

Sponge Toss

Equipment

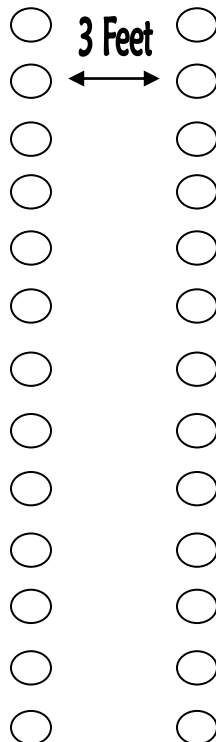
- 13 Sponges
- 1 Large Red Trash Can (filled with water)
- 26 Poly Spots

Set-Up

- Create two rows of poly spots about 3 feet apart
- Have students pair up and stand on a poly spot across from their partner
- If there is an uneven amount of students, make a group of 3

Rules

- Have all sponges start on one side
- On your signal, students will begin tossing the sponge back and forth
- Each time the sponge is caught, have the student who caught it take one step back
- If a student drops the sponge, have them and their partner sit down until the next round
- The last two students standing wins
- Get sponges wet and play again!



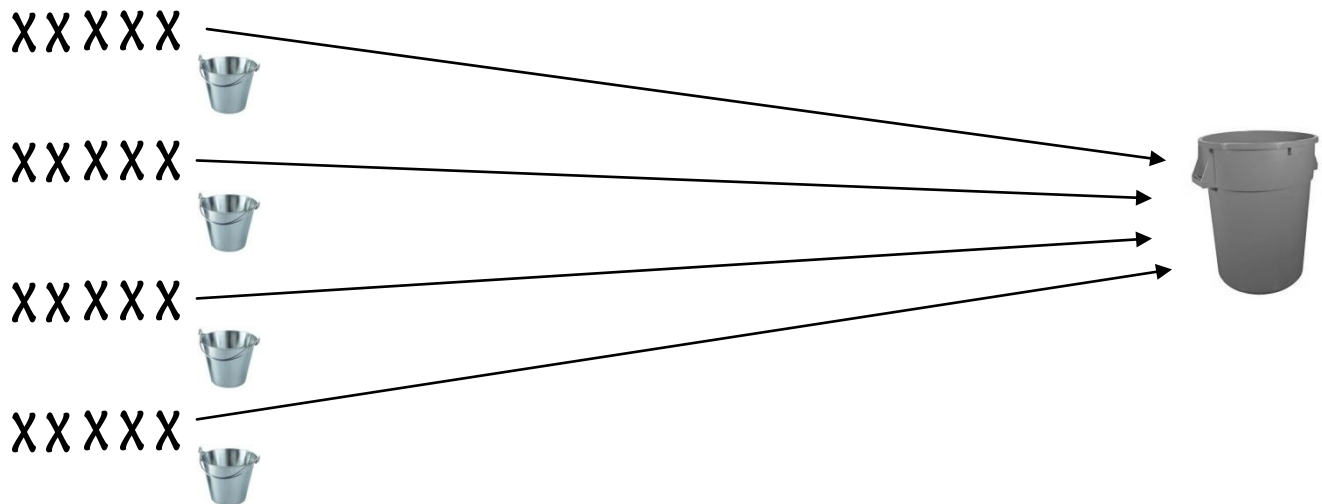
Cup Relay

Equipment

- 4 Cups
- 1 Large Red Trash Can (filled with water)
- 4 Small Buckets

Set-Up

- Place one bucket next to each poly spot
- Place red trash can about 30 feet away



Rules

- Divide class into 4 teams
- Each team stands behind a bucket
- Give the first person in line a cup
- On your signal, the first person in line will run down to the red trash can and fill the cup with water
- They will then hold the cup on top of their head while they walk back to the bucket
- When they return to their team, they will pour the water into the bucket and hand the cup to the next person.
- The team with the most water in their bucket at the end of the station wins

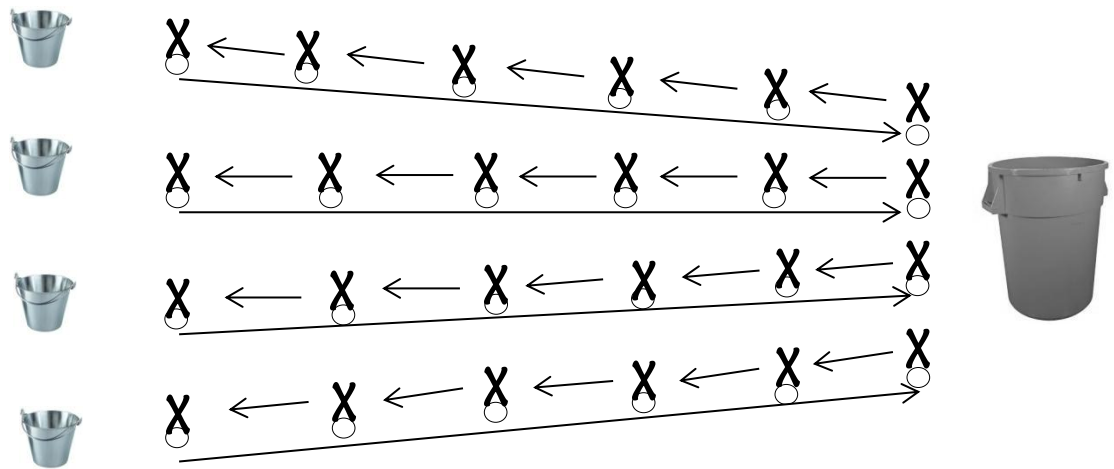
Sponge Ring Relay

Equipment

- 4 Sponges
- 1 Large Red Trash Can (filled with water)
- 4 Small Buckets
- 24 Poly Spots

Set-Up

- Place four buckets about 3 feet apart
- Place red trash can about 30 feet away



Rules

- Divide class into 4 teams
- Each team will spread out in a line between the large red bucket and their team's small bucket.
- Give the first person in line a sponge (the one closest to the large red bucket)
- On your signal, the person with the sponge will dip it into the large red bucket and then hand/toss it to the person next to them.
- The sponge will continue to be passed down the line until it reaches the last person.
- The last person will ring their sponge out into their team's small bucket and then run back to the beginning of the line to start the relay again.
- The team with the most water in their bucket at the end of the station wins.

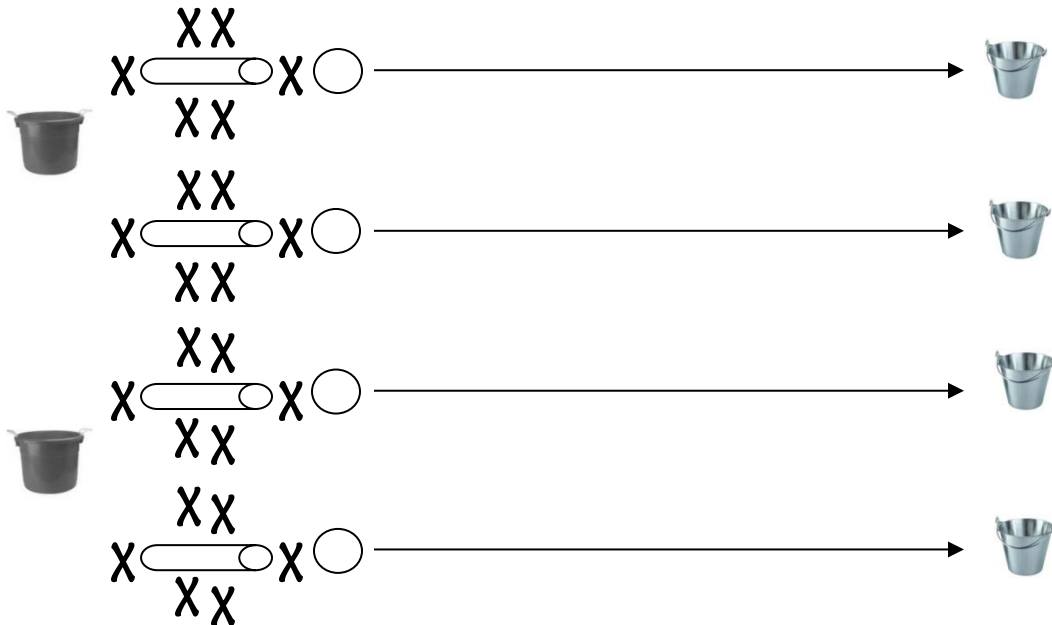
Leaky Pipe Relay

Equipment

- 4 PVC Pipes with Holes
- 2 Medium Buckets (filled with water)
- 4 Small Buckets
- 4 Poly Spots

Set-Up

- Place two medium buckets filled with water about ten feet apart, each with two cups inside (two teams will share one bucket to fill their cups)
- Place 4 poly spots about 3 feet apart near the buckets
- Place four small buckets about 30 feet away, directly in front of each team



Rules

- Divide class into 4 teams
- Each team stands behind a poly spot holding the PVC pipe
- One student must place their hand on the bottom of the pipe to keep the water from leaking out
- Another student will be responsible for filling up a cup with water and pouring it in the top part of the pipe
- All other students will place their fingers over the holes to keep the water from leaking out of the side of the pipe (have students do this before water is poured)
- Once the water has been poured into the pipe, students must walk together to their team's small bucket and pour the water from the pipe into the bucket
- Students will come back and repeat until the end of the station
- The team with the most water in their bucket wins

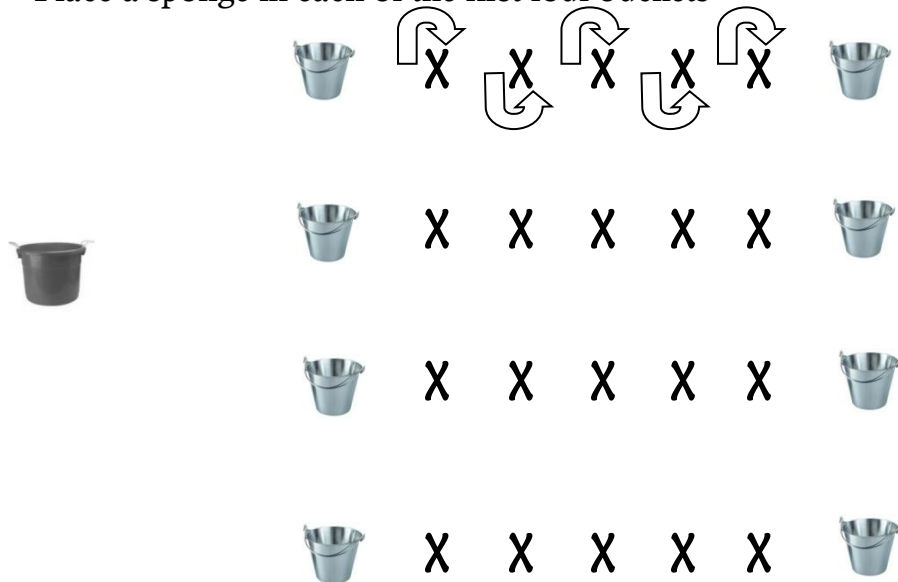
Over/Under Relay

Equipment

- 4 Sponges
- 8 Small Buckets
- 1 Medium Bucket (for refilling small buckets)

Set-Up

- Place 4 small buckets about 3 feet apart and then 4 more buckets directly across from them, about 30 feet away
- Place medium bucket behind first row of smalls buckets and fill with water
 - o This will be used to refill small buckets as needed
- Place a sponge in each of the first four buckets



Rules

- Divide class into 4 teams
- Each team will stand in a line between their two buckets
- On your signal, the first person in each line will take the sponge out of their bucket and pass it over their head to the person behind them
- The next student will pass the sponge under their legs to the person behind them.
- This will continue until the sponge reaches the end of the line
- The last student will ring out the sponge into their bucket and run to the front of the line to begin the relay again
- The relay will continue until the end of the station and the team with the most water in their bucket at the end wins

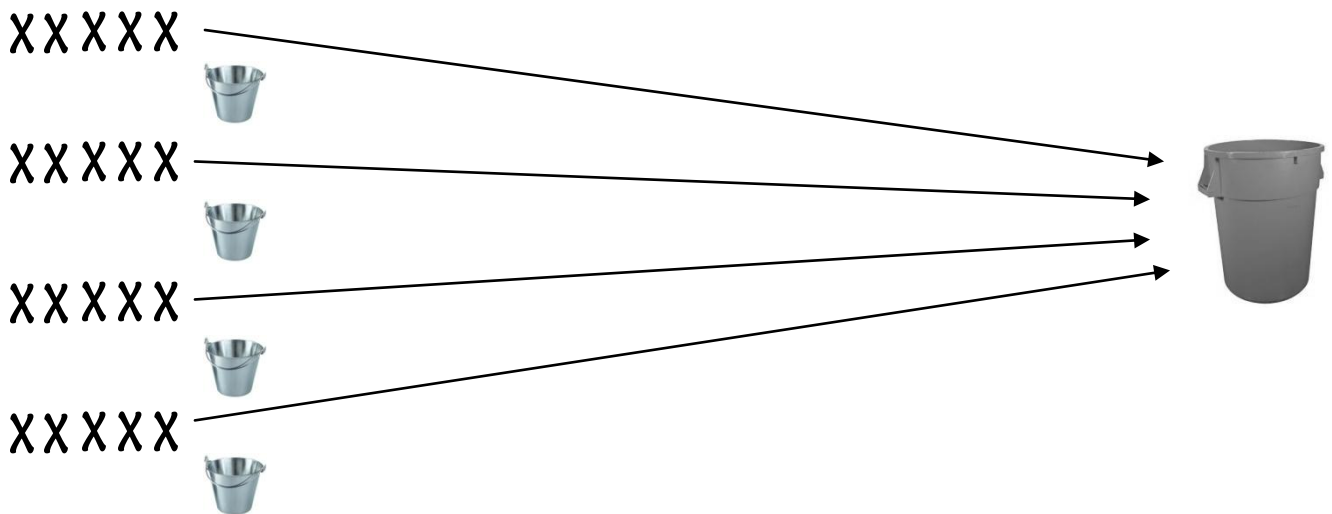
Sponge Balance Relay

Equipment

- 4 Sponges
- 4 Small Buckets
- 1 Large Red Trash Can

Set-Up

- Place four small buckets about 3 feet apart
- Place large red trash can about 30 feet away from small buckets



Rules

- Divide class into 4 teams
- Give a sponge to the first person in each group
- On your signal, the first person will run down to the large red trash can and dip their sponge
- They will then place the sponge on top of their head and walk back to their team.
- Once they return they will ring their sponge out in their team's bucket and hand the sponge to the next person in line.
- Relay will continue and the team with the most water in their bucket at the end of the station wins.

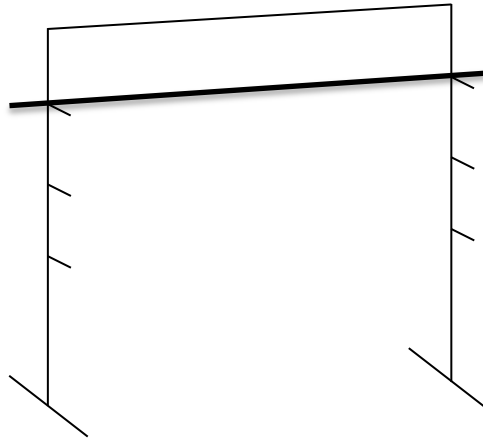
Limbo

Equipment

- Limbo Bar
- Water Hose

Set-Up

- Hook water hose up to limbo bar



Rules

- Class will stand in one line and go under the limbo stick one at a time
- Students can continue to go through even if they don't make
- Once everyone has gone through at every level, start over from the top
- If students want to have an elimination competition toward the end of the station that is ok

Popsicles/Water Break/ Hoops and Ropes

Equipment

- Popsicles
- 2 Scissors
- 2 Coolers
- Table
- Trash Can
- Hula Hoops
- Jump Ropes

Set-Up

- Place popsicles and ice into coolers and put underneath the table
- Try to have popsicles cut for each group and laying on the table when they arrive at this station
- Students may get water from the water fountain in the cafeteria
- Students must stand/sit underneath the awning until it is time to rotate
- Extra popsicles will be stored in the cafeteria
- Refill coolers after each zone
- Hoops/Ropes Cart

Obstacle Course & Slide

Equipment

- Inflatable
- 2 Mats

Set-Up

- Place one mat at the entrance and one mat at the exit



Rules

- Only allow a few students in at a time
- Once the first few have had a chance to get ahead, allow a few more in
- Please do not allow students to wrestle
- Please do not allow students to do any flips

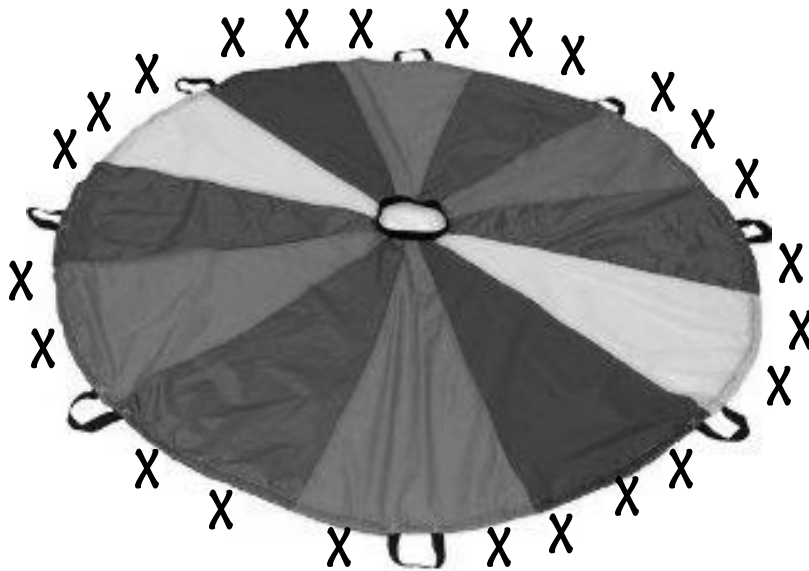
Parachute (K-2nd)

Equipment

- Parachute
- Foam Balls

Set-Up

- Spread out parachute
- Have bucket of foam balls nearby for easy access



Rules

- Have students spread out evenly around the parachute
- Activity
 - o Volcano
 - Have students grab parachute with both hands and kneel down
 - Place all foam balls in the middle of the parachute
 - On your signal students will lift parachute up
 - Just before the parachute reaches its peak yell “down!”
 - Students will pull down and return to the kneeling position
 - The balls will shoot up into the air like lava from a volcano
 - All students must go up and down at the same time for it to work
 - Once all balls are off of the parachute pick 3-4 students to collect the balls and lightly toss back onto the parachute
 - Continue until it is time to rotate

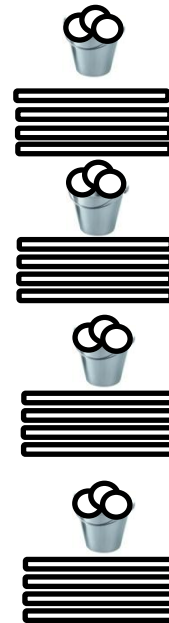
Half Pipe Relay (3rd – 5th)

Equipment

- 16 Half Pipes
 - o 4 for each team
- 4 Ping Pong Balls
- 8 Small Buckets

Set-Up

- Place four small buckets about three feet apart on one end and then four more small buckets directly across from them about 30 feet away.
- Place 10 ping pong balls in each of the four buckets on one side
- Place 4 half pipes next to each bucket



Rules

- Divide class into four teams
- Each team will use four half pipes in order to get a ping pong ball to travel from one bucket to the other.
- Students will line the half pipes up and connect them so they make one large pipe for the ball to travel down.
- Students will have to move to the end of the line with their pipe after the ball is past them so they can work their way toward the opposite bucket.
- Once they reach the bucket they have to pour the ball in and go back to beginning.
- The team with the most ping pong balls in their bucket at the end wins.

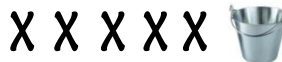
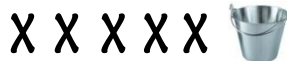
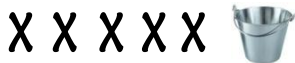
Relay Races

Equipment

- 4 Buckets
- 4 Cones
- 4 Spoons
- 4 Eggs
- 4 Bean Bags
- 24 Whiffle Balls

Set-Up

- Place 4 buckets about 3 feet apart on one end and then 4 cones directly across from them about 20 feet away.
- Each bucket should contain 1 spoon, 1 egg, 1 bean bag and 6 whiffle balls.



Rules

- At this station, students will participate in several relay races.
- Split class up into 4 teams
- **Egg & Spoon Relay:** Students will go one at a time and balance the egg on the spoon. They must walk up and around the cone and back and then hand it to the next person. If they drop the egg they have to do 5 jumping jacks before continuing.
- **Bean Bag Balance Relay:** Students will go one at a time and balance the bean bag on their head. They will go up and around the cone and back and then hand the bean bag to the next person in line. If they drop the bean bag, they have to do 5 jumping jacks before continuing. Each student will go one time and then you can do reset and do the relay again.
- **Whiffle Ball Relay:** Students will go one at a time and retrieve a whiffle ball from the opposite end (near the cone) and bring it back to their team's bucket at the starting point. Each student will go one time and then you can reset and do the relay again.

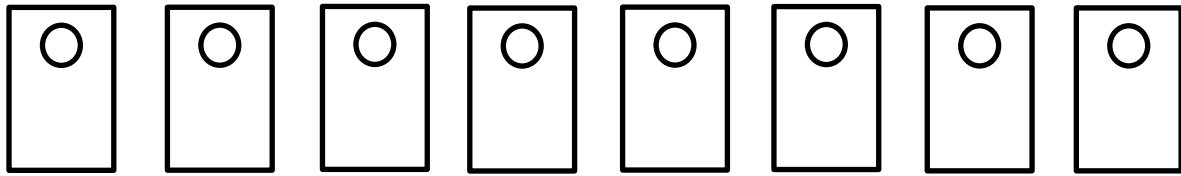
Cornhole

Equipment

- 8 Cornhole Boards
- 64 Bean Bags (8 for each set)

Set-Up

- Set up all cornhole boards about 3 feet apart
- Place 8 bean bags in a bucket about 15 feet away from the boards



Rules

- Up to four students can play on a board at a time
- Students will take turns tossing their bean bags and try to get them to land in the hole or on the board
- **Scoring**
 - 1 Point – Each bean bag that lands on the board
 - 3 Points – Each bean bag that lands in the hole
 - If students understand the traditional scoring rules they may play that way as well.

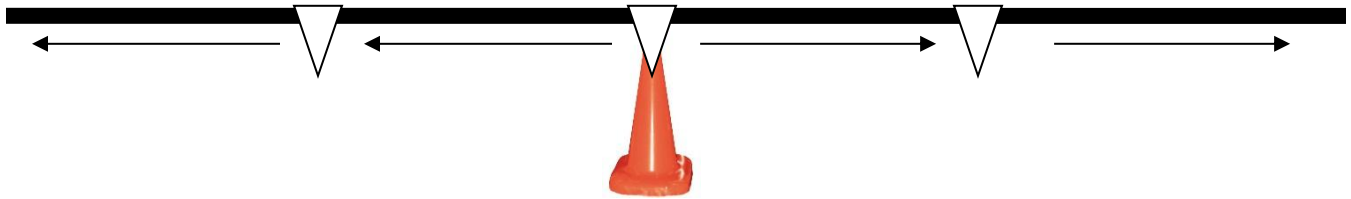
Tug-o-War

Equipment

- Rope with Flags
- Large Cone

Set-Up

- Lay rope straight on the ground
- Place the cone in the middle between the two flags



Rules

- Divide class in half
- Have students line up on their side and grab the rope with two hands behind their flag
- On your signal, students will begin pulling in their team's direction
- A team wins when they pull the rope so that the other team's flag passes the cone in the middle
- Please ask students to stop pulling after they win or if the other teams falls on the ground to avoid any injuries
- Reset and play again!
- Make changes to teams when necessary

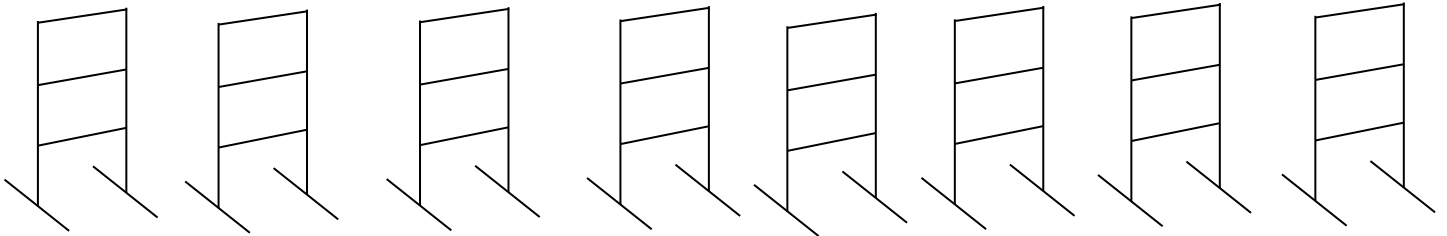
Ladder Golf

Equipment

- 8 Ladder Golf Sets
- 48 Bolas (6 for each set)
 - o “Bolas” are the object that is tossed in the game of ladder golf

Set-Up

- Set up 8 ladder golf sets about 3 feet apart
- Place six “bolas” at each ladder golf set



Rules

- **Ladder Golf**
 - o Up to 3 students can play on each ladder golf set
 - o Students will alternate throwing their “bolas” until all have been thrown
 - o Scoring
 - 3 Points – Top Rung
 - 2 Points – Middle Rung
 - 1 Point – Bottom Rung
 - Play to 21 points

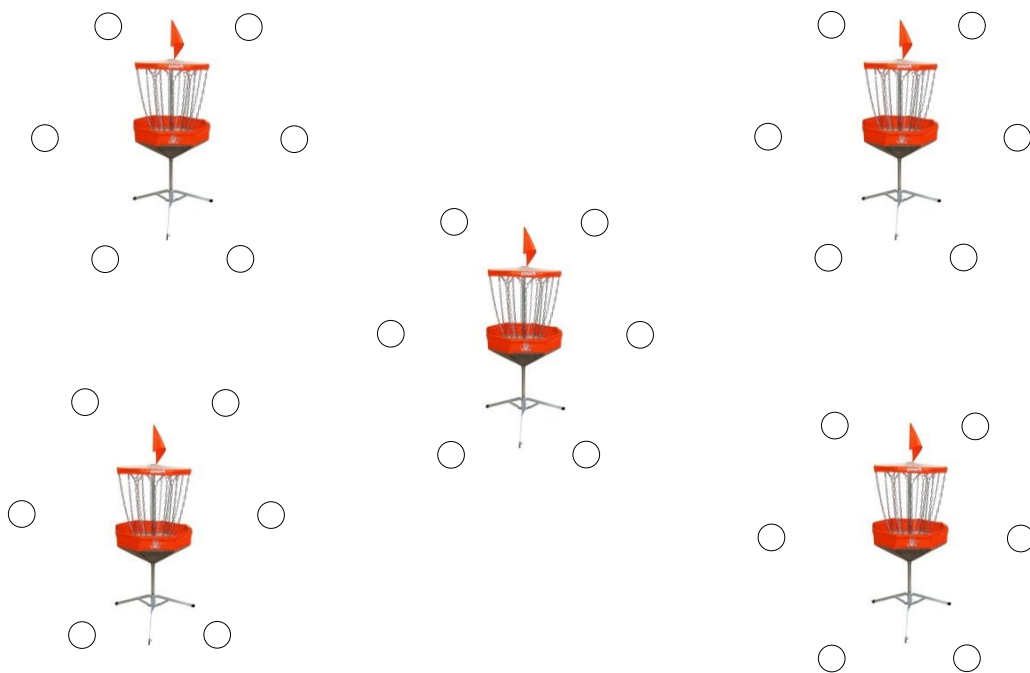
Ring of Fire

Equipment

- 5 Disc Golf Targets
- 30 Disc Golf Discs
- 30 Poly Spots

Set-Up

- Set up 5 Disc Golf targets with 6 poly spots in a circle around the target.
- Place one Frisbee on each spot



Rules

- Each student will find a spot to stand on and pick up their disc
- Students will count to 3 and all throw their Frisbee at the same time
- If a student misses, they will sit down on their spot
- If a student makes it, they will retrieve their disc, return to their spot and take one step back.
- If they make it again, they will take 2 steps back.
- Students will continue this method until there is only one student left that has made their Frisbee in the target.

Just Dance

Equipment

- Laptop
- Projector
- Stereo System
- Just Dance CD

Set-Up

- Set up projector and sound system facing the projection screen.
- Place CD inside of laptop

Rules

- Please be sure to restart the CD after each **zone** change
- The CD should be long enough to play through each zone (1 hour long)
- Students will follow the dance moves on the screen the best they can
- Students may also use the restroom or get water during this time with their teacher's permission

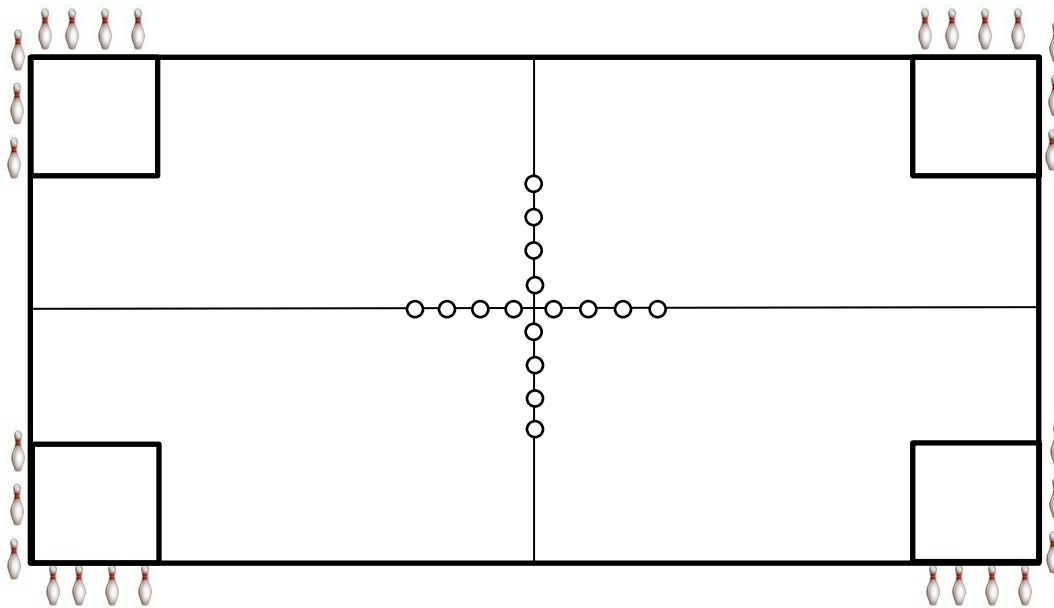
Ultimate Defend the Den

Equipment

- 28 Bowling Pins
- Gator Skin Balls
- 4 Jerseys (Red, Blue, Yellow, Green)

Set-Up

- 7 pins will be set up in each corner of the gym
- Set up balls in an "X" in the middle of the gym on the lines



Rules

- Students will be split up into 4 teams, one team in each corner of the gym.
- All teams will start by standing up against the grey mats on the wall in their corner of the gym.
- One person on each team will be wearing a jersey ("Swimmer")
 - o The swimmer is responsible for going around the gym and collecting balls for their team during the game
 - o Swimmers can go anywhere they want in the gym to get a ball but they are not allowed to roll the ball while being the swimmer.
 - o Students may switch swimmers at any time
- When the game starts, students will walk to the middle to get a ball and begin rolling toward any of the other three teams.
- The object of the game is to knock down all of the pins on the other three team's side while protecting the pins on your side.
- Once 3 out of 4 teams have all of their pins knocked down the game is over.
- Reset the game and play again.