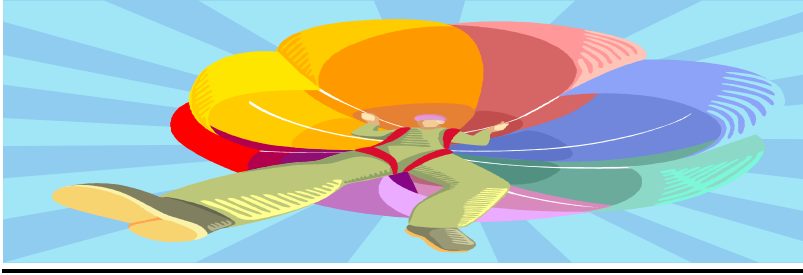


Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## Parachute:# A



**Equipment Needed:** 1 Parachute, 5 small balls 1 rubber chicken.

**Set – Up:** Take equipment out to the area designated on the map, spread the parachute out and have it ready. Just place other equipment to the side until you need it.

**Activity:** when students arrive you will have them hold the edge of the parachute.

**Number exchange:** Quickly give each student a number (1- 4). Have students raise parachute and hold it up. When they get it up you call out a number, if they are that number they run under the parachute to switch places with someone else with the same number. (remind them to go in and out quickly).

**Popcorn:** students will raise the parachute at the same time and bring it down at the same time. After they practice a few time throw the balls on and have them do the same thing to try to get the balls to “pop” up. You can also add the chicken. (they can do this a few times)

**Club house:** All together students raise the chute, take 2 steps forward, bring the chute down behind them, and sit on it. If they do it correct they should all be sitting on the inside and it will be like a big tent. (you can do it a few times)

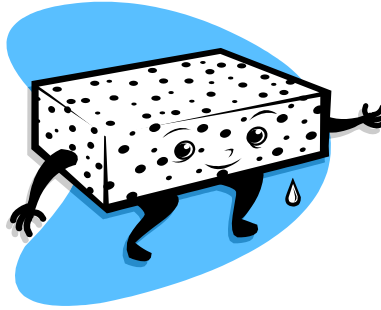
**Class Portrait:** Same as club house but they lie on their stomachs and bring the chute down around their shoulders and hold it to the ground. The only thing they should be able to see is their heads.

**Cops and Robbers:** Students move chute slowly up and down, you pick a cop and a robbers, the cop chases the robber under and around the chute to try to tag them. The people around the outside try to make it harder for the cop to catch the robber. When tagged, they can each pick a new person to take their place.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Sponge Battle # B**



**Equipment Needed:** 12 Sponges and a bucket for water, 4 diff. color cones, bucket, and 12 scarves. (there will be a water supply out there.)

**Set – up:** Just get water in the bucket and Site it where you find your number on the map.

### **Activity:**

#### **Sponge Battle**

Have the class break up into four even groups (you can have them separate into the squads (red, yellow, blue, and green). Once split evenly, each team will line up behind a cone next to a bucket of water. Three players from each team will get a colored flag(scarf) and a sponge 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. Because of the speed and aggressive nature of the game, the students may only throw the sponges **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”.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Tug of War: # B**



**Equipment Needed:** Tug of war rope and 2 cones

**Set-up:** Take equipment to the area shown on map. Lay the rope out and put 2 cones next to the middle of the rope (red flag) about 5 steps apart.

**Activity:** Split class into 2 teams. Each team picks up one side of the rope. Which ever team pulls the red flag past the cone on their side gets a point.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Moon Bounce # A**



**Equipment:** Moon bounce and 2 hula hoops

**Set- up:** The moon bounce is already set up, all you need to do is place the hula-hoops close to it.

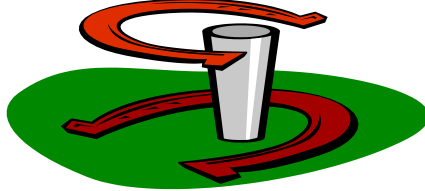
**Activity:** You can allow students a few at a time ( according to what the bounce says) in the bounce. Shoes off. I would start with trying about 2 minutes for each group and they might get back in.

While the other students are waiting they can do helping hoops. They will connect hands and see if they can get the hoop around the circle with out letting go of each others hands. Once they have done it they can add the second hoop and try 2.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Hula Hoop Horse shoes # A**



**Equipment Needed:** 6 large orange cones, 18 hula hoops

**Set – up:** take equipment to area designated on map, set up 3 sets of “horseshoes” using orange cones as pegs, they should be about 20 steps apart.

**Activity:** put students with partners they can play “horseshoes” using the hoops to throw around the cone on the other side. They can each throw one hoop then the other team throws it back.

***Points*** : a ringer is 5 points, if it touches the cone and stays touching it 3 points, and if it touches and bounces off 1 point.

First team to 10 wins and the game is over.

The students who are not playing horseshoes can have a hula- hoop contest while they wait.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Obstacle Course # A**



**Equipment needed:** various equipment you can pick ,I will have some ready for you on a cart in the back hall.

**Set – up:** Take the equipment out the doors by the library and wheel it to the back where I have designated your spot on the map.

Set up an obstacle any way you would like. We do have some hurdles (they are the candy cane looking things, you can put them in the orange cones).

**Activity:** Line students up at beginning, quickly explain how to go through the course and then have them go through one at a time. You could probably start then next person when the person in front of them is about half way through.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Drip Drip Drop # A**



**Equipment Needed:** Water supply, I will have one set up at every area, a bucket, and a jug.

**Set – up:** Just take your jug out and have it ready with water, I will have a bucket for you to refill with.

**Activity:** Students will sit in a circle like duck duck goose. Pick some one to start they will walk around the circle dripping a little drop of water on every ones head saying “drip, drip,etc.” when they get to some one who they want to have chase them they say “drop” and pour a lot of water on that person and then run from them around the circle. The person who gets “dropped” on gets up and chases the dropper around the circle. The dropper has to make it back to the spot where the person they dropped on was sitting. If they get tagged they sit in the middle until some one else is tagged.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Relays # A**



**Equipment Needed:** 2 Sponges, 2 pitchers, 2 buckets of water, spoons, cotton balls, 2 cones, 2 beach balls.

**Set – up:** Find the designated area on the map. Take your equipment out, set up the trash can next to each other about 10 steps apart with water in them ( water supplies will be in area). Place the empty pitchers about 20 steps away from the cans.

**Activity:** split students into 2 teams. Each team lines up at one of the cans of water.

***Sponge race:*** Students will take a sponge and dip it in the water, they then run down to the pitcher and squeeze the water out. They run back and give the next person the sponge. They keep doing this until one team fills the pitcher up to the line.

***Spoon race:*** You can use the same “markers” first student puts a cotton ball on the spoon, they carry it down around the pitcher and back, if the cotton ball falls off they have to pick it up and put it back. First team to have every one go wins. If teams are uneven have the first person on the team with less go 2 times.

***Ice cream cone race:*** Same concept as the last race but they carry a beach ball on an upside down cone.

**Clean up:** Please put all equipment in the back hall (behind my office)



Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Hip pity Hops # A**



**Equipment Needed:** 6 Hip pity Hops, 12 cones

**Set- up:** Take equipment to designated area on the Map. Set 6 sets of 2 cones up about 15 steps apart.

**Activity:** Split students into 6 groups. Students will ride or you can have them race, the hip pity hops down around the far cone and back. They can take turn like a relay race but they do not HAVE to race.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Drip Drip Drop # B**



**Equipment Needed:** Water supply, I will have one set up at every area, a bucket, and a jug.

**Set – up:** Just take your jug out and have it ready with water, I will have a bucket for you to refill with.

**Activity:** Students will sit in a circle like duck duck goose. Pick some one to start they will walk around the circle dripping a little drop of water on every ones head saying “drip, drip,etc.” when they get to some one who they want to have chase them they say “drop” and pour a lot of water on that person and then run from them around the circle. The person who gets “dropped” on gets up and chases the dropper around the circle. The dropper has to make it back to the spot where the person they dropped on was sitting. If they get tagged they sit in the middle until some one else is tagged.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Drip Drip Drop # C**



**Equipment Needed:** Water supply, I will have one set up at every area, a bucket, and a jug.

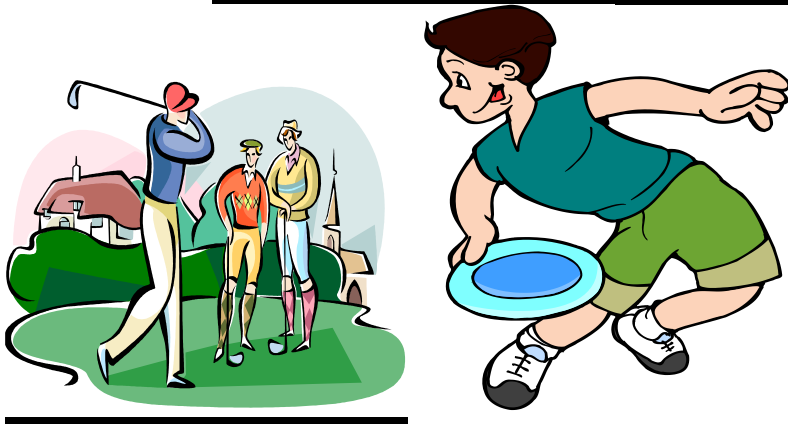
**Set – up:** Just take your jug out and have it ready with water, I will have a bucket for you to refill with.

**Activity:** Students will sit in a circle like duck duck goose. Pick some one to start they will walk around the circle dripping a little drop of water on every ones head saying “drip, drip,etc.” when they get to some one who they want to have chase them they say “drop” and pour a lot of water on that person and then run from them around the circle. The person who gets “dropped” on gets up and chases the dropper around the circle. The dropper has to make it back to the spot where the person they dropped on was sitting. If they get tagged they sit in the middle until some one else is tagged.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## Frisbee Golf # C



**Equipment Needed:** 10 Frisbees, Frisbee golf targets, 5 dome cones

**Set-Up:** Take equipment to the spot designated by the map. Set up Targets, at various distances, spread out in area marked on map. Set up 5 dome cones across the front to give them a place to stand when it is their turn.

**Activity:** Break students into 5 small groups. Have them take turns trying to aim at the targets, they can each throw 2 frisbees. You can give each distance a different point value to give them something to work towards.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## NASCAR: # B



**Equipment Needed:** 4 Scooters, 12 Cones (3 each of 4 different colors)

**Set – up:** Set cones up around the bus loop in the back of the school. Put 4 spread out as a Starting Place even with each other. Then spread 4 out less then half way around, and 4 more then half way around. Basically make three even parts.

**Activity:** You will start off by making 4 teams, each team picks a color to start at, send 3 people from each team to a cone to start at, then take the extra from each team and split them up to wait behind their teammates.

Students will all start at the same time; they will ride the scooter on their knees or bottom, to the next team mate, give them the scooter, and wait for their next turn. They keep going around; the first team to complete 10 laps wins.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Buddy Walkers # B** **And Hoop Roll**



**Equipment Needed:** 8 cones, 3 or 4 sets of Buddy Walkers  
5 hoops

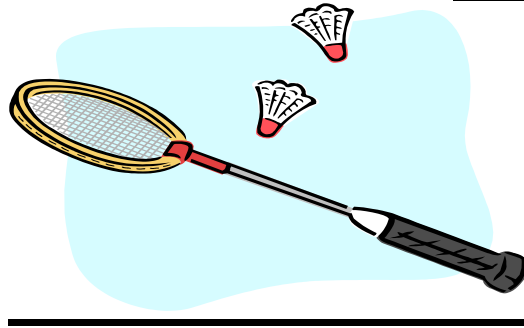
**Set – up:** Take equipment to the designated area on the map. Spread out 4 cones side by side, then 4 cones directly across from them about 20 steps away.

**Activity:** Students will use buddy walkers to walk down around a cone and back, you can let them practice and then let them race as teams.  
(The key is that they all have to move the same foot at the same time, they have to talk to each other.) but don't tell them that right away let them try to figure it out. While students are waiting for a turn with the buddy walkers they can take turns seeing who can roll a hula hoop the farthest into the field.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Badminton Keep it up #** **C**



**Equipment Needed:** 32 Badminton rackets, 64 Birdies

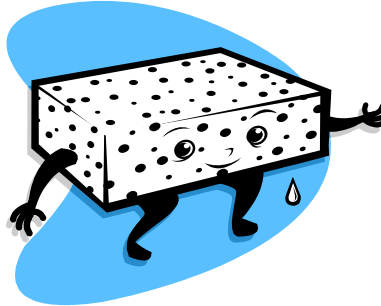
**Set- up:** Set this up where it shows on the map. You can just set the rackets spread out next to the building and birdies in the bucket.

**Activity:** Students will each have a rackets and see if they can keep 1 birdie in the air, if they can keep one of the ground they can try 2, and so on.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Sponge Toss # B**



**Equipment Needed:** 15 Sponges and a bucket for water. (there will be a water supply out there.

**Set – up:** Just get water in the bucket and Sit it where you find your number on the map.

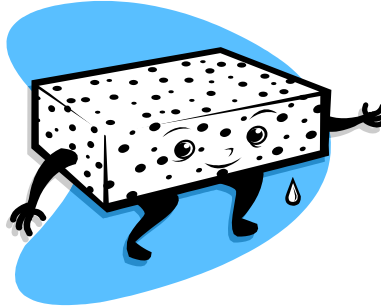
**Activity:** Have them make 2 lines across from each other (only about 2 steps away from each other. They should have someone directly across from them they can toss the sponge with. Give every one on one side a wet sponge from the bucket. They start with an under hand toss to their partner. Every time they catch it they step back. If they miss it they are out and have to wait for the game to start over. They can play a few times, rewet their sponge in between games.

**Clean up:** Please put all equipment in the back hall (behind my office)



Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## Sponge Toss # C



**Equipment Needed:** 15 Sponges and a bucket for water. (there will be a water supply out there.

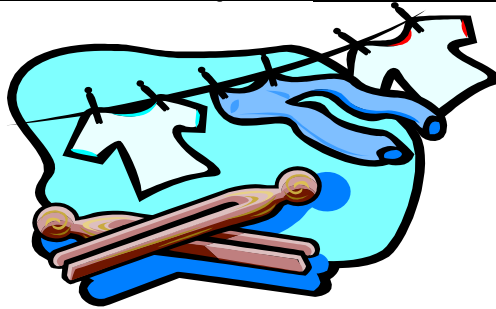
**Set – up:** Just get water in the bucket and Site it where you find your number on the map.

**Activity:** Have them make 2 lines across from each other (only about 2 steps away from each other. They should have someone directly across from them they can toss the sponge with. Give every one on one side a wet sponge from the bucket. They start with an under hand toss to their partner. Every time they catch it they step back. If they miss it they are out and have to wait for the game to start over. They can play a few times, rewet their sponge in between games.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Out To Dry: # C**



**Equipment Needed:** Tube socks, rope, and a pool with water

**Set – up:** Take the equipment out to the area designated by the map. There should be rope tied up on the signs along the edge of the parking lot. This is the clothes line. Fill pool with water and socks and place it about 20 steps away from the clothes line in the middle.

**Activity:** Students will get into 2 teams. They can sit on the side walk behind their side of the clothes line. The first person runs to the pool, gets 1 sock and runs back to put it on the clothes line. As soon as it is hung the next person may go. They keep going until all socks are hung. Which ever team gets the most gets a point. Then you can put them all back and start over.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Bucket Brigade: # C**



**Equipment Needed:** 1 plastic tub (of water), 2 small buckets and 2 cups

**Set – up:** Take equipment to designated area on the map.

Fill Pool (water will be available). Set 2 empty buckets out, one about 15 steps away from the pool, the other 15 steps away from the pool on the opposite side of the pool.

**Activity:** Make 2 teams; each team makes a line between the pool and a bucket. They fill the soda bottle with water out of the pool and pass it over under, over under until it gets to the last person. The last person pours the remaining water into the empty bucket and runs to the front of the line with the bottle, fills it and starts it over under. Continue this for about 3 minutes. Stop and look to see which team has the most water. Then you can pour the water back into the pool and start again.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## Water Slide # C



**Equipment Needed:** Every thing is already set up just go out back and find it.



**Set – Up:** N/A

**Activity:** When students come over have them form one line, when 1 person starts down the next can start going up. We have about 14 minutes/ station so let them go as many times as you can get them through.

Tell them they have to sit and to get right off when they get to the bottom.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Potato sack race #**



**Equipment Needed:** 4 potato sacks, 8 small cones

**Set – up:** place cones across from each other about 20 big steps, as a starting cone and an end cone for 4 teams. Place one potato sack at each starting cone.

**Activity:** have students make 4 teams, one line behind each starting cone, they should keep their shoes off after the water slide.

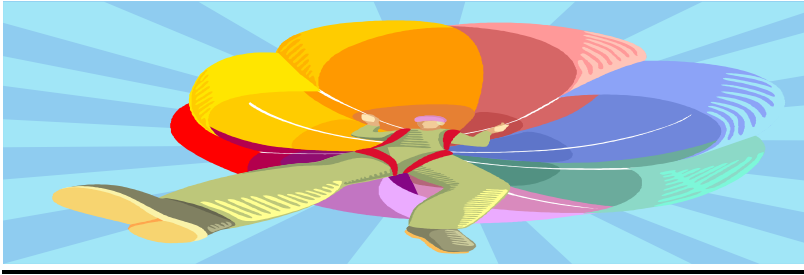
On your “go” signal have them start relay fashion, down around the end cone and back, they must sit, take off the sack and pass to the next person, who must have two feet in before they can go.

- When it has been about 15 minutes give them time to start putting shoes on.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## Parachute:# B



**Equipment Needed:** 1 Parachute, 5 small balls 1 rubber chicken.

**Set – Up:** Take equipment out to the area designated on the map, spread the parachute out and have it ready. Just place other equipment to the side until you need it.

**Activity:** when students arrive you will have them hold the edge of the parachute.

**Number exchange:** Quickly give each student a number (1- 4). Have students raise parachute and hold it up. When they get it up you call out a number, if they are that number they run under the parachute to switch places with someone else with the same number. (remind them to go in and out quickly).

**Popcorn:** students will raise the parachute at the same time and bring it down at the same time. After they practice a few time throw the balls on and have them do the same thing to try to get the balls to “pop” up. You can also add the chicken. (they can do this a few times)

**Club house:** All together students raise the chute, take 2 steps forward, bring the chute down behind them, and sit on it. If they do it correct they should all be sitting on the inside and it will be like a big tent. (you can do it a few times)

**Class Portrait:** Same as club house but they lie on their stomachs and bring the chute down around their shoulders and hold it to the ground. The only thing they should be able to see is their heads.

**Cops and Robbers:** Students move chute slowly up and down, you pick a cop and a robbers, the cop chases the robber under and around the chute to try to tag them. The people around the outside try to make it harder for the cop to catch the robber. When tagged, they can each pick a new person to take their place.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Hula Hoop Horse shoes # A**



**Equipment Needed:** 6 large orange cones, 18 hula hoops

**Set – up:** take equipment to area designated on map, set up 3 sets of “horseshoes” using orange cones as pegs, they should be about 20 steps apart.

**Activity:** put students with partners they can play “horseshoes” using the hoops to throw around the cone on the other side. They can each throw one hoop then the other team throws it back.

***Points :*** a ringer is 5 points, if it touches the cone and stays touching it 3 points, and if it touches and bounces off 1 point.

First team to 10 wins and the game is over.

The students who are not playing horseshoes can have a hula- hoop contest while they wait.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Frisbee Bowling # A**



**Equipment Needed:** box of bowling pins, 6-8 Frisbees 4 small cones

**Set-up :** Take the box of pins and Frisbees out to the designated spot for the station according to the map, set pins up in pyramid shaped groups of 3 or 6. Place a cone about 20 steps away. (this is where they will line up for a turn)

**Activity:** Students will get into even lines behind the cones and take turns throwing two Frisbees each at their set of pins. Then they RUN down, set up any pins knocked over and retrieve the Frisbees for the next person and go to the end of the line.

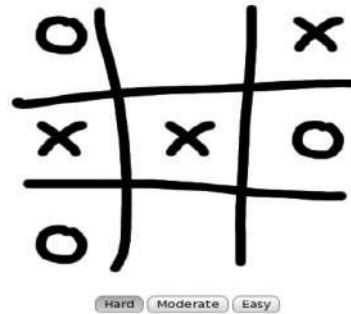
- TIP: tell them to try to make the Frisbee slide across the ground...

**Clean up:** Please put all equipment in the back hall (behind my office)



Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## Connect 4 Relay # \_\_\_\_\_ A



**Equipment Needed:** 2- Connect 4 games, 4 small cones

**Set – up:** In the black top area (at the buss loop) set the connect four out with the chips laid out one color in the top of the box in front of the connect 4, the other color in the bottom of the box on the other side. Place one cone about 10 feet away from the game on each side, this is where teams will line up.

**Activity:** (Split class into 4 teams)

Connect 4 - Students will line up with teams at each cone. They will be playing connect four against the team directly across from them. The first player runs up, picks up a chip and places it, runs back and high fives the next player. The next player places another chip trying to get 4 in a row OR block their opposing team from getting four in a row. They continue until one team gets 4 across, vertical, or diagonal.

Then they can clear the board and either play each other again or play against a different team.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Pizza Box relay #**



**Equipment Needed:** pizza boxes, 2 cones

**Set – up:** take equipment to area designated on map, set pizza boxes in two piles (about 10 ft. apart), with a cones about 20 steps way.

**Activity:** Split class into two teams. Each team lines up behind a cone facing pizza boxes. On “go” the first person runs down and gets 1 pizza box, brings it back and hands it to the next person in line. That person carries it down, adds a second box, hands both to the next person, who does the same. They follow this pattern until they have all of the pizza boxes back on their side. (So essentially the last person will have to carry all pizza boxes at once😊)

**\*\*** You could do two random teams and then try boys against girls the second round.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Indiana Jones #**



**Equipment Needed:** Large cage ball, white circle is painted on the bus loop.

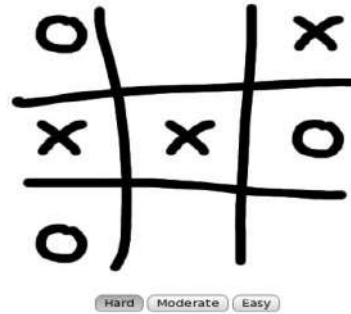
**Set-up:** Take equipment to area designated by the map.

**Activity:** Some students will stand side by side around the outside of the circle. Others will stand on the inside of the middle circle, facing out, side by side. Pick 2 students to be between the circles. Put ball between the circles. Students around the circles work together to push the ball around trying to catch the students who are running around the circle between the ropes. If they get tagged with the ball they pick someone who has not been in to go to the middle.

**] Connect 4/Hula hoop tic tac toe Relay # B**

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.



**Equipment Needed:** 2- Connect 4 games, 4-6 small cones. 4 batons

**Set – up:** In the side walk area the rectangle) set the connect four out with the chips laid out one color in the top of the box in front of the connect 4, the other color in the bottom of the box on the other side. Place one cone about 10 feet away(probably will be in the grass) from the game on each side, this is where teams will line up.

Hula hoop tic tac toe- In the grass set 9 hoops in 3 rows of 3, hoops should be touching each other. Set a cone about 10 steps away on either side.

**Activity:** (Split class into 4 teams, 2 teams play tic tac toe, the others play connect 4 and then switch after about 7 minutes or a few rounds)

Connect 4 - Students will line up with teams of 5-6 at each cone. They will be playing connect four against the team directly across from them. The first player runs up, picks up a chip and places it, runs back and high fives the next player. The next player places another chip trying to get 4 in a row OR block their opposing team from getting four in a row. They continue until one team gets 4 across, vertical, or diagonal.

Then they can clear the board and either play each other again or play against a different team.

Hula hoop tic tac toe- One team stands at each cone, one team is given 3 red pinnies, the other blue pinnies. The first three in each line should have a pinnie in their hand. On go the first person from each line runs up and throws a pinnie IN a hoop, when they hand off the baton to the next person they do the same, trying to get 3 in a row first, or block the team. The 4<sup>th</sup> person will just run up and choose one of their teams pinnies to move to try for 3 in a row or a block, and so on. When a team gets 3 in a row both teams take their pinnies back. They can start again. Try to make sure that the person who would have been next is first each time.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

## **Potato sack race   #   B**



**Equipment Needed:** 4 potato sacks, 8 small cones

**Set – up:** place cones across from each other about 20 big steps, as a starting cone and an end cone for 4 teams. Place one potato sack at each starting cone.

**Clean up:** Please put all equipment in the back hall (behind my office)

Please find your station on the map and set up we start at 9:15. Stations will rotate approx. every 18 minutes.

**Activity:** have students make 4 teams, one line behind each starting cone, they should keep their shoes off after the water slide.

On your “go” signal have them start relay fashion, down around the end cone and back, they must sit, take off the sack and pass to the next person, who must have two feet in before they can go.

- When it has been about 15 minutes give them time to start putting shoes on.

**Clean up:** Please put all equipment in the back hall (behind my office)