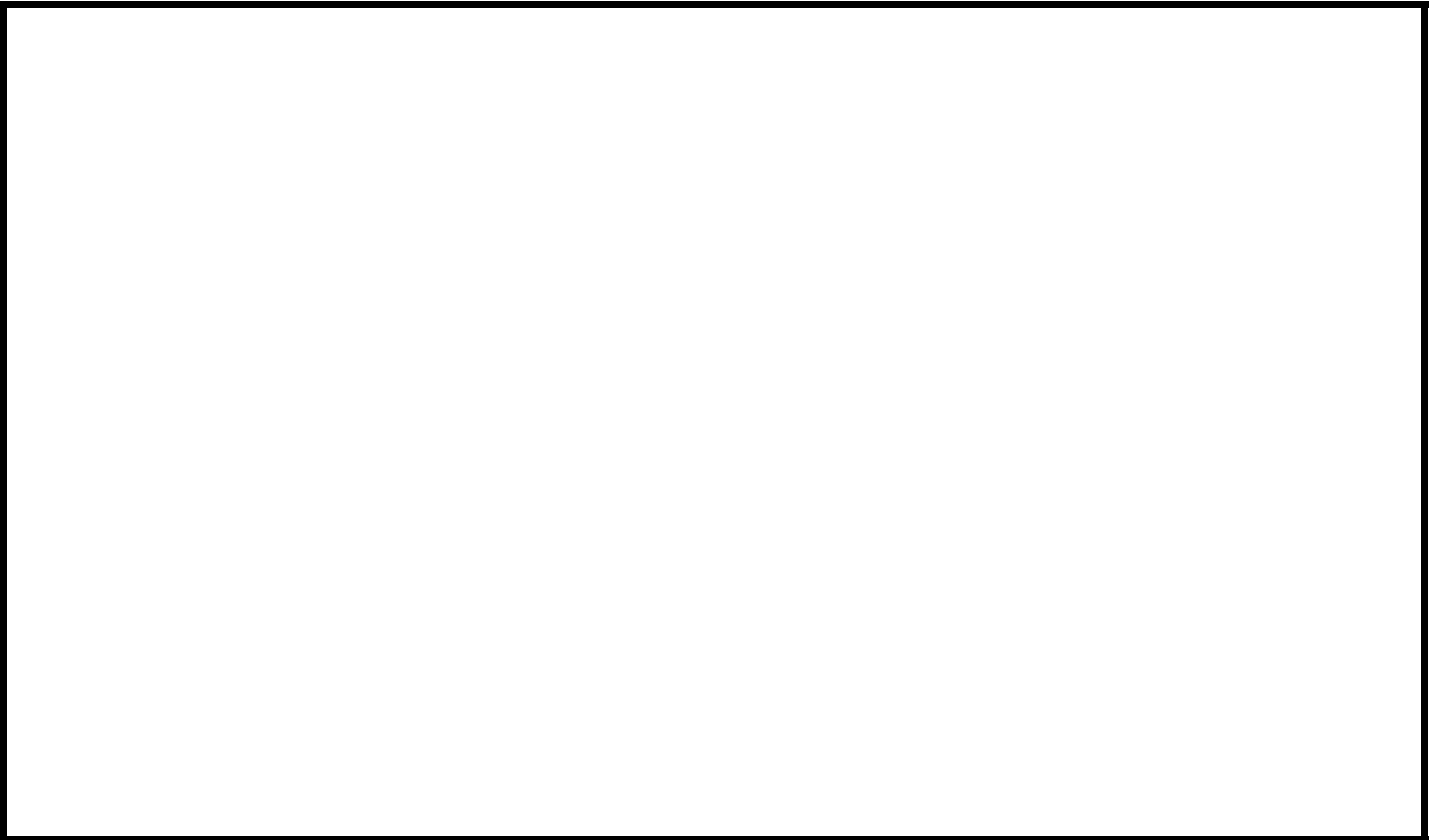
Diagram:



Hula Contest

- Equipment:**
- 9 Hula Hoops
 - 4 Medium Cones
 - 1 Large Cone
- Object:** To hula hoop longer than the other students.
- How it works:** 9 students will hula hoop around their waist at the same time.
- Scoring Levels:** The 3 student that hula hoops shortest amount of time complete 1 level, the next 3 (4-6) will complete level 2, and the last 3 students to stop (7-9) will complete level 3. **Students can complete a maximum of 3 levels for this event.**

Diagram:



Jelly Bean Jeopardy

Equipment:	Classroom with a computer and projector 1 Cone
Object:	To correctly answer the question.
How it works:	The game will be set up on a computer and projector using PowerPoint. The Students will select their grade level and a number. The volunteer will then ask the question that corresponds with that combination. Students will have 2 guesses to answer the question.
Scoring Levels:	Students can complete 1 level for each correct answer. Students can complete a maximum of 3 levels for this event.

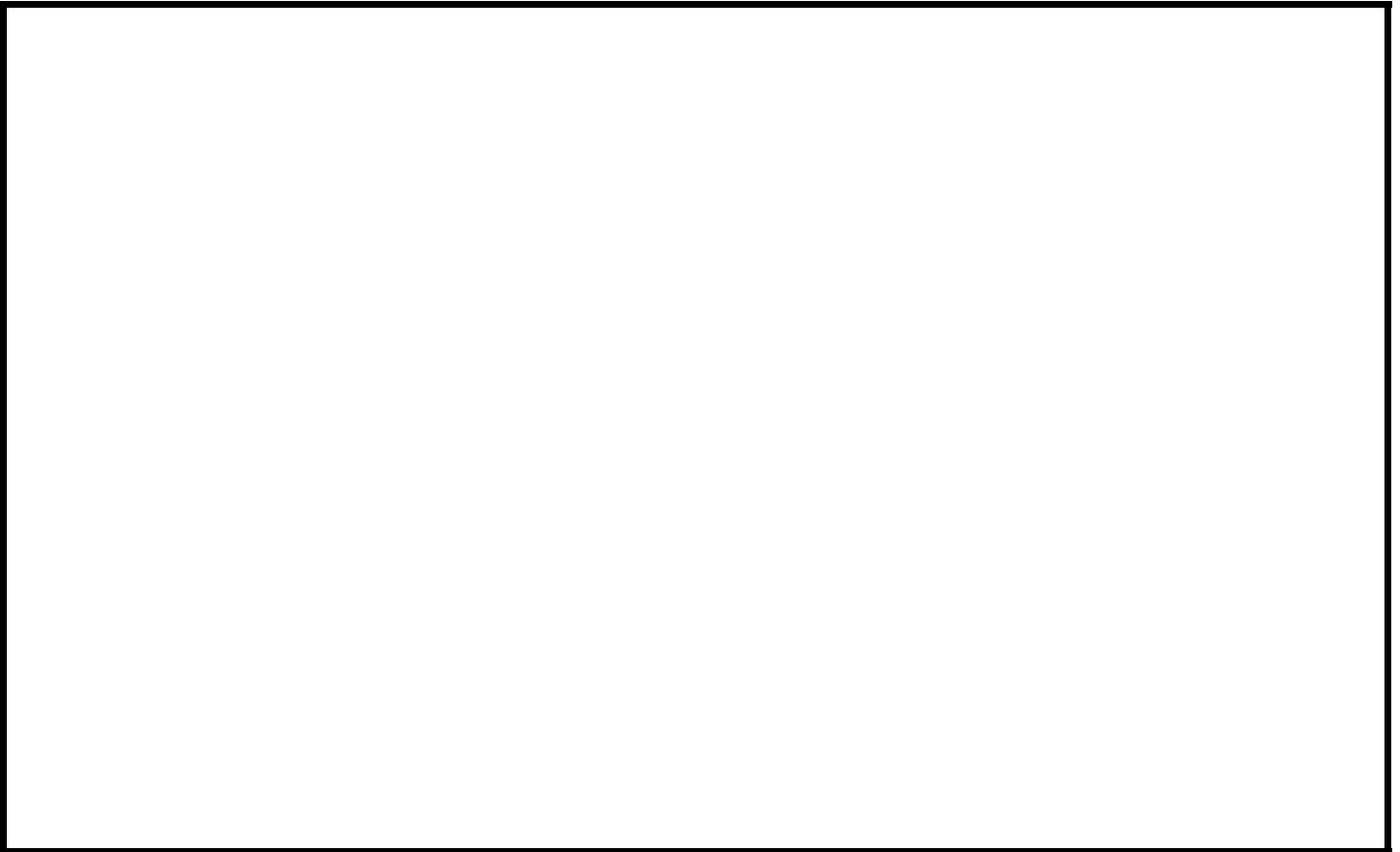
Diagram:



Jump Rope

- Equipment:**
- 9 Jump Ropes
 - 4 Medium Cones
 - 1 Large Cone
- Object:** To jump rope longer than the other students.
- How it works:** 9 students will jump rope at the same time.
- Scoring Levels:** The 3 student that jump rope shortest amount of time complete 1 level, the next 3 (4-6) will complete level 2, and the last 3 students to stop (7-9) will complete level 3. **Students can complete a maximum of 3 levels for this event.**

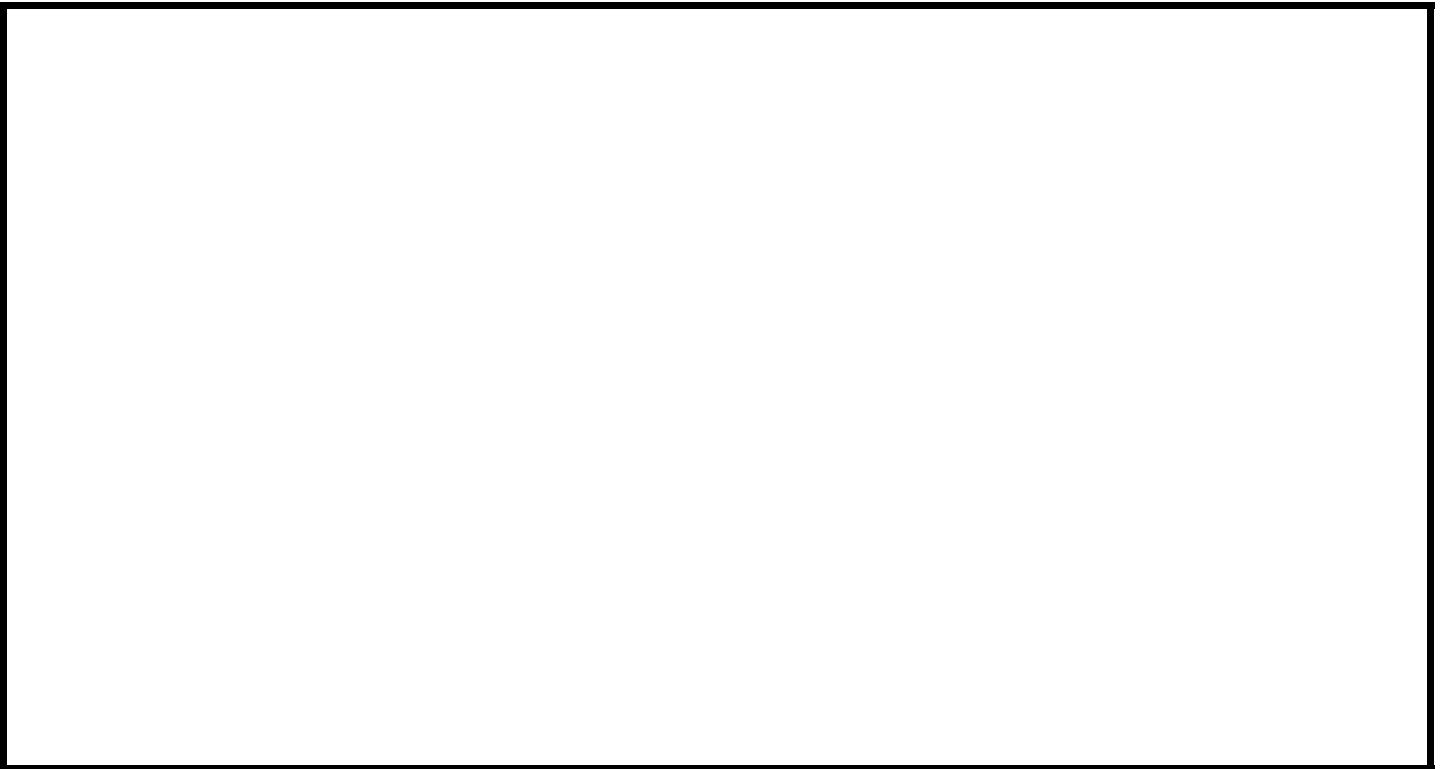
Diagram:



Kangaroo Relay

- Equipment:** 6 Hoppity Hops (2 yellow, 2 Red, 2 blue)
1 Cone
- Object:** To be the first student back to the starting line.
- How it works:** Students will hoppity hop down, around the cone, and back to the starting line.
- Scoring Levels:** Students can complete 1 level for every race they win. **Students can complete a maximum of 3 levels for this event.**

Diagram:



Leap Frog Relay

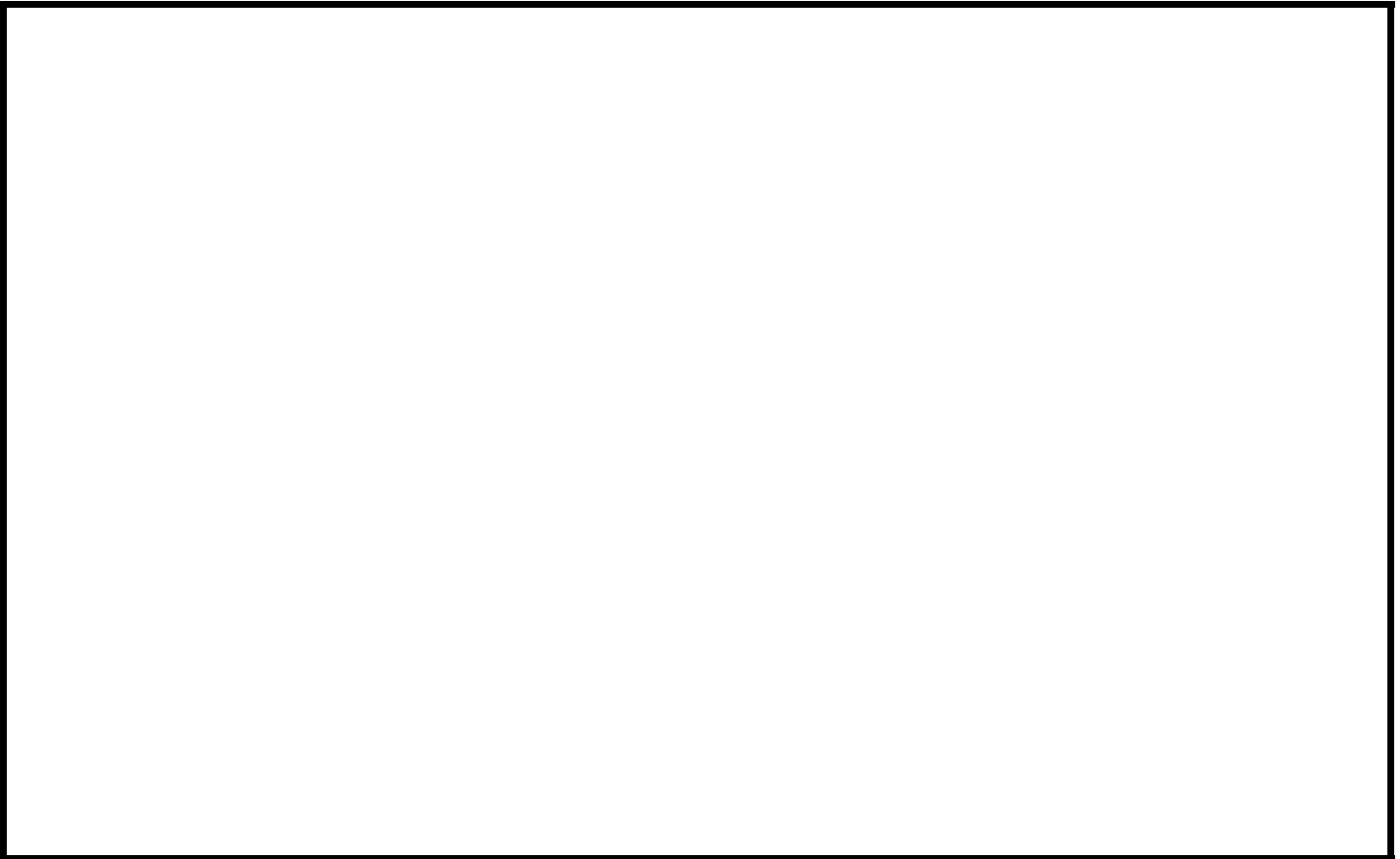
Equipment: 2 Cones

Object: To be the first set of partners back to the starting line.

How it works: The students will need to have a partner for this event. They will race 2 sets of partners at a time. The first partner from each group will run a few steps and then squat down like a frog. The second partner will then run and leap over the first partner by gently placing their hands on partner 1's back and leaping over them. they will continue this process taking turns going around the cone and back.

Scoring Levels: Students can earn 1 Jelly Bean for every race they win. **Students can earn a maximum of 3 Jelly Beans for this event.**

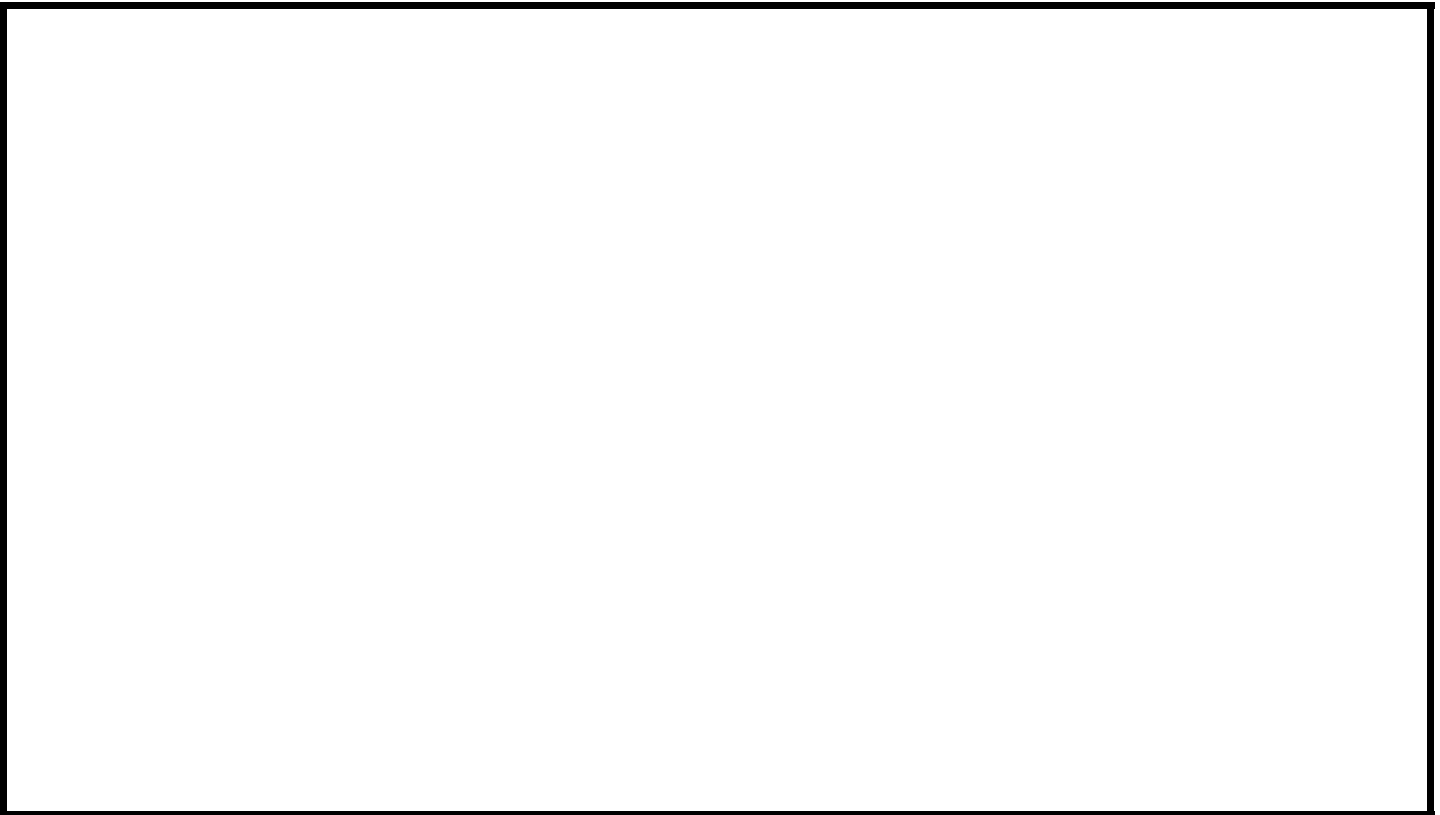
Diagram:



Mountain Climber

- Equipment:**
- 1 Large Cone
 - 1 Rock Wall
- Object:** To climb the rock wall from left to right making it all the way across.
- How it works:** The students will climb the rock wall starting on the far left side (Intermediate) or middle of the wall (Primary) and make their way across.
- Scoring Levels:** Primary students will need to climb using 4 different hand holds to complete level 1, 6 different hand holds to complete level 2, and must climb all the way to the right side to complete level 3. Intermediate students will need to climb using 6 different hand holds to complete level 1, halfway across to complete level 2, and all the way across the wall to complete level 3. **Students can complete a maximum of 3 levels for this event.**

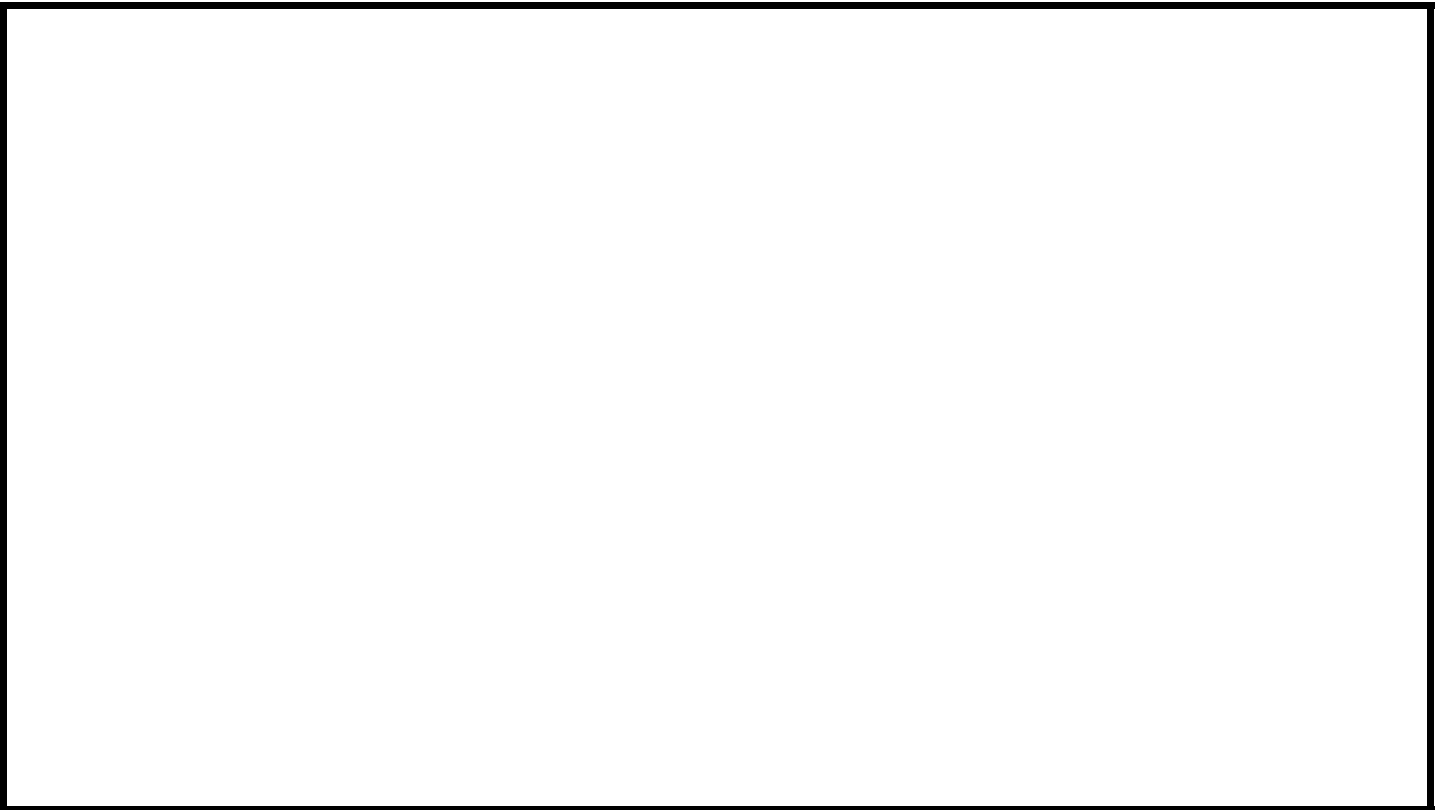
Diagram:



Olympic Torch

Equipment:	2 Plungers
	2 Gator Balls
	3 Cones
Object:	To be the first one back to the starting line with the ball balanced on top of the plunger
How it works:	When you say go, the students will run down and around their cone while holding the plunger as if it were a torch with a ball on top. They are not allowed to hold the ball with their hands (other hand should be behind their back).
Scoring Levels:	Students can complete 1 level for every race they win. Students can complete a maximum of 3 levels for this event.

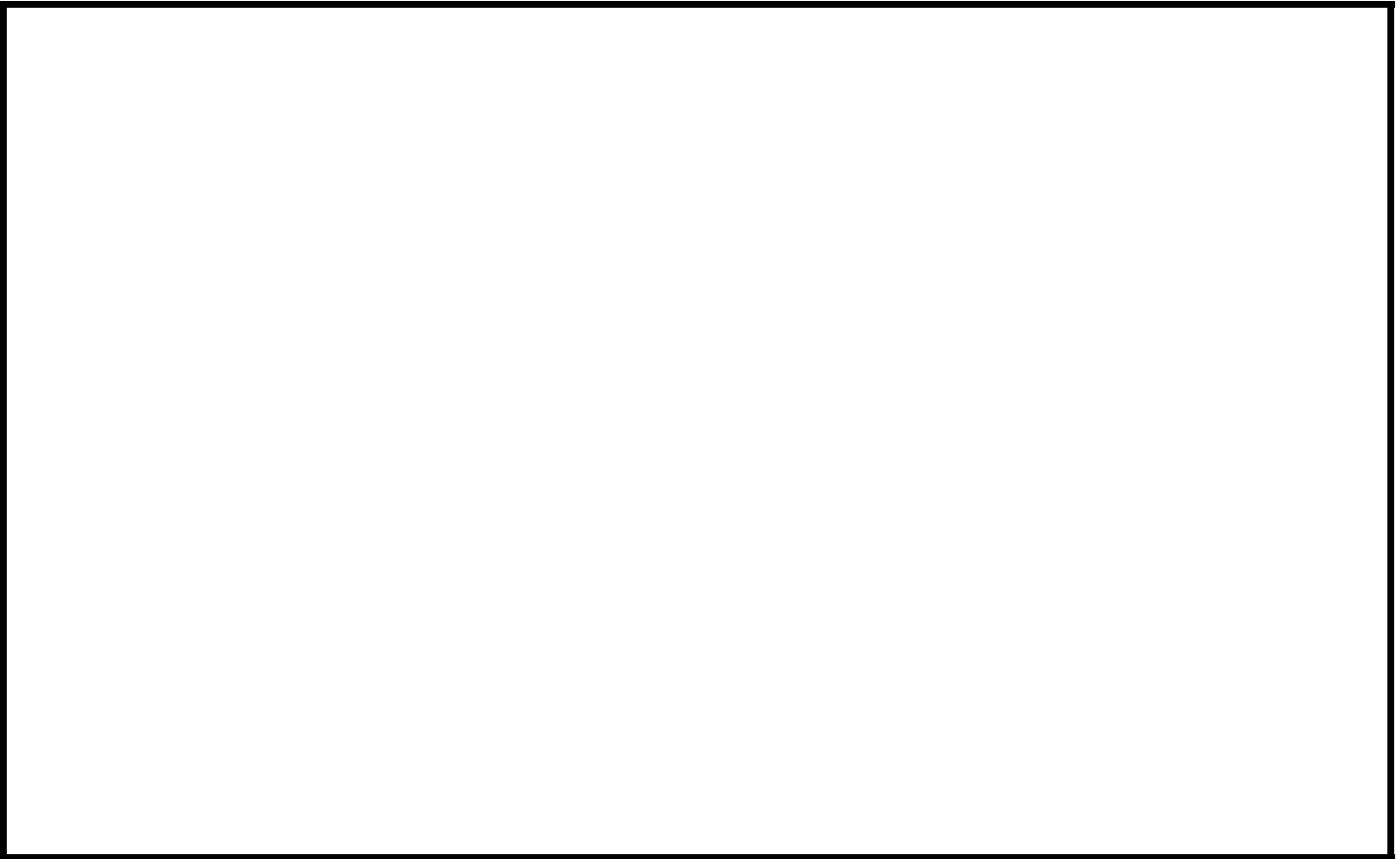
Diagram:



Pogo Stick

- Equipment:**
- 4 Pogo Sticks
 - 1 Cone
 - 4 Medium Cones
- Object:** To bounce as many times as possible to complete more levels.
- How it works:** Students will use a pogo stick to jump in succession without letting their feet touch the ground. Each student is allowed 3 attempts.
- Scoring Levels:**
- Primary students can complete 1 level for 1 successful bounce, 2 levels for 2 consecutive bounces, and 3 levels for 10 or more consecutive bounces.
- Intermediate students can complete 1 level for 2 consecutive bounces, 2 levels for 8 consecutive bounces, and 3 levels for at least 12 consecutive bounces. **Students can complete a maximum of 3 levels for this event.**

Diagram:



Putt-Putt

Equipment:

- 1 Putter
- 2 Golf Balls
- 1 Golf hole/Dust Pan
- 3 Noodles
- Aerobic Steps

Object:

To putt the golf ball into the hole using as few strokes as possible.

How it works:

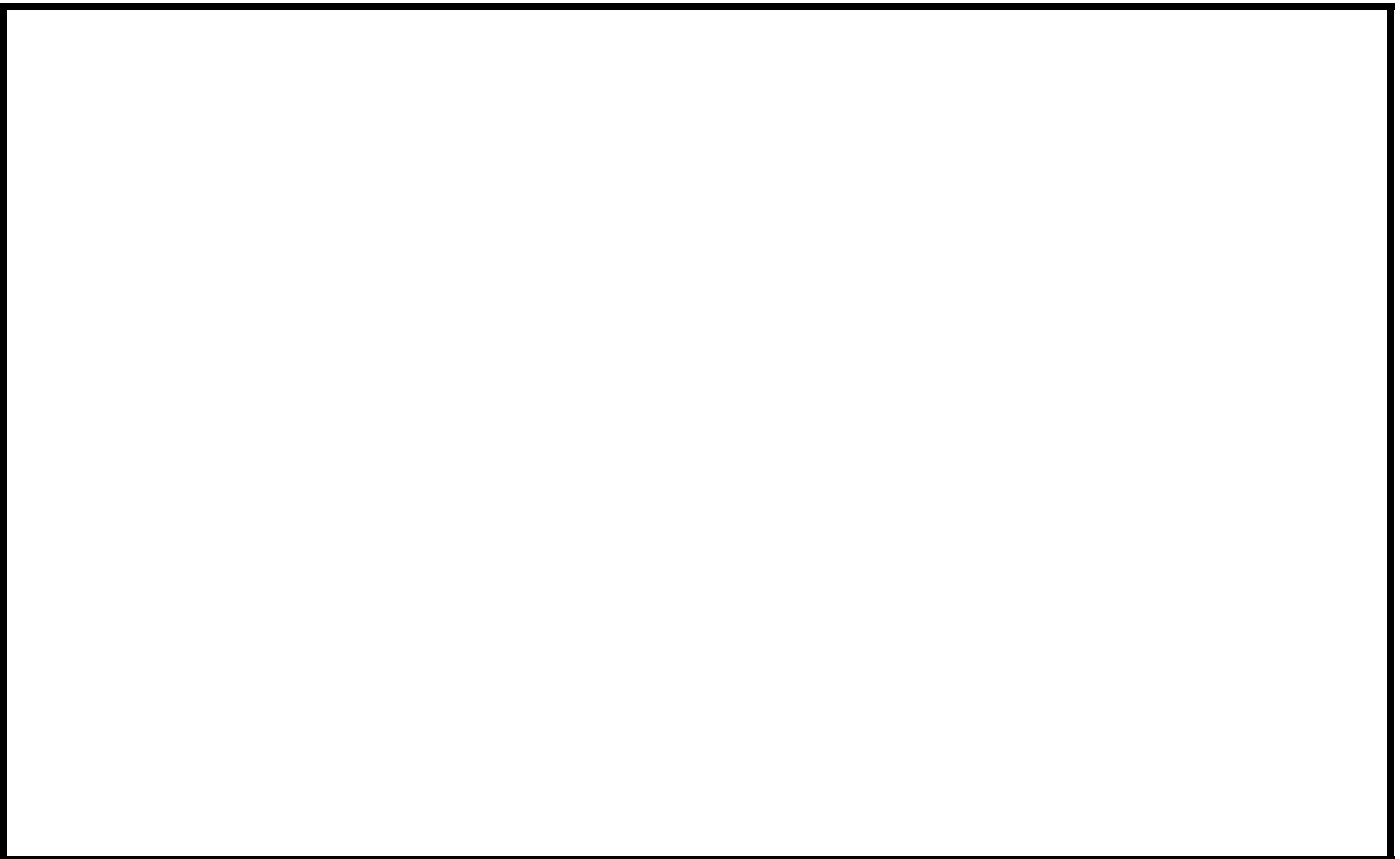
Students will start in the hallway by the staff bathrooms. They will gently putt the ball around the corner and down the hill into the hole.

Scoring Levels:

Primary students can complete 1 level for making the ball into the hole, 2 levels for using 5 strokes or less, and 3 levels for using 3 strokes or less.

Intermediate students can complete 1 level for using 5 strokes or less, 2 Jelly Beans levels for using 2 strokes or less, and 3 levels for a hole-in-1. **Students can complete a maximum of 3 levels for this event.**

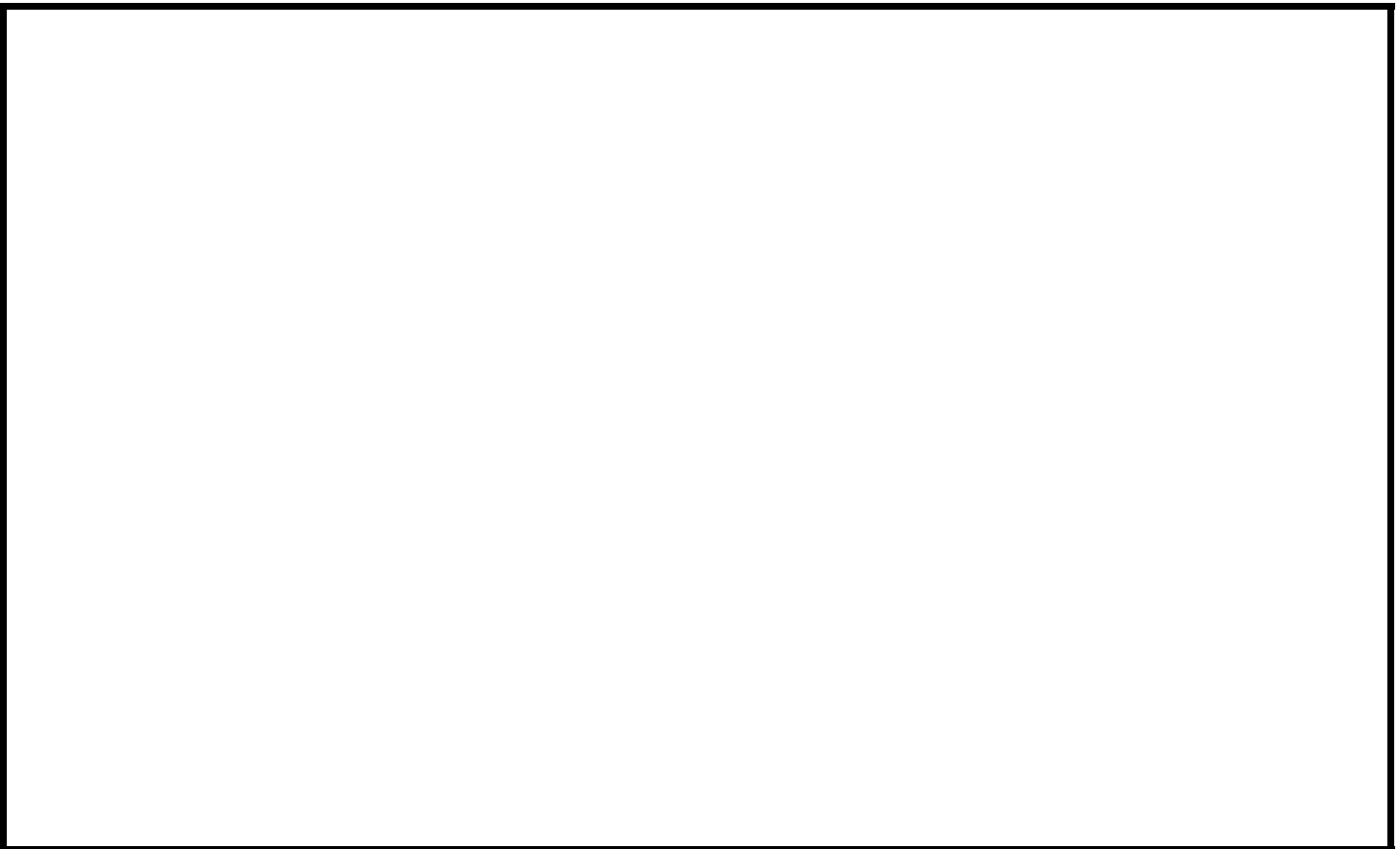
Diagram:



Ring Toss

Equipment:	1 Cone 3 Ring Toss Stands 3 Rings
Object:	To make all 3 rings around the ring stands
How it works:	The students will get 3 rings to toss underneath and have them land around the ring stand. Kind of like horseshoes
Scoring Levels:	<p><u>Primary</u> students can complete 1 level for each ring that lands around the ring stand.</p> <p><u>Intermediate</u> students can complete 1 level for 1 ring around the stand, 2levels for 2 rings around 2 stands, and 3 levels for a ring around each of the 3 stands. Students can complete a maximum of 3 levels for this event.</p>

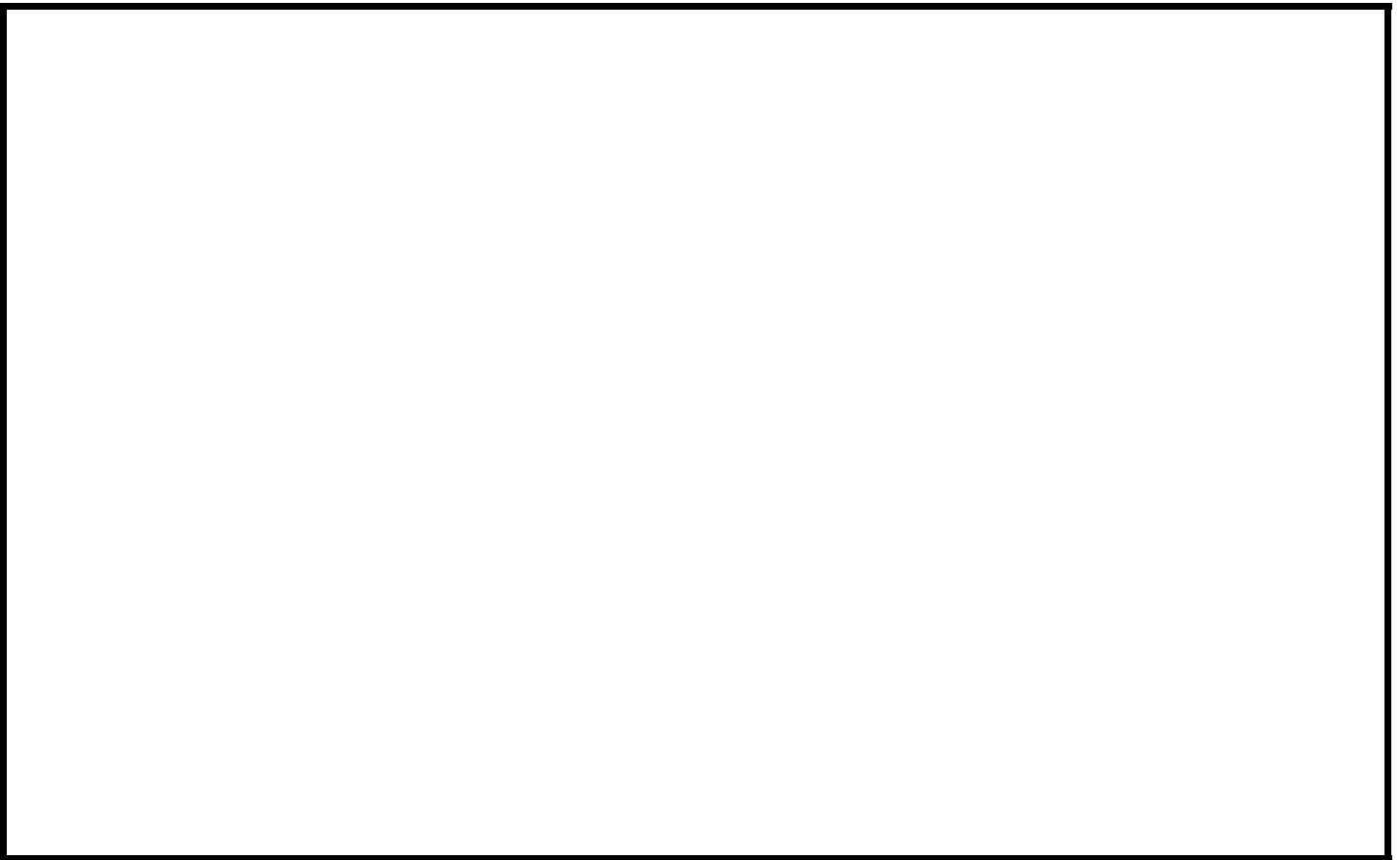
Diagram:



Sack Races

- Equipment:** 8 Potato Sacks
3 Cones
- Object:** To be the first student back to the starting line.
- How it works:** when you say go, the students will place both feet into the potato sack and hop down around the cone and back.
- Scoring Levels:** Students can complete 1 level for every race they win. **Students can complete a maximum of 3 levels for this event.**

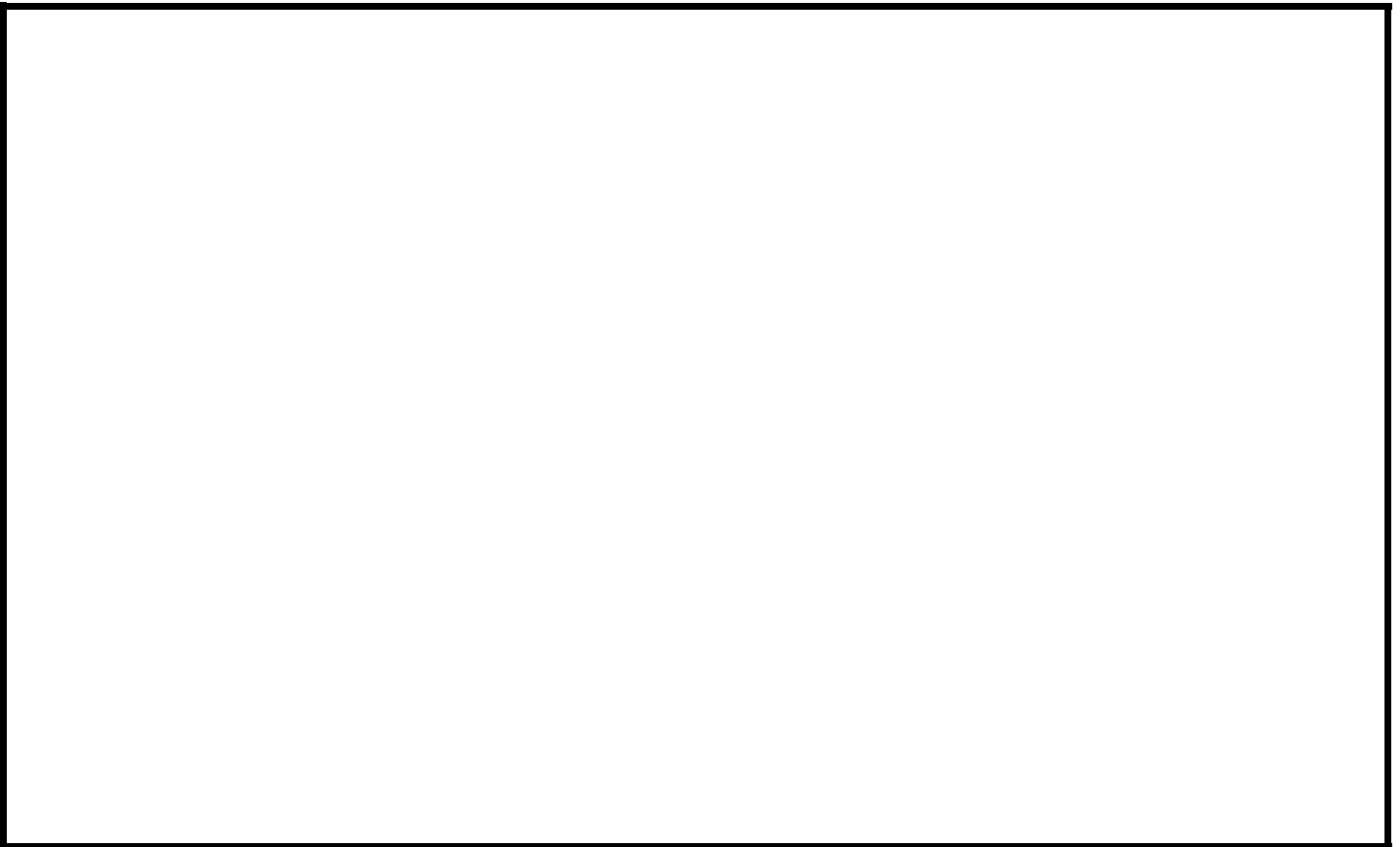
Diagram:



Scooter Races

- Equipment:** 2 Scooters
3 Cones
- Object:** To scoot around the cone and back with the partner pushing.
- How it works:** The students will need to be in partners for this one. First partner will sit on the scooter and when you say go, the other partner will push the one on the scooter to the cone. At the cone, the partners will switch and come back to the starting line.
- Scoring Levels:** Students can Complete 1 level for every race they win. **Students can complete a maximum of 3 levels for this event.**

Diagram:



Shoe Kick

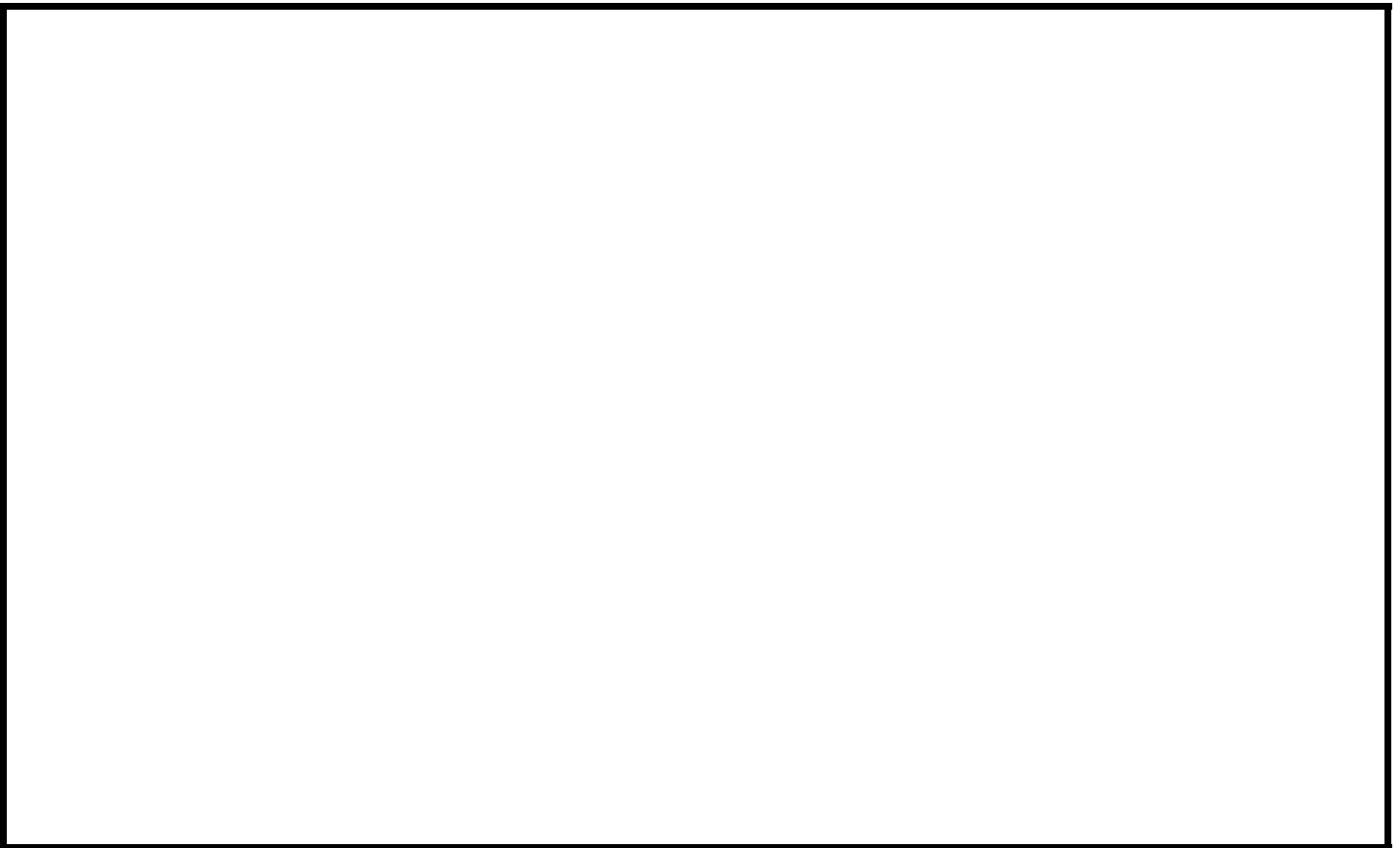
Equipment: 4 Cones

Object: To kick your shoe as far as possible to earn more Jelly Beans.

How it works: Up to 4 at a time, students will attempt to kick their shoe off their foot as far as they can.

Jelly Beans: Students can earn 1 Jelly Bean for a shoe that goes past the first painted line, 2 Jelly Beans for going past the second painted line, and 3 Jelly Beans for going past the third painted line. **Students can earn a maximum of 3 Jelly Beans for this event.**

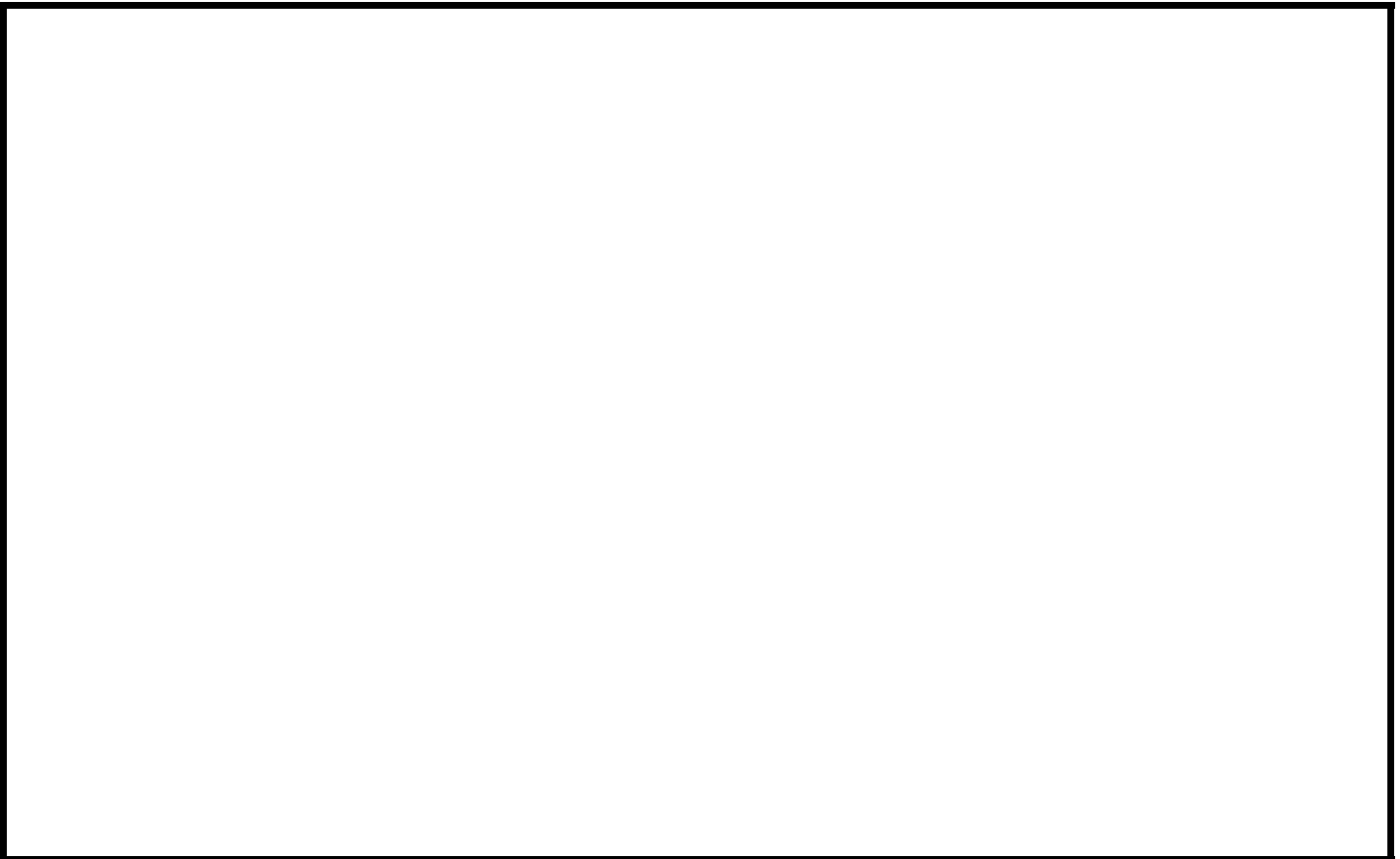
Diagram:



Soccer Bowling

- Equipment:**
- 6 Bowling Pins
 - 1 Soccer Ball
 - 1 Soccer Goal
 - 1 Cone
- Object:**
- To kick the soccer ball and knock over as many pins as possible.
- How it works:**
- Students will get 2 kicks to knock over as many pins as possible.
- Scoring Levels:**
- Primary students can complete level 1 for knocking down at least 1 pin, level 2 for 3 pins or more, and level 3 for knocking down all 6 pins.
- Intermediate students can complete level 1 for knocking down at least 3 pins, level 2 for 4 pins or more, and level 3 for knocking down all 6 pins.
- Students can complete a maximum of 3 levels for this event.**

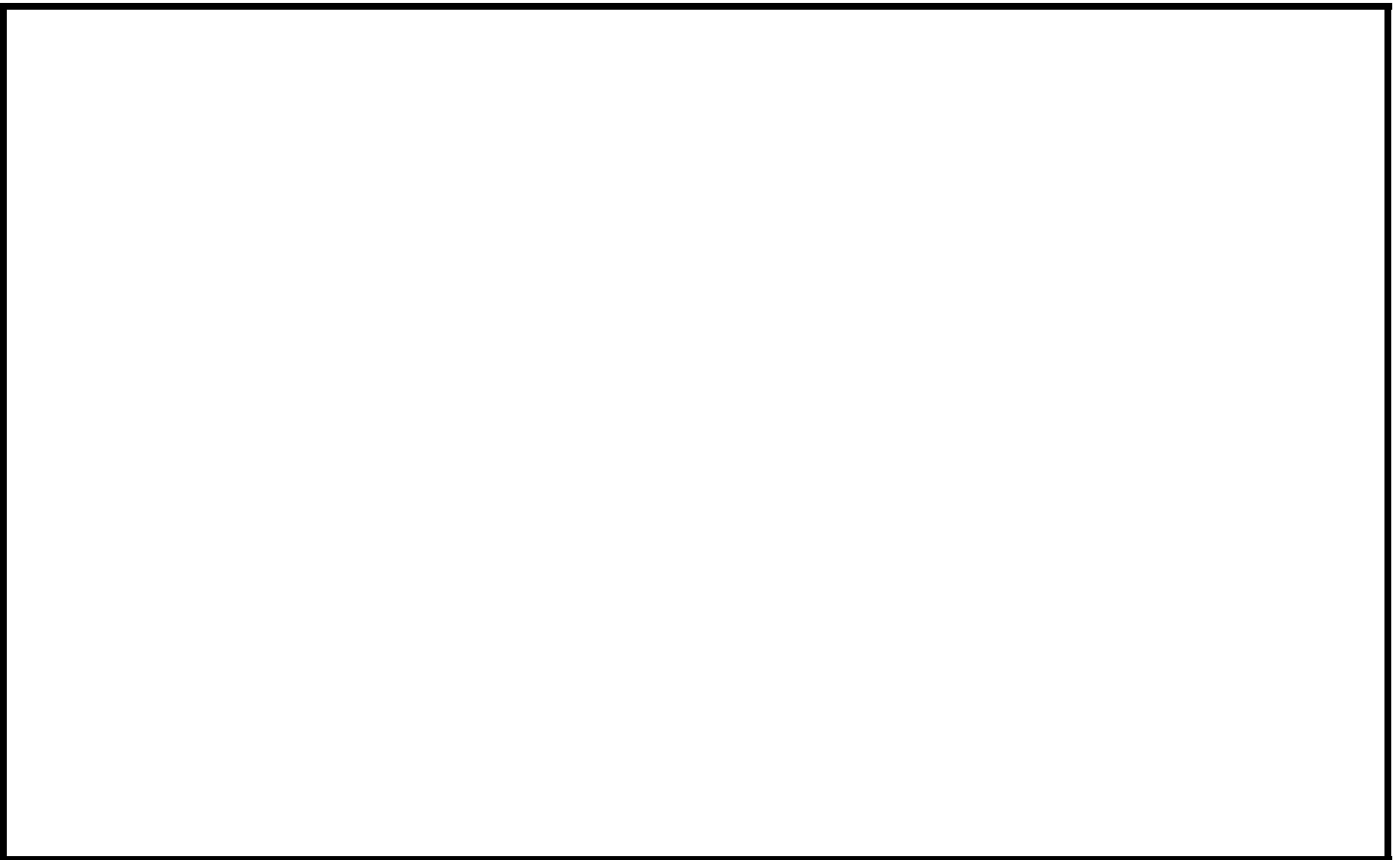
Diagram:



T-Ball Smash

Equipment:	3 T-Ball T's
	6 Whiffle Balls
	6 Baseball Bats
Object:	To hit the ball off the tee as far as possible.
How it works:	The students will get 2 chances to hit the ball as far as possible of the T-Ball Tee.
Scoring Levels:	<p><u>Primary</u> students can complete 1 level for hitting the ball off the tee, level 2 for hitting the ball past the first line, and level 3 for hitting the ball past the second line.</p> <p><u>Intermediate</u> students can complete 1 level for hitting the ball past the first line, level 2 for hitting the ball past the second line, and level 3 for hitting the ball past the third line. Students can complete a maximum of 3 levels for this event.</p>

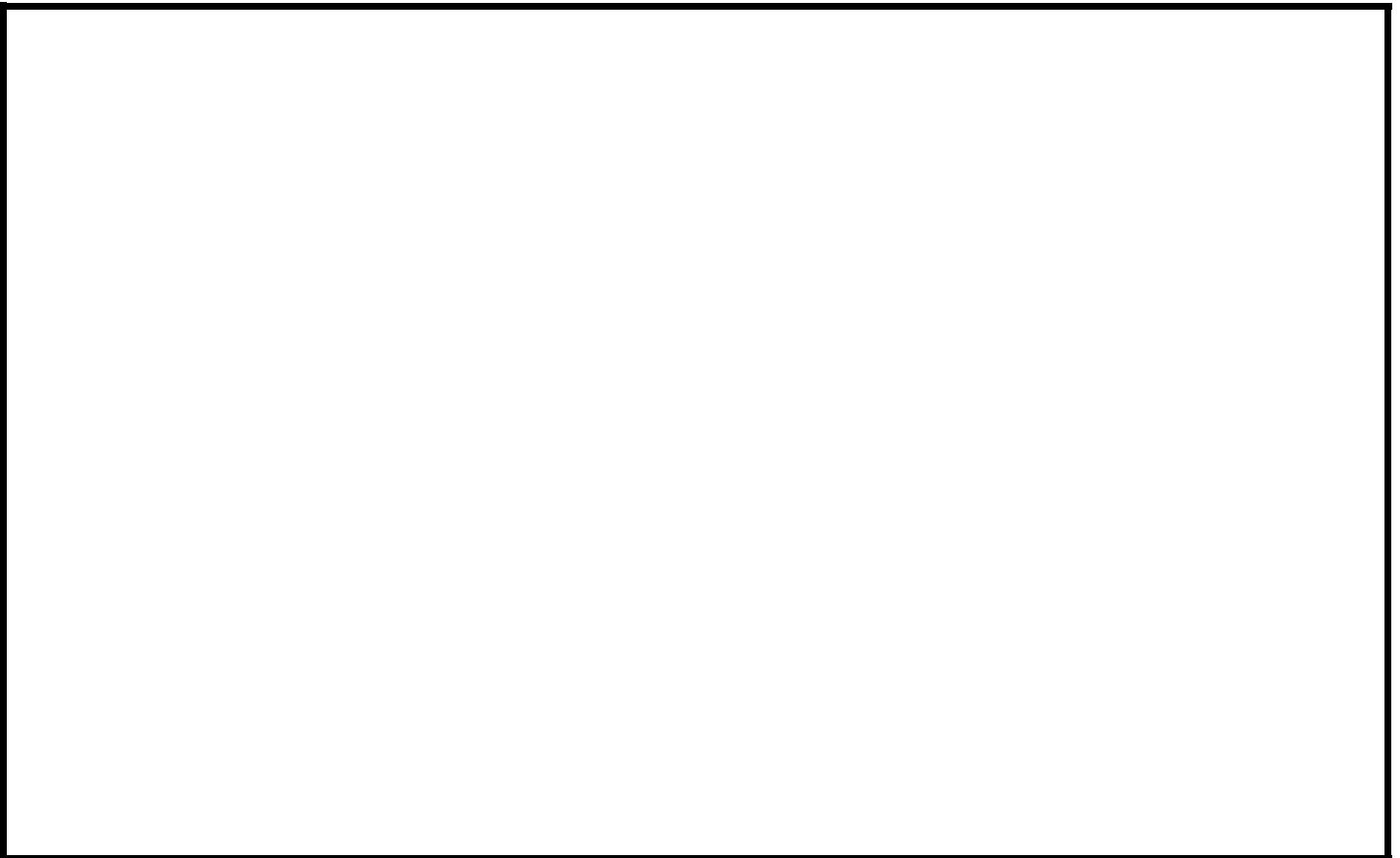
Diagram:



The Duel

Equipment:	1 Balance Beam - already in hallway
	1 Green Jump Rope
	2 Blue Gymnastics Mats - already in hallway
	2 Cones
Object:	To pull the other student off the balance beam before they pull you off.
How it works:	This event is tug-of-war except that they will have to balance on a balance beam while trying to pull the other person off. The winner is the person who stays on the beam the longest.
Scoring Levels:	Students can complete 1 level for each duel they win. Students can complete a maximum of 3 levels for this event.

Diagram:



The Flash

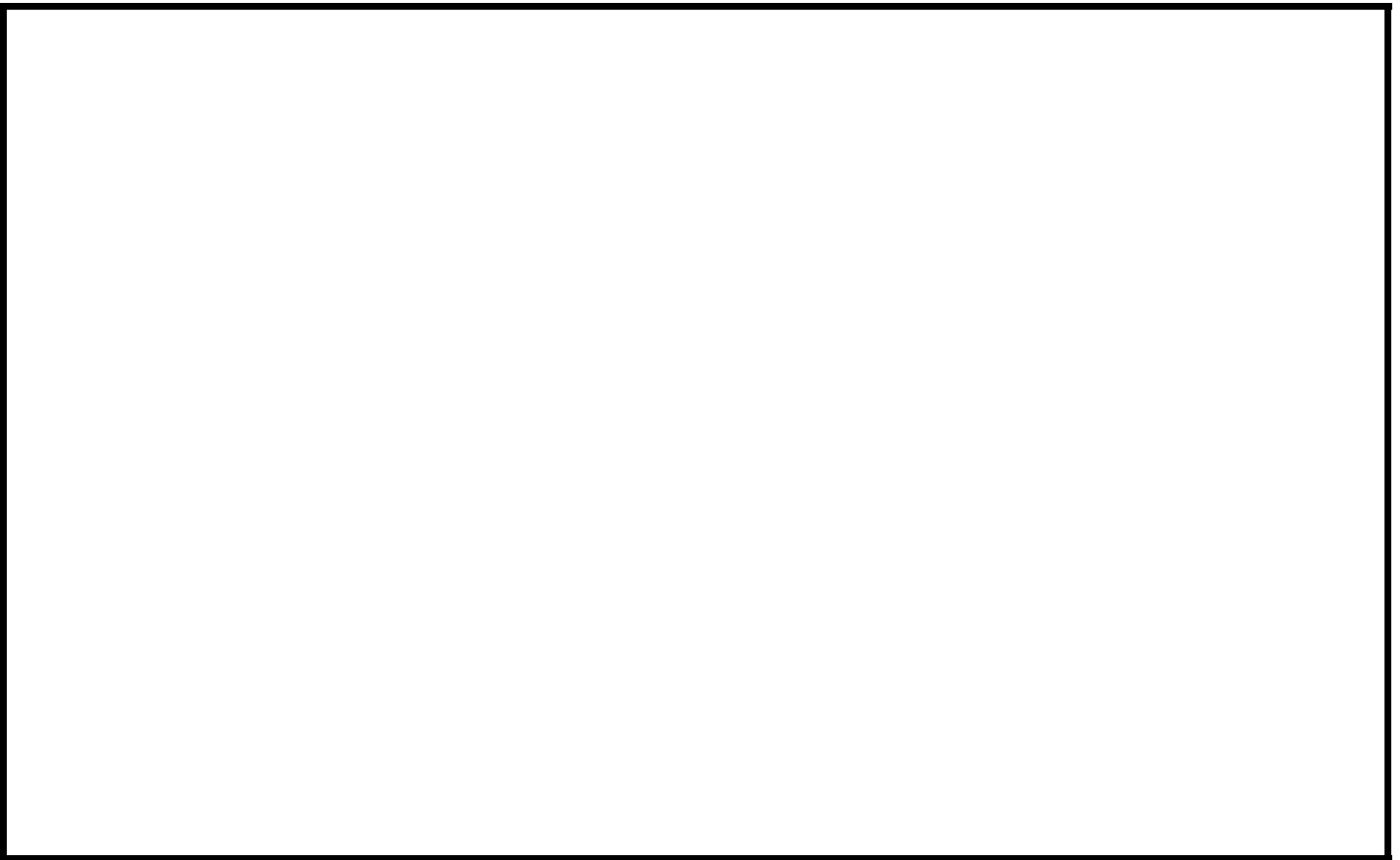
Equipment: 3 Cones

Object: To run faster than the other person.

How it works: Students will race 2 at a time for 50 yards. The winner will be the student who makes it to the finish line first.
Have the students race half way (25 yards), touch the cone and run back. First one back wins the race.

Scoring Levels: Students can complete 1 level for every race they win. **Students can complete a maximum of 3 levels for this event.**

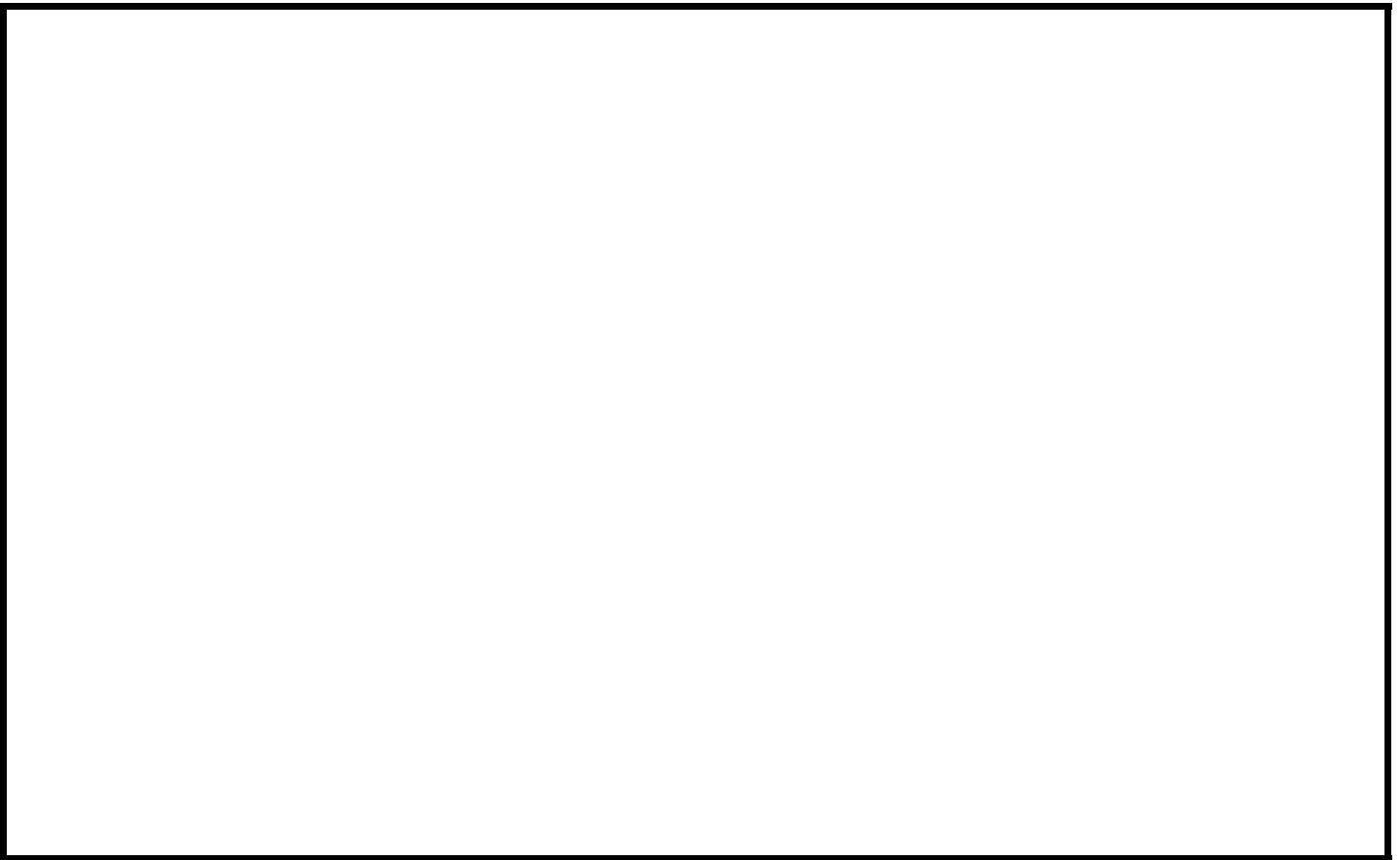
Diagram:



The Heisman

Equipment:	6 Footballs
	2 Hula Hoops
	2 Large Soccer Goals (already outside)
Object:	To throw all 3 footballs through the hula hoops.
How it works:	The students will get 3 footballs to throw through the hula hoops.
	The hula hoops will need to be tied to the top and both sides of the soccer goals.
Scoring Levels:	The students can complete 1 level for each football that goes through the hula hoop. Students can complete a maximum of 3 levels for this event.

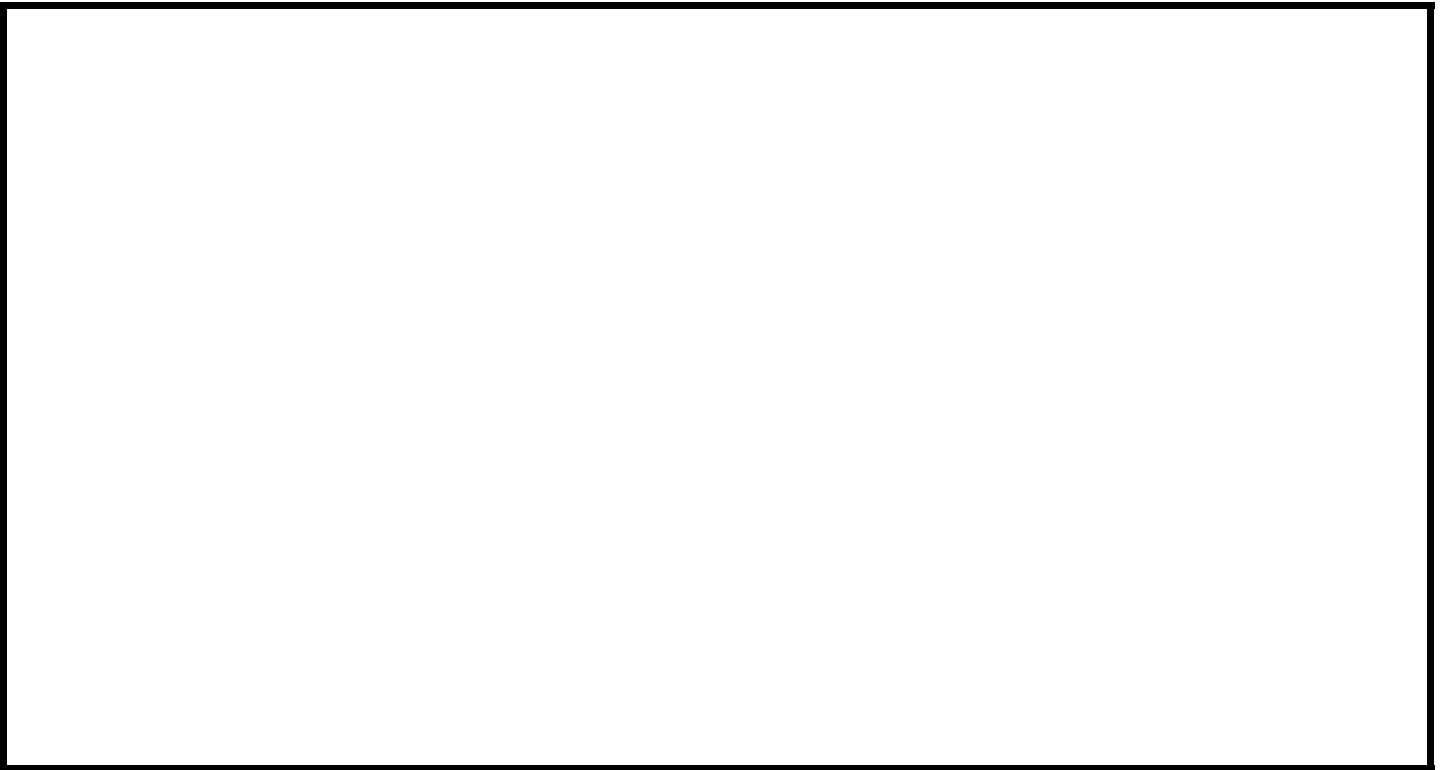
Diagram:



Tire Roll

- Equipment:**
- 2 Tires (already outside)
 - 3 Cones
- Object:** To be the first to push the tire around the cone and back
- How it works:** The students will race 2 at a time trying to be the first to roll the tire around the cone and back to the starting line.
- Scoring Levels:** Students can complete 1 level for every race they win. **Students can complete a maximum of 3 levels for this event.**

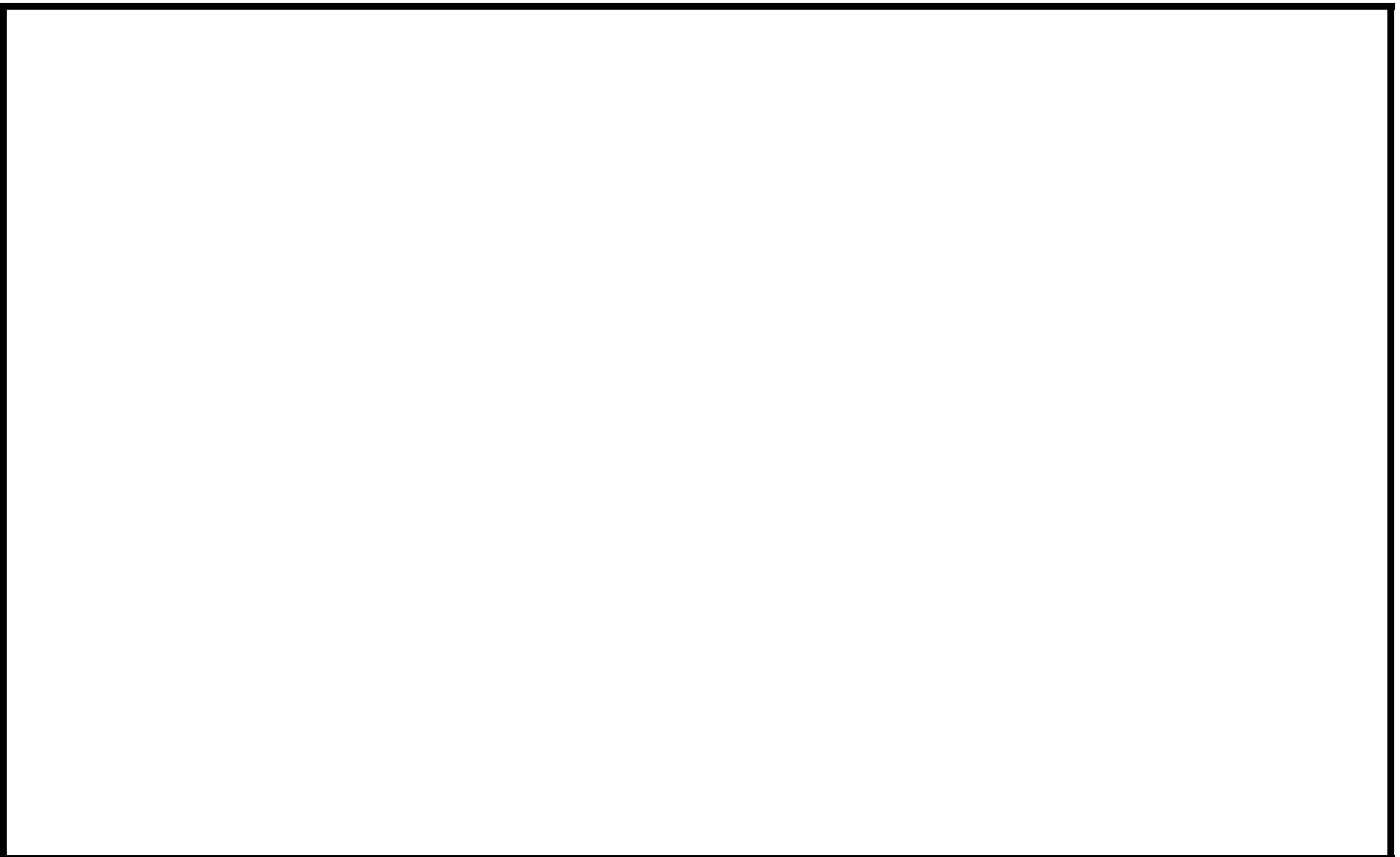
Diagram:



Tug-of-War

- Equipment:**
- 1 Tug-of-War Rope
 - 1 Cone
- Object:**
- To pull the rope so that the red ribbon on the rope crosses your line.
- How it works:**
- Students can do this even 1 on 1, 2 on 2, and up to 12 on 12. The winning team will be the team that pulls hard enough to have the red ribbon cross their line.
- Scoring Levels:**
- Students can complete 1 level for every event they win. **Students can complete a maximum of 3 levels for this event.**

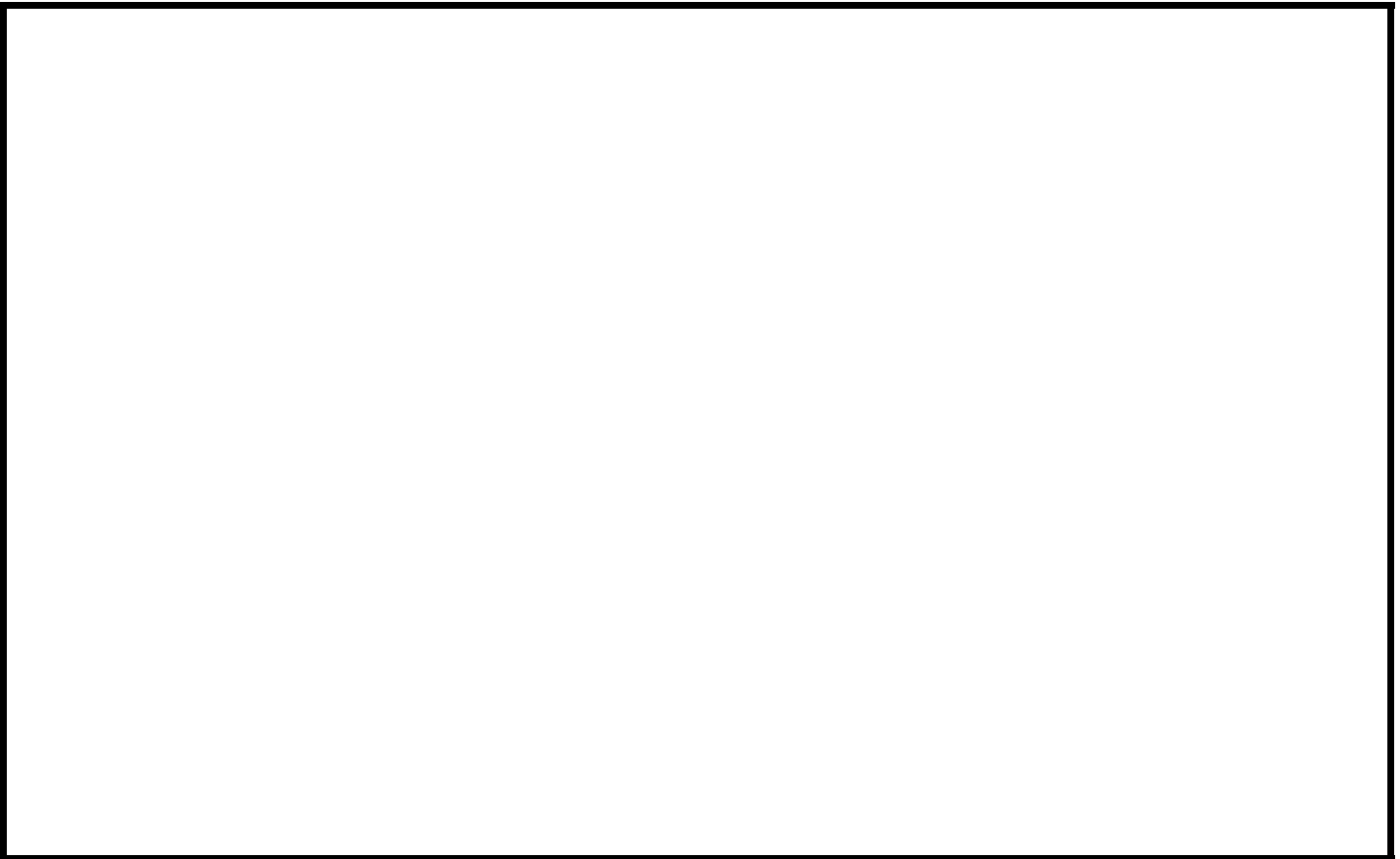
Diagram:



Wet Head

- Equipment:**
- 1 Large Trash Can
 - 2 Sponges
 - 2 Small Containers
 - 1 Cone
- Object:** To be the first to fill up their container to the designated line.
- How it works:** The students will race 2 at a time. When you say go, the students will dip their sponge into the big trash can full of water and then race to the empty container with the sponge above their head. When they get to the empty container, they will ring out the sponge trying to get as much water in the container as possible. They will then run back to the can full of water and repeat until the water in their container reaches the designated line.
- Scoring Levels:** Students can complete 1 level for every race they win. **Students can complete a maximum of 3 levels for this event.**

Diagram:



Wheel Barrow Race

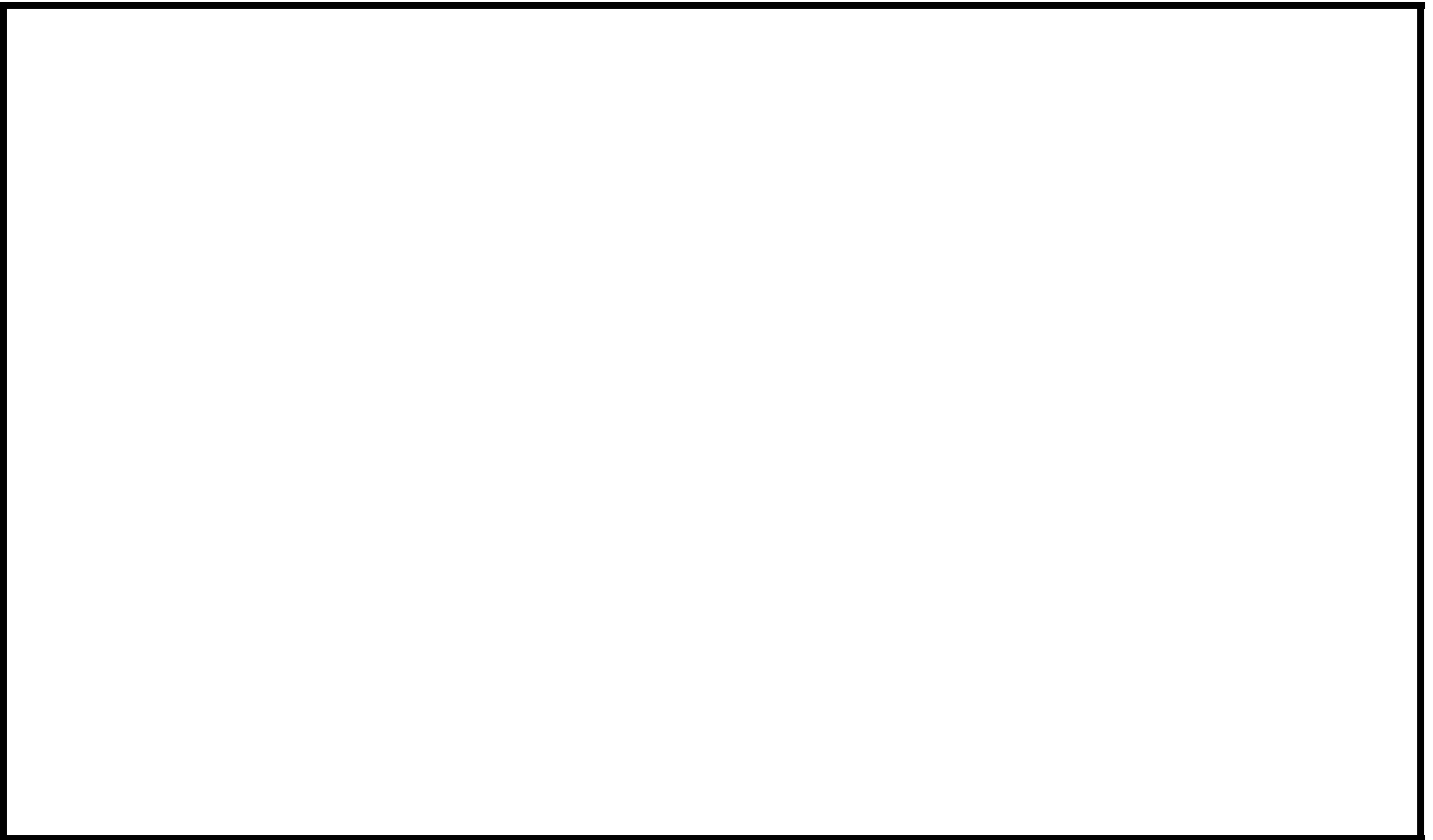
Equipment: 3 Cones

Object: To get back to the starting line with your partner before the other group

How it works: The students will need to have a partner for this event and will race 2 groups at a time. The first partner will walk on their hands while the other partner holds onto their ankles. They will do this down to the cone. At the cone, they will switch places. The winning set of partners will be the ones who make it back to the starting line first.

Scoring Levels: Students can complete 1 level for every race they win. **Students can complete a maximum of 3 levels for this event.**

Diagram:



Angry Birds

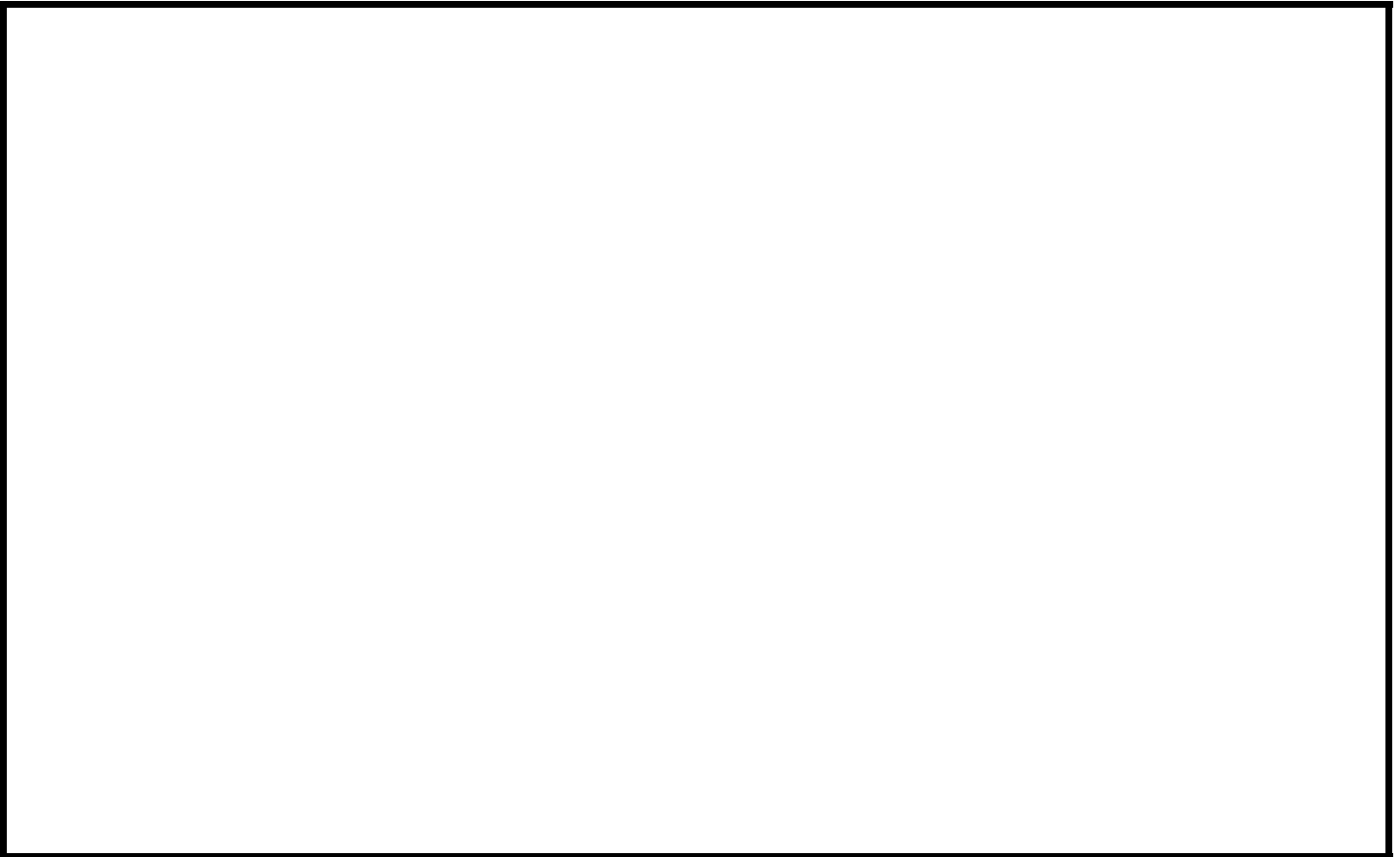
Equipment: Large Cup Buckets, bean bags, fleece balls, large table, 1 cone

Object: To reinforce throwing cues and aiming at a target

How it works: The students will work by themselves or with a partner to build a structure with their buckets. They will also get 1 fleece ball (pigs) and 3 bean bags (angry birds). Once the structure is complete, they have to place the "pigs" inside the structure. They will use their throwing skills to knock down their structure.

Scoring Levels: Students can complete 1 level for every pig they knock down with their 3 throws. **Students can complete a maximum of 3 levels for this event.**

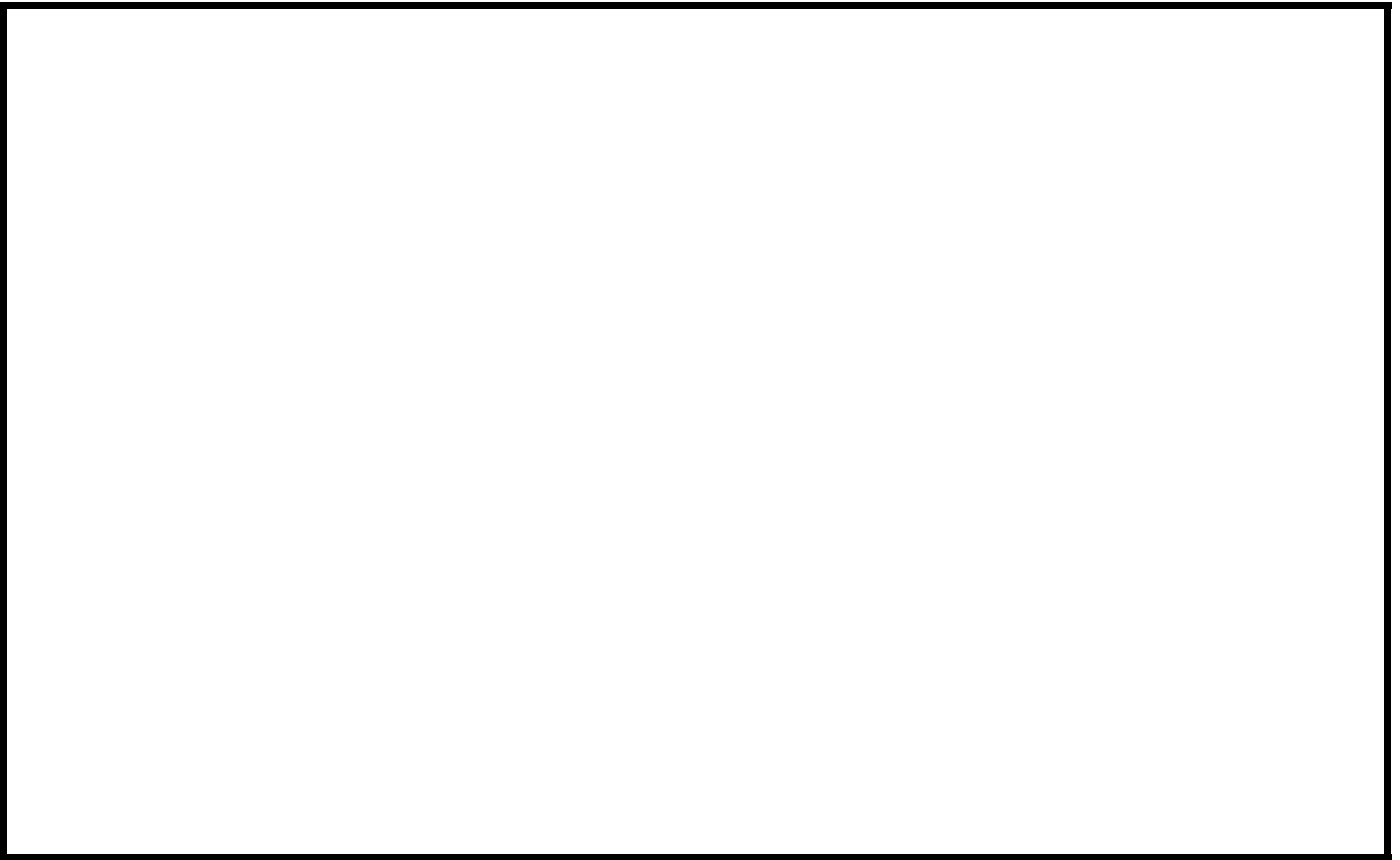
Diagram:



Bow and Arrow

Equipment:	Bow and Arrows
Object:	To practice target shooting by aiming at the bull's eye.
How it works:	Students will start at the green line facing the white board and shoot the target. They will three shots.
Scoring Levels:	Students can complete 1 level for each time they hit the targeted area. Automatic level 3 if they hit the bull's eye (red nose).

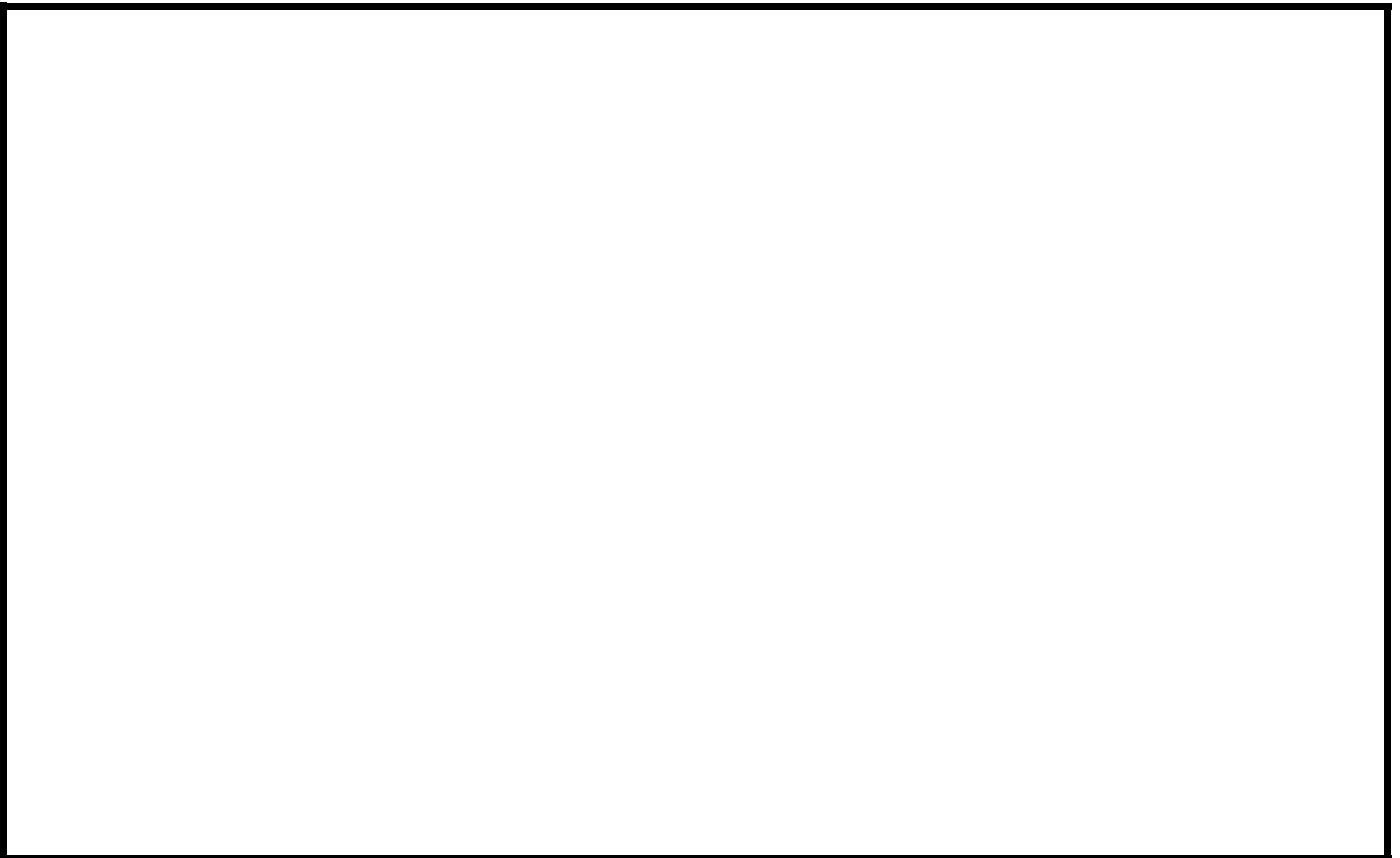
Diagram:



Sling Shot

- Equipment:** 3 people to work the sling shot, sling shot, ball for shooting
- Object:** To launch a fox tail as far as possible using the 3 person sling shot to complete the 3 levels.
- How it works:** The volunteers will each hold a handle of the sling shot while the student puts the ball in the pouch and pulls it back. The student will say, "3-2-1 Go" and then release the handle.
- Scoring Levels:** Students can complete a level by launching the ball past the corresponding line for that level. The students also get credit for each level before the one earned, ex: launching the ball past the level 2 line also completes level 1. **Students can complete a maximum of 3 levels for this event.**

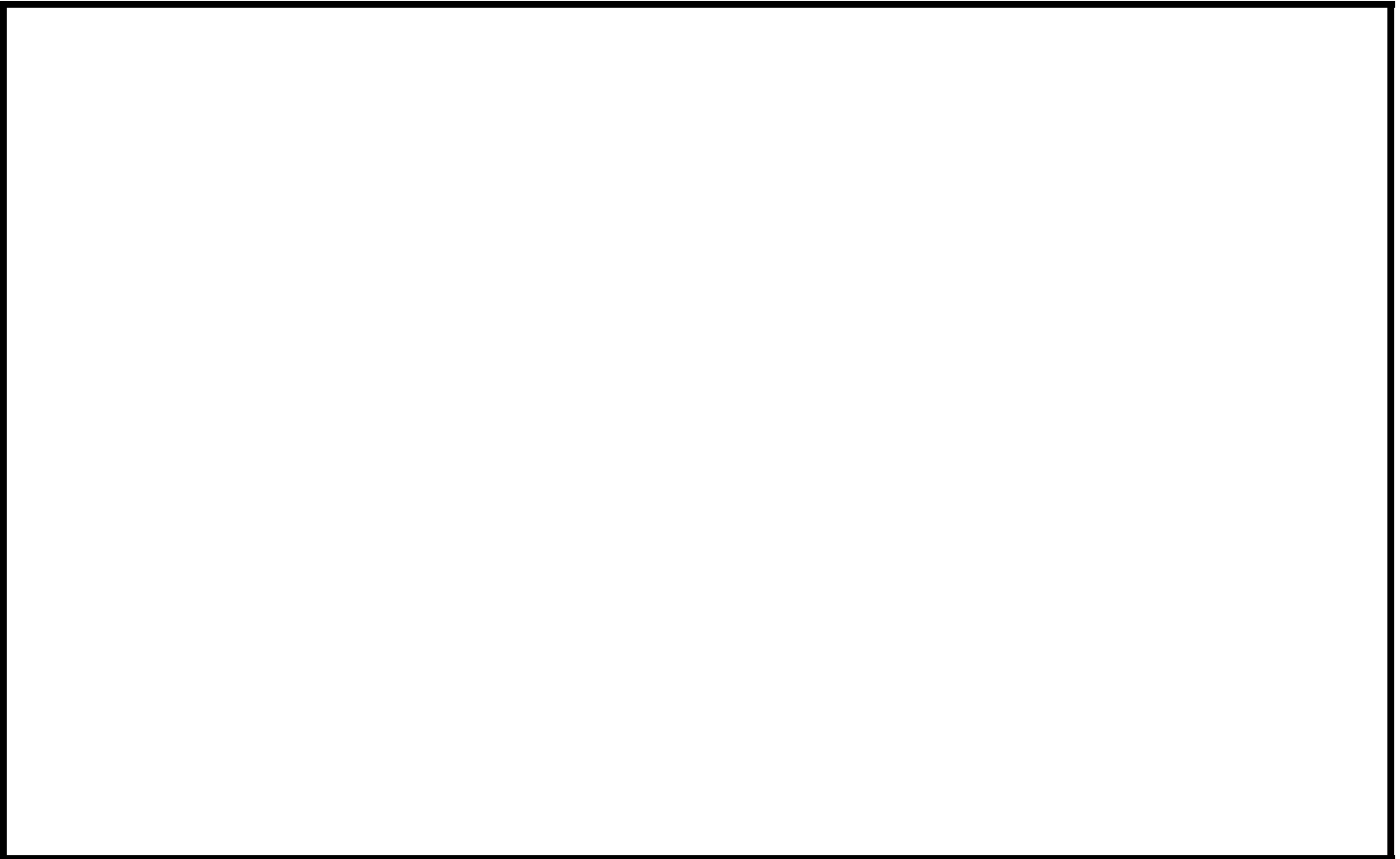
Diagram:



Javelin

Equipment:	3 Foam Javelins
	3 Plastic Javelins
	1 Cone
Object:	To practice Throwing the javelin for distance
How it works:	Students will Start behind the designated start line and will get 1 throw each. You can have up to three throwers at a time. Have the Primary students use the foam javelin and the Intermediate students use the plastic ones.
Scoring Levels:	The student who throws the furthest completes level 3 , second will complete level 2, and third completes level 1. Students can complete a maximum of 3 levels for this event.

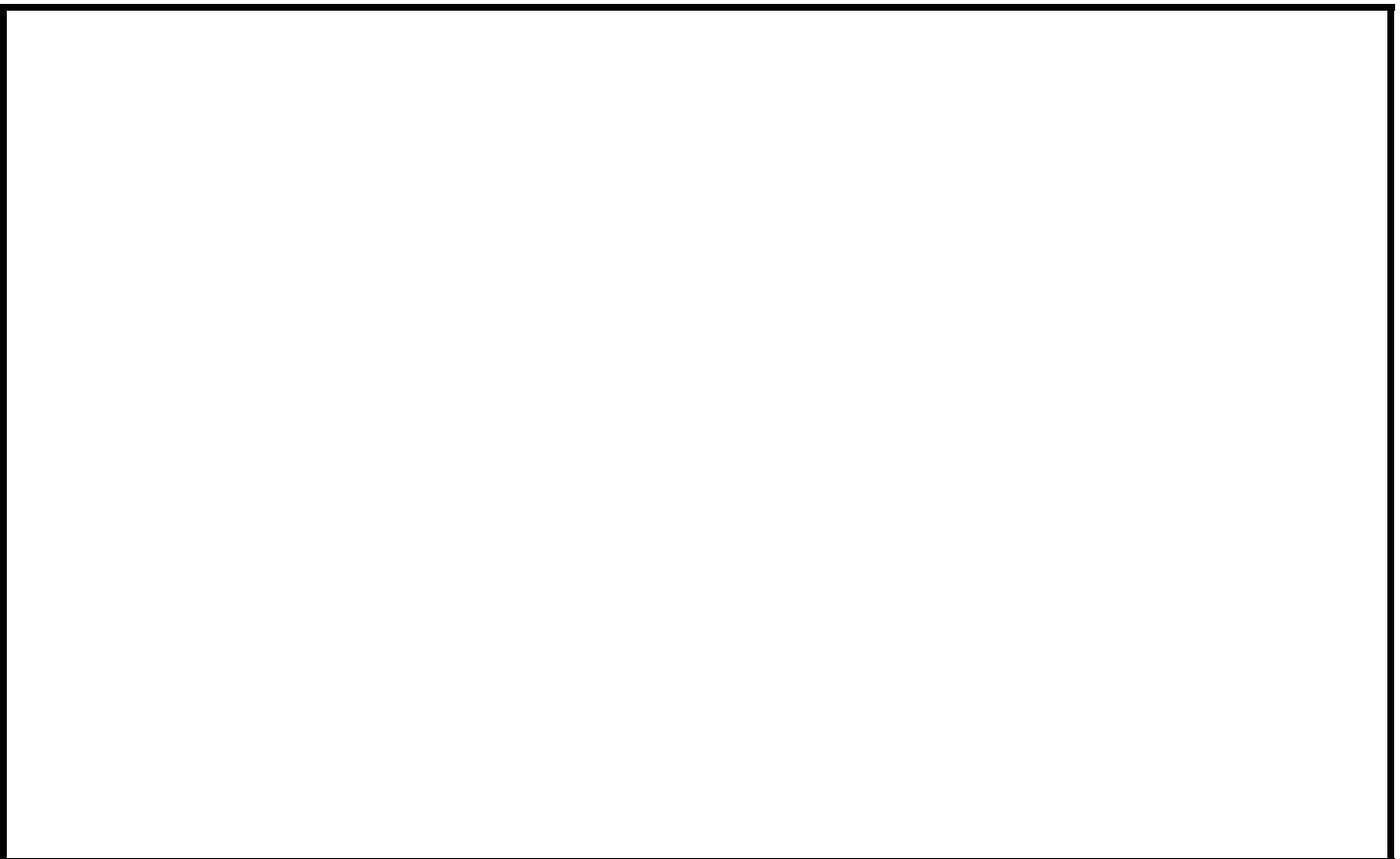
Diagram:



Bocce

Equipment:	1 Yellow Poly Spot
	3 Poly Spots (Green, Purple, Blue)
	9 Bocce Balls
	1 Cone
Object:	To toss a Bocce ball and have it land closer to the target (poly spot) than the 2 other players.
How it works:	3 students will start behind their purple spot and toss the bocce ball (underhand) trying to get their ball to land closer to the target (poly spot) than the other two players
Scoring Levels:	The student who throws their ball closest to the target completes level 3 , second closest completes level 2, and third closest completes level 1. Students can complete a maximum of 3 levels for this event.

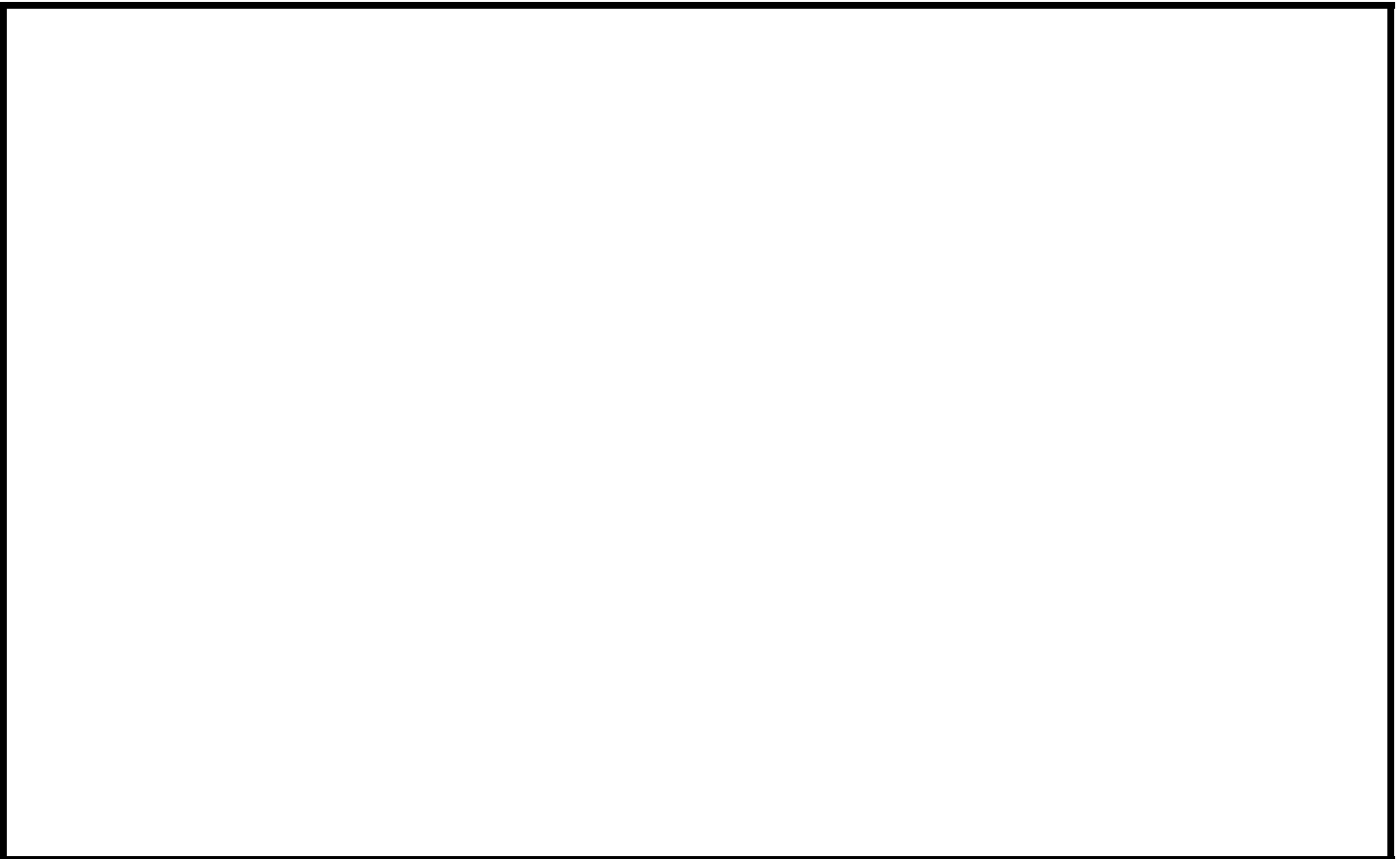
Diagram:



Frisbee Golf

- Equipment:**
- 3 Frisbee Golf Baskets
 - 3 Frisbees
 - 1 Cone
- Object:** To throw the frisbee into the basket in as few throws as possible
- How it works:** Students will Start behind the designated start line and keep throwing the frisbee until they make it in the basket.
- Scoring Levels:**
- Primary students will complete level 1 by throwing the disk into the basket, level 2 by making it into the basket in 4 throws or less, and level 3 by making it into the basket in 2 throws or less.
- Intermediate students will complete level 1 by throwing the disk inot the basket in 5 throws or less, level 2 by making it into the basket in 3 throws or less, and level 3 by making it into the basket in 1 throw.
- Students can complete a maximum of 3 levels for this event.**

Diagram:



Slackline

Equipment:

1 Slackline
2 volleyball standards
12 aerobic steps
3 Gymnastic mats
1 long jump rope
1 Cone

Object:

To walk across the slackline without losing your balance

How it works:

You will have to help each student onto the slackline and then stay with them and provide support as they walk along to the end.

Scoring Levels:

The students will earn "1" level for each time they complete this station.

Diagram:

