

2015
Hayward Elementary
Field Day Stations
Intermediate (3rd, 4th, & 5th) Students

1. Jumper Army Guy Inflatable
2. Slide Vertical Rush Inflatable
3. Daredevil Free Jump Inflatable
4. Gauntlet Challenge Inflatable
5. Obstacle Course Special OPS Inflatable
6. **Poison River:** The poison river is the gap between the lines of cones. Your team must get across the river using the stepping stones (Hula-Hoops). If someone is in the hoop, it must stay still, the hoop can only move if it is empty. Use communication and problem solving skills! You may have more than one person in a hoop at a time. **TEAMWORK!**
7. **Trail Tag:** Everyone must run on the trail marked by white paint. Two (2) taggers will chase you. If you get tagged or step off the trail, you must sit down off the trail. Start over if time allows.
8. **Volcano:** A volcano has erupted on your island. The hot lava requires the team members to walk on the buddy walkers. Work cooperatively as a team and take turns.
9. **Treasure Hunt:** Team members form a line. First runner goes and looks under one dome for the hidden idol. If they do not find it, they must run back and tag the next person in line. When a team member finds the hidden idol, **CHEER** loudly.
10. **Human Knot & Wheelbarrow:** All team members form a huddle. Grab hold of hands, but not the person next to you. You must hold hands with two (2) different people and have only two (2) hands in a "Hold". Without letting go, you must untangle this mess to solve the human knot. For the wheelbarrow, bigger team members stand and the smaller team members go on their hands and knees. Standing partner holds feet of the down partner, down partner then walks on hands to the cone and back. Work together and have fun!
11. **Fire Drill:** Team needs to form a circle. A leader takes the water bucket and fills it with water. Pass the bucket around the circle with eyes closed. Move it fast because there is a fire. Do as many times as you can with the time allotted.
12. **Diving for Eggs:** Students need to be split into even groups. The first team member will run to the pool and search for their colored egg. The colored egg they are looking for is the same color of their cone.
13. **Dizzy Bat Relay:** Students need to be split into even groups. If there is an odd number, a team member from the smaller group will have to go twice, which will be the first person in line. One at a time, students will race to the hoop, pick up the polo stick and place their forehead on the soft part and begin moving in a circle around the hoop (8 times). Have the team members count out loud to help the student getting dizzy keep count. When they've taken their spins, they will run back and have a seat. The first team to have all of their team members take their turn and sit down wins the race. For fun, run the race again

but this time everybody must walk backwards to the hoop and spin and return walking backwards as well.

14. **Learning Garden:** Mr. Rajski needs your help with the Learning Garden! Put your work gloves on and lend a hand in the garden!
15. **Zumba Fitness:** It's time to break out those dance moves and get exercise all at the same time! Mr. Tomek will be instructing a quick and exhausting Zumba workout.
16. **Cave Crawl & Shoe Kick:** Form a line and hold hands. The team must work together to get through the cave (Hula-Hoop). First person in line starts by going through the hoop and passes it on to the next team member. Work cooperatively and do not let go of hands or you will have to start over! For the shoe kick, all team members need to loosen one of their shoes (Dominant Foot) for the shoe kick. First person in line starts the competition by kicking their shoe as far as he/she can, next student will follow and so forth. When all shoes have been kicked, declare who has kicked their shoe the farthest and they are the winner!
17. **Hayward Fun Run:** Team members must take one lap around the front parking lot of Hayward. They may continue to run if they wish. Otherwise, this is their opportunity to go inside and get a drink and go to the bathroom.
18. **Hayward Tug of War:** Divide into two teams. On the word, "Go"! both teams pull and tug as hard as they can to declare a winner in the Hayward Tug of War. Switch up teams often and play as many times as time allows.
19. **Kangaroo Invasion:** The island is overrun by a pack of kangaroos. Jump in the sacks (Potato Sacks) to the cones and back. Have as many team members go as possible at a time.
20. **Water Balloon Launch:** All team members must hold the sheet with the water balloon in the middle. Count 3-2-1 and launch the balloon as high as you can. Try to catch it back on the sheet. Try again until balloon breaks. Be careful as you are only allowed TWO balloons per team.
21. **Crazy Clothes Relay:** Each student will take a turn dressing in the given clothes (putting them on over their own) and then running to the cones and back. Once the students make it back, they must undress and tag the next person in line.
22. **Human Hurdle Race:** Team members lie down in a long line, about 3 big steps between each student. First student gets up and runs/jumps over everyone in the line, then lays down at the end. Next student goes, next student, next student, until all have gone. GET YOUR KNEES UP!