

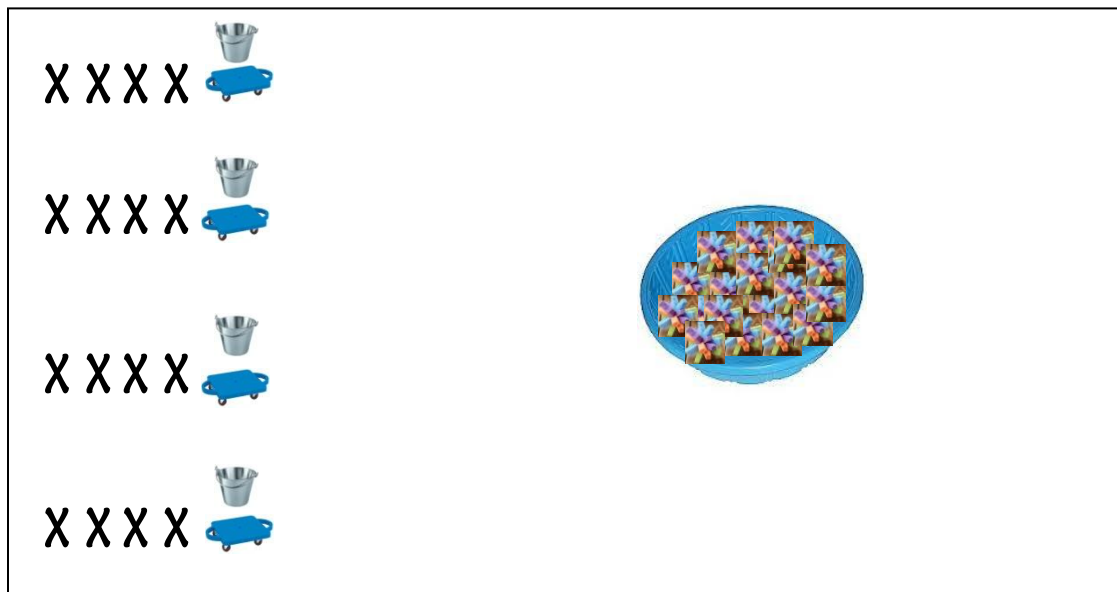
Scooter Sponge Relay (6)

Equipment

- Star Sponges
- 1 Baby Pool (filled with water)
- 4 Scooters
- 4 Buckets

Set-Up

- Place baby pool filled with water and sponges on center line.
- Place 4 scooters in a line about 2 feet apart.
- Place one bucket next to each scooter.



Rules

- Divide class into 4 teams
- Relay begins by one student from each team sitting on a scooter
- On signal, the first person from each team begins scooting toward the baby pool
- Students take one sponge and then scoot back to the line.
- Students will place the sponge in the bucket and then switch with the next person in line.
- Students will continue until there are no more sponges left.
- The team with the most sponges at the end wins.
- Put all sponges back in the pool and play again!
- Students may scoot going forward or backward
- Please remind them to look behind them if they are scooting backwards

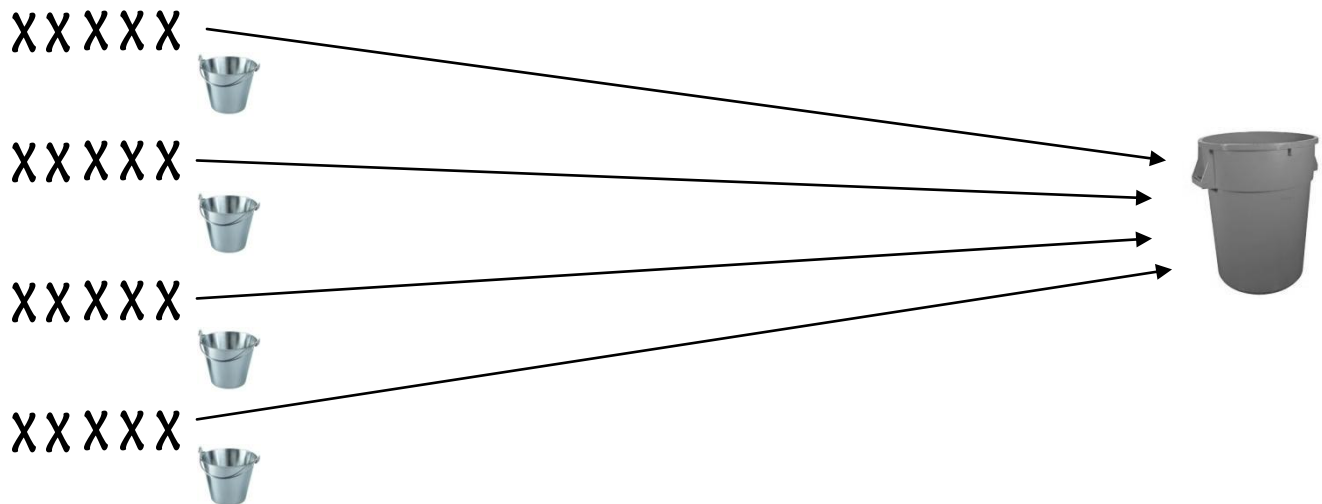
Leaky Cup Relay (2)

Equipment

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

Set-Up

- Place 4 buckets at the starting point, each bucket about 2 feet away from each other
- 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 place the cup on top of their head, return to the line and pour any remaining water in their bucket and switch places with the next person in line.
- Students will continue until the station is over and the team with the most water in their bucket at the end of the station wins
- Please remind students to run in a straight line there and a straight line back

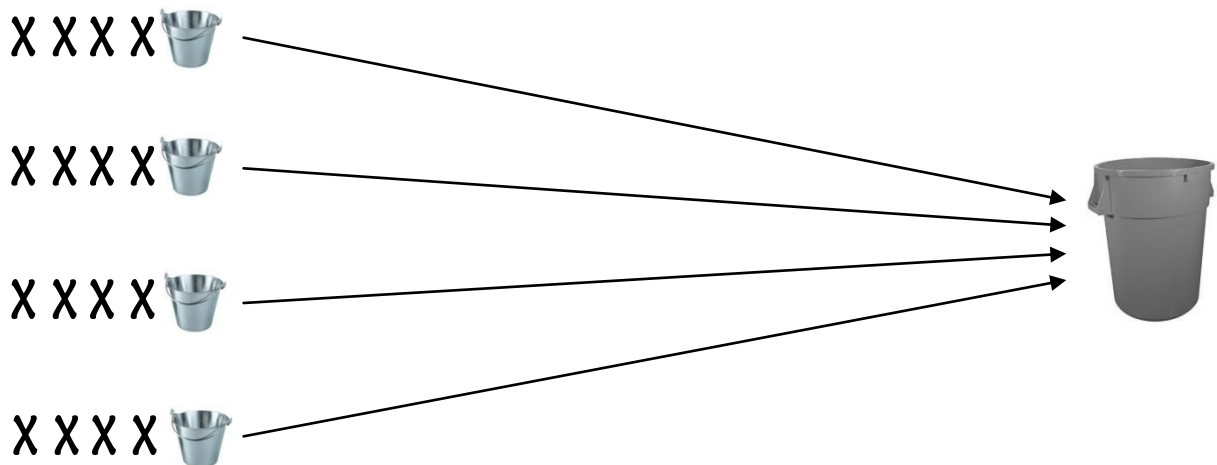
Sponge Ring Relay (3)

Equipment

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

Set-Up

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



Rules

- Divide class into 4 teams
- Give the first person in each line a sponge.
- On your signal, the student with the sponge will run down to the red bucket and dip the sponge in the water.
- Students will carry the sponge by pinning it between their chin and chest.
- Once they return to their bucket they will ring the sponge out and give it to the next person in line.
- Students will continue taking turns until the station is over.
- The team with the most water in their bucket at the end of the station wins.

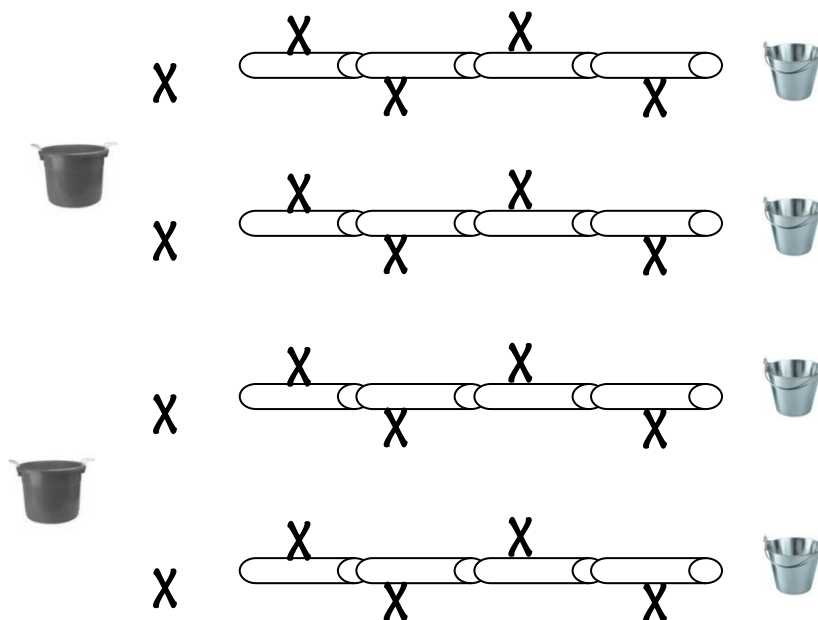
Half Pipe Water Transfer Relay (4)

Equipment

- 16 Half Pipes
- 8 Small Buckets
- 4 Cups

Set-Up

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



Rules

- Divide class into 4 teams
- 4-5 Students will hold the half pipes in a row to make a path toward their bucket.
- One student will scoop the water in the cup and pour it at the beginning of the pipes.
- The person pouring the water will do three cups-fulls and then switch with someone on their team. They will continue switching every three cup-fulls until the station is over.
- The object of this activity is to transfer water to a bucket by pouring it onto the pipes.
- Students must hold the pipes together to prevent the water from leaking
- The first team to fill the bucket wins or the team with the most water in their bucket at the end of the station wins.

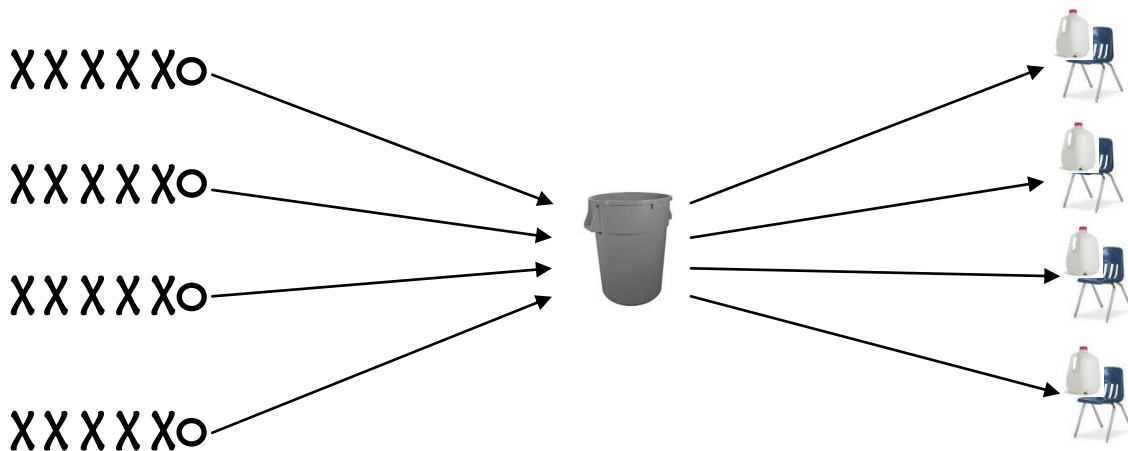
Fill the Bottle Relay (5)

Equipment

- 4 Sponges
- 4 Bottles
- 4 Poly Spots
- 4 Chairs
- 1 Large Red Trash Can

Set-Up

- Place 4 poly spots about 3 feet apart and put one sponge on top of each spot
- Place large trash can about 15 feet in front of poly spots
- Place 4 chairs about 15 feet in front of red trash can and place one bottle on each chair



Rules

- Divide class into 4 teams
- Each team will stand in a line behind their poly spot
- The first student in line will begin by sitting in the chair with the bottle on top of their head.
- The second student in line will start with the sponge.
- On your signal, the student with the sponge will run and dip it in the large trash can and then run to the person sitting in the chair.
- The student with the sponge will then squeeze the water into the bottle on top of the other student's head.
- The student with the sponge will then sit in the chair with the bottle and the other student will return to the line with the sponge and give it to the next person.
- This will continue until the end of the station and the team with the most water in their bottle wins.
- **Volunteers:** Please help students hold the bottle on their head, especially as it gets heavier.

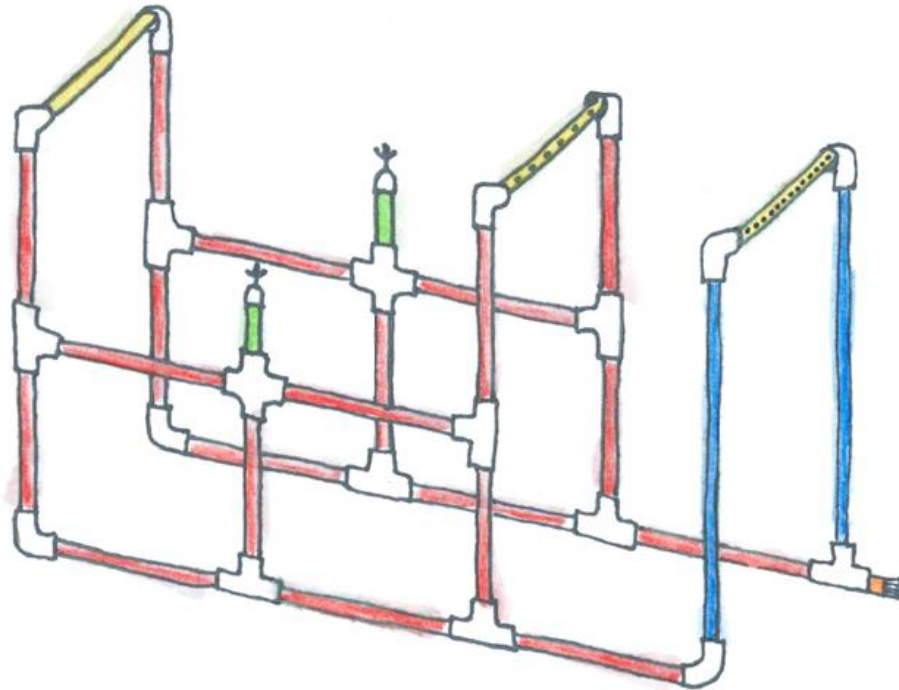
PKES Car Wash (1)

Equipment

- Car Wash
- Hose
- 3 scooters

Set-Up

- Hook hose up to car wash



Rules

- Students will stand in line with a partner
- When a scooter is available, one student will sit on the scooter and the other student will carefully push their partner through the car wash.
- The next time the students have a turn they will switch places

*****Please reiterate the importance of pushing their partner carefully so no one gets hurt!**

Popsicles/Water Break/ Hula Hoops/ Chalk/Pictures (3)

Equipment

- Popsicles
- 2 Scissors
- 2 Coolers
- Table
- Trash Can
- Hula Hoops
- Picture Backdrop

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
- Extra popsicles will be stored in the cafeteria
- Refill coolers after each zone
- Students may get water from the water fountain in the cafeteria
- Students may use hula hoops
- Students may draw on the sidewalk with chalk
- Students may have their picture taken in front of the backdrop by their teacher/parent.

Obstacle Course & Slide (3)

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

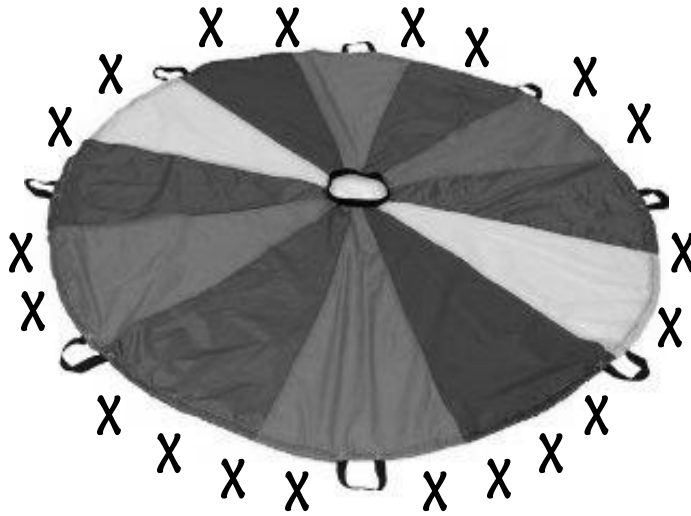
Parachute (6)

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
- Activities
 - o Popcorn
 - Place all of the balls in the center of the parachute
 - Students will begin shaking the parachute and pop the “popcorn”
 - 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 students collect the balls and lightly toss them back onto the parachute
 - Continue until it is time to rotate
 - o Campfire Tent
 - Students lift the parachute together, take a step in and bring the parachute behind their body and sit on the edge (on the inside of the “tent”)

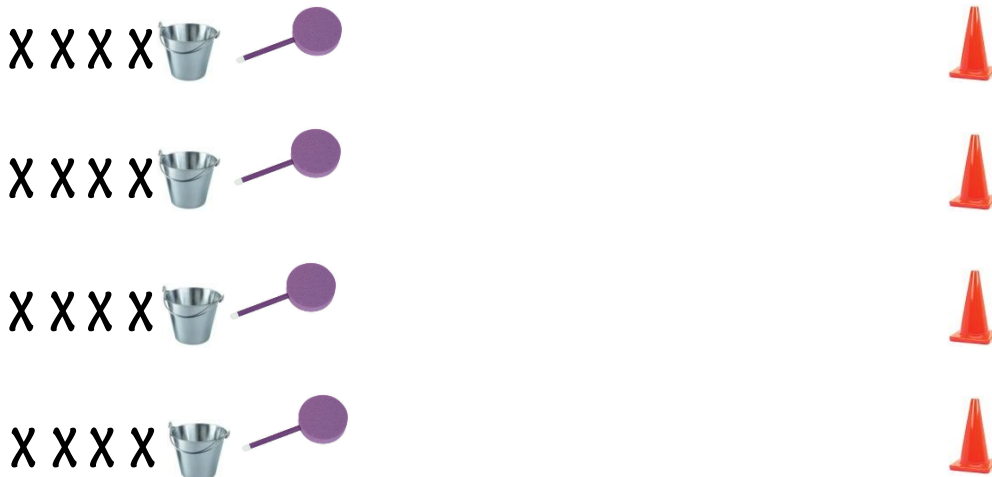
Paddle Balance Relay (1)

Equipment

- 4 Paddles
- Various Size Balls
- 4 Buckets
- 4 Cones

Set-Up

- Set up 4 buckets, each with one paddle and one of each type of ball
- Place 4 cones directly across, about 20 feet away



Rules

- Divide class into four teams and have them line up behind a bucket
- The first person in each line will hold the paddle and balance the ball on top
- On the signal, the first person in each line will begin walking toward the cone without letting the ball fall off.
- Students must walk up and around the cone and back while balancing the ball.
- Students then give it to the next person and sit down at the end of the line
- If the ball falls, students must stop, put it back on the paddle and begin walking from the point where it fell off.
- The first team to finish wins
- Change the type of ball used each round
- Move cones closer/further away depending on grade level.
- You may have to have one person go more than one time in order to make it even with the amount of students on other teams.
- If time allows, students can do the relay while walking backwards.

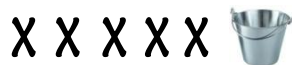
Shoe-Cup Relay Race (4)

Equipment

- 4 Cups (with rubber bands)
- 8 Buckets
- Ping Pong Balls

Set-Up

- Place 4 buckets about 3 feet apart on one end and 4 more buckets directly across from them about 20 feet away.
- Place an even number of ping pong balls in the first bucket in each line.
- Place a cup next to each bucket.



Rules

- The first person in each line will begin with the cup on their foot.
 - Use the rubber band to wrap it around their shoe.
- On the signal, the first person in each line will place one ping pong ball in their cup and begin walking/hopping toward the bucket on the other side.
- Students must walk under control or the ball will come out.
 - If the ball comes out, just have them put it back in and continue walking.
- Once the student reaches the bucket on the other side they must lift their foot and pour the ball into the bucket without using their hands.
- Once the ball is out of the cup they can return to the line and give their cup to the next person in line.
- Students will continue until all of their ping pong balls are gone.
- The first team to transfer all of their balls into the other bucket wins.
- If time permits, you can reverse the relay
 - Have students walk down to the bucket, put a ball in the cup and bring ball back to original bucket.
- Extra cups will be provided in case any of them break throughout the day.

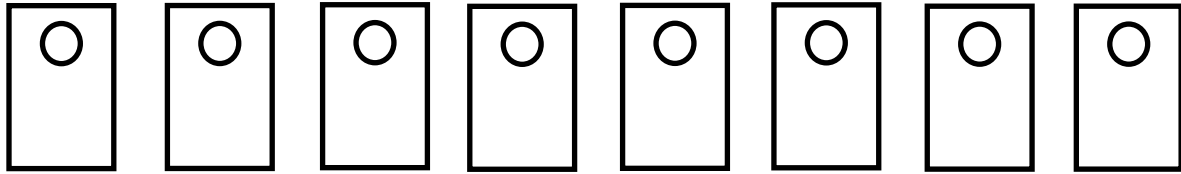
Cornhole (2)

Equipment

- 8 Cornhole Boards
- 48 Bean Bags (6 for each set)

Set-Up

- Set up all cornhole boards about 3 feet apart
- Place 6 bean bags in a bucket about 15 feet away from the boards



Rules

- Up to three 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
 - Play to 21 points

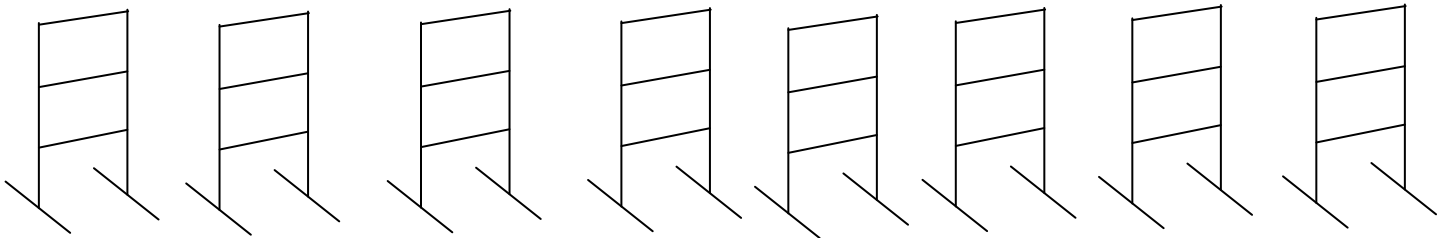
Ladder Golf (5)

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

Just Dance (2)

Equipment

- Laptop
- Projector
- Stereo System
- Just Dance Video

Set-Up

- Set up projector and sound system facing the projection screen.
- Open up Just Dance video from the desktop

Rules

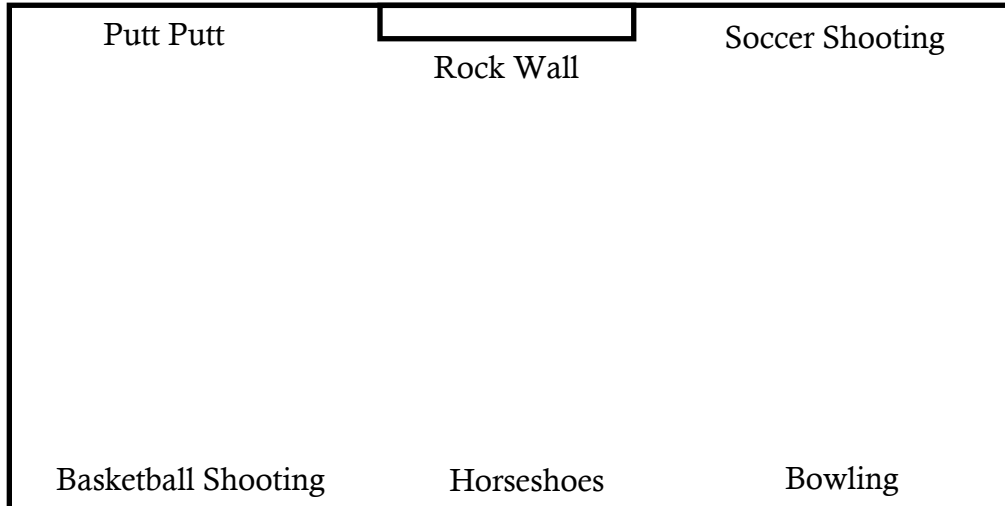
- Please be sure to restart the video after each **zone** change
- The video should be long enough to play through each zone (1 hour long)
- Students will follow the dance moves on the screen the best they can
- Students may also use the restroom or get water during this time with their teacher's permission

Open Stations (1)

Equipment

Mats, Golf Equipment
Bowling Pins/Bowling Balls
Soccer Goals/Soccer Balls
Basketballs
Horseshoe Targets/Horseshoes

Set-Up



Rules

- This is an open station format activity
- Students may go to any station they want and change stations when they want
- Station explanations will be provided at each station
- Please monitor the Rock Wall
 - o Only 5 people are allowed on the wall at a time
 - o Please allow proper spacing between each student
 - o Student's feet are not allowed to go above the red line
 - o Do not allow students to jump off on purpose