



# FIELD DAY

## Field Day Station 1: Hula Hoop Relay Race

Equipment needed:  
1. Hula hoops 2  
2. Scarfs 12-24 (dep

Rules:  
1. 2 hula hoops  
2. Students have 1  
3.  
4.

## Field Day Station 2: Bean Bag Toss

Equipment needed:

## Field Day Station 3: Track Long Jump

Equipment needed:  
1. 1-24 cones (enough for everyone)  
2. Scarf or beanbag for a marker

Rules:  
1. Every student must have a cone  
2. Student starts at starting mark holding cone  
3. Then long jumps with two feet as long as possible  
4. Students can mark their jumps with scarfs or beanbags  
5. Student with longest jump wins  
6. If there is a tie have the students retry again

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# Field Day Stations

## Stations:

1. Hula hoop relay race
2. Bean bag toss
3. Track long jump
4. Head, shoulders, knees, & toes
5. Volcano walking
6. Math soccer shooting
7. Bean Bag Toss
8. Racetrack relay
9. Tick tac toe relay
10. Basketball shooting team 21
11. Volleyball passing
12. Fitness dice game
13. Put put golf
14. Tug of war

## Explanation

Below you will find field day stations. Each page has a different game/activity for you to use on Field Day. Print and laminate the premade cards. Then hang up by your stations.

## Directions:

1. Print the premade cards
2. Laminate
3. Place next to stations

# Field Day Station 1: Hula Hoop Relay Race

Equipment needed:

1. Hula hoops 2
2. Scarfs 12-24 (depends on class size)

Rules:

1. 2 hula hoops
2. Students have 1 hula hoop filled with scarfs with line of students at this hula hoop with scarfs
3. On go, students must run from hula hoop with 1 scarf and deposit into another empty hula hoop.
4. Team who does it fastest wins

# Field Day Station 2: Bean Bag Toss

Equipment needed:

1. Hula hoops 2
2. Bean bags 12-24 (depends on class size)

Rules:

1. 2 hula hoops
2. Line of students will be next to hula hoop filled with bean bags
3. First student picks up bean bag and tries to toss into another hula hoop
4. If they miss you can either have that student run over to get it or have a student standing by hoop
5. If they miss, that completes their turn, next student throws
6. Team to get all bean bags into open hula hoop wins

# Field Day Station 3: Track Long Jump

## Equipment needed:

1. 1-24 cones (enough for everyone)
2. Scarf or beanbag for a marker

## Rules:

1. Every student must have a cone
2. Student starts at starting mark holding cone
3. Then long jumps with two feet as long as possible
4. Students can mark their jumps with scarfs or beanbags
5. Student with longest jump wins
6. If there is a tie have the students retry again

# Field Day Station 4: Head, Shoulders, Knees, Toes

## Equipment needed:

1. 1-24 cones (enough for everyone)
2. 1-24 scarfs (enough for everyone)
3. 1-24 beanbags (enough for everyone)

## Rules:

1. Every student will have a partner to play the game with
2. The partners will stand next to cones directly in the middle
3. On the cone will be a scarf or beanbag
4. Teacher calls head, shoulders, knees, and toes
5. When called students must touch that part of their body
6. After toes, students try to grab the scarf or bean bag first
7. Person who succeeds in getting the scarf first wins

# Field Day Station 5: Volcano Walking

## Equipment needed:

1. 6-7 cones
2. 15-20 hula hoops
3. 50-100 poly spots
4. 25-50 bean bags
5. 3-4 balance beams

## Rules:

1. Students will be divided into 6-7 groups
2. Each group will have a starting cone
3. Every group should have hula hoops, bean bags, poly spots, and balance beams
4. Object is to make it from starting cone to finishing cones on other end of gym first
5. You must make it as a team
6. The team must cross the volcano in the middle of the gym floor
7. The equipment is used to step on as stones
8. If one student falls in the whole team must go back
9. To make it harder you can make them carry bean bags as stones
10. If a group makes it, then take away some equipment to make it harder
11. Make sure you review how to teamwork

# Field Day Station 6: Math Soccer Shooting

## Equipment needed:

1. 6-7 cones
2. 15-20 hula hoops
3. 6-7 Soccer balls

## Rules:

1. Students will be divided into 6-7 groups
2. Each group will have 3-4 hula hoops tapped to the wall or soccer goal
3. Each group will have 2 soccer balls.
4. All other students will sit down, one will stand to start
5. Student tries to kick the soccer ball into the hula hoops
6. Hula hoops should be different colors
7. The different colors will be different point values 1,2,3
8. If the soccer ball goes in that team gets that many points
9. If it misses next student tries
10. Team with most points wins



# Field Day Station 7: Bean Bag toss

## Equipment needed:

1. 6-7 cones
2. 7-14 corn hole boxes
3. 7-45 bean bags

## Rules:

1. Students will be divided into 6-7 groups
2. Each cone will have 4 students to play the game, 2 corn hole boxes, and 8 bean bags
3. 4 students at the cones will be divided into 2 teams
4. Each team has 4 bean bags each
5. Students stand by their corn hole box and throw a bean bag at other team's corn hole box
6. If they get it in the hole – 3 pts, on the top 1
7. After that person throws, other partner on same side throws
8. They alternate 1 bean bag at a time
9. If a bean bag knocks off one bag from the top that is fair play
10. End of throwing all bean bags total score
11. Then other side throws in same manner
12. Team that gets to 21 wins first

# Field Day Station 8: Racetrack Relay

## Equipment needed:

1. 1-30 cones
2. Track or circular space
3. 1-15 batons

## Rules:

1. Students will be divided into teams.
2. Cones will be used as start and end
3. If you can do cones in the intersection where the exchange of baton should take place
4. Have 4 people per team
5. Each team will need 1 baton for the race
6. Decide who will be the first runners, second, third, and last
7. All of first runners start at start line
8. Other runners will be in their part for the running (You can use cones to show where to stand)
9. On go runners run to next runner on their team
10. Students must do a hand off with their teammate between the handoff zone
11. This continues with others on same team
12. The winner is the first team that crosses the line without dropping a baton
13. If baton is dropped runs lose and are disqualified

# Field Day Station 9: Tic Tac Toe Relay

## Equipment needed:

1. 1-30 cones
2. 1-30 bean bags or scarfs
3. 1-30 hula hoops

## Rules:

1. Students will be divided into groups
2. Each group will have a cone
3. Each group will need 8 hula hoops in a grid like a tic tac toe board
4. Each group will have scarfs or bean bags as markers for hula hoops
5. On go student at cone will run across gym to the hula hoop board and throw in either bean bag or scarfs for markers
6. Then run back
7. Next student goes
8. Group who has 3 in a row wins

# Field Day Station 10: Basketball Shooting

## Team 21

### Equipment needed:

1. 1-30 cones
2. 1-25 basketballs

### Rules:

1. Students will be divided into groups
2. Each group can have a cone by it
3. Each group will have 1 basketball
4. On go, students will go to free throw line to shoot a basket
5. If they score, they get 1 point
6. If they miss, they lose a point
7. At end of time goal is to have most points

# Field Day Station 11: Volleyball Passing

## Equipment needed:

1. 1-30 cones
2. 1-25 volleyballs

## Rules:

1. Students will be divided into partners
2. The partners must pass a volleyball between each other
3. When they successfully pass in the air, they get to count to 1,2,3,4
4. If they drop the ball the count starts back over
5. Winners must have the highest count of passing back and forth with partner

# Field Day Station 12: Fitness Dice Game

## Equipment needed:

1. 1-30 cones
2. 1-25 fitness dice
3. 1-15 white boards
4. 1-15 dry erase markers

## Rules:

1. Students will be divided into partners
2. Every pair of partners will get 1 exercise fitness dice and white boards
3. The partners will role their dice and together do the fitness activity on the dice
4. Depending on the role of the dice the students will record their number for that role on their white board
5. At end of time, students will count their total score
6. Highest score wins

# Field Day Station 13: Put Put Golf

## Equipment needed:

1. 1-30 cones
2. 1-30 poly spots
3. 1-30 dodgeballs
4. 1-30 soccer balls, volleyballs, basketballs
5. 1-30 golf clubs
6. 1-30 flags

## Rules:

1. Students will be divided into partners
2. Put all the above equipment on the gym surface or even more
3. Goal is to have a lot of space covered with crazy equipment
4. Students must go through the course to the holes in the gym
5. The holes will have flags around them
6. If one of the partners hits one of the equipment on the field, then they must go back to the last cone
7. Goal is to be the first team to successfully make it through the course without hitting any equipment.

# Field Day Station 14: Tug of War

Equipment needed:

1. 1-2 Tug of War rope

Rules:

1. Students will be divided into teams.
2. Each team will grab a part on the rope on their side
3. On go, both teams pull
4. Team to pull other team past designated end line wins.
5. If you have multiple ropes and more students, you can divide more groups