**2019 3-5 Field Day Stations**

Station 1

 Activity: **SpinThe Bat Relay**

1. Classroom teachers will divide the class into two teams.
2. On the command, “Ready, Set, Go”, students will run to the first cone, do 5 jump knee tucks in place, then run to the second cone. Next they will place their hands on the smaller end of the bat and put their forehand on their hands. The other end of the bat must remain on the ground while the student goes around in a circle for 5 times). Finally they will do their best to get back to their line. Play again if time permits.

Station 2

Activity: **Mission Impossible**

1. Classroom teachers will divide the class into four teams.
2. Scatter all the beanbags (documents) behind an end line. Three players are selected to be the “guards” (guards will have colored jerseys) and stand in the center of the field. The four teams (spy agencies) assignments are to retrieve stolen secret documents without being tagged by guards. The documents are brought back to each agency’s headquarters (starting line). Each player may pick up one beanbag at a time. The players (spies) try to make it across to where the special documents are being kept. Players are safe from the guards once they pass the end line. Beanbags may only be carried, not thrown across the field. Only one player at a time from each team can go out.
3. When tagged by a guard, the player must return back to their headquarters (starting line).
4. If a document is retrieved, that player gets a free run back to their headquarters. Play continues until all of the documents are retrieved. The team with the most documents is designated as the “Super Spy Agency”. New guards are picked and play resumes if time permits.
5. ***Hint*: The students like for adults to be taggers.**

Station 3

 Activity: **Hop-A-Roo**

1. Classroom teachers will divide the class into four teams.
2. Students will hold the Hop-A-Roo’s handle, and place it between their legs while squeezing it with their feet. On the command, “Ready, Set, Go”, students will hop around the cone and back to their line.

Station 4

Activity: **Challenge Course**

1. Classroom teachers will divide the class into two teams.
2. On the command, “Ready, Set, Go”, two students will travel down and back through an obstacle course.

Station 5

Activity: **Titanic Challenge**

1. Classroom teachers will divide class into three teams.
2. On the command, “Ready, Set, Go”, students will use their “rafts” (three hoops) to get off the Titanic and cross the “ocean” (grass) to get to dry land.
3. If any part of a team member’s body touches the ocean, then the entire team starts over. The hoops must be down before a player jumps in or out. Once a team crosses the ocean, they can cross again. If a team continues to struggle, then they can do 10 jumping jacks instead of starting over.
4. If time permits, the students could use 2 hoops for round #2

Station 6

Activity: **Baton Relay Race**

1. Classroom teachers will divide the class into two teams.
2. On the command, “Ready, Set, Go”, one student at a time will run with a baton around 4 cones, and then hand the baton to the next person in their group.
3. As soon as the runner passes the 4th cone, the next runner immediately steps up to the starting cone to receive the baton.
4. A runner will run twice if his/her group has fewer runners.
5. If time permits, repeat the race, but have the teams go opposite directions.

Station 7

Activities: **Egg Spoon** and/or **Sack Relay Races (\*if the ground isn’t muddy)**

1. Classroom teachers will divide the class into four teams.
2. On the command, “Ready, Set, Go”, students will maneuver down and around the cones and back to their line.
3. Students can also participate in 3-legged sack races.

Station 8

Activity: **Buddy Walk/Froggy Feet**

1. Classroom teachers will divide the class into four teams.
2. **Froggy Feet:** One student at a time will walk down and back using “froggy feet”.
3. **Buddy Walk:** two students will use teamwork to walk down and back on two boards.

### Station 9

 Activity: **Noodle Hockey**

A. Classroom teachers will divide class into two teams

B. Students will participate in a hockey game using noodles as sticks

Station 10: **Water/First Aid**

**Tug-of-War** will take place immediately after each class has completed all of the stations.

1. Two teams in line facing each other.
2. The objective: to see which team can pull the other team past a designated line.
3. Emphasize:
	1. Being ready to pull on command – READY, PULL!
	2. Being ready to stop on command without dropping or letting go the rope. Great fun! Safety comes first.