

INDOOR FIELD DAY

EVENT CARDS

PE

PE

5 KNOCK THEM DOWN



- Set up 10 bowling pins or empty 2 liter bottles 30 to 50 feet away from each team's bowling lines
- A Ball returner for each team is set beside the pins to return the ball
- On "GO" the first student in each line runs to the pins and returns the ball to the returner
- This continues until everyone on the team has completed the task and a total time is calculated

PE Central
FIELD DAY

2 BOXER SHORTS RELAY



- Each team has 1 pair of boxer shorts
- The first person in each line puts on the boxer shorts and runs around the cone and hand them to the next person in line
- They take off the boxer shorts and hand them to the next person in line
- The next person goes and the cycle repeats until everyone on the team has accomplished the task and the team is sitting down

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7 JUMP ROPE RELAY



- The first student in each line jumps rope to a cone and returns the rope to the start
- They do not jump rope around their own feet as they run
- When the first student completes the task and returns the rope to the start, the next student runs to the cone and performs a certain number of jumps or stunts then returns the rope to complete the task

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1 HULA HOOP RELAY



- Five teams are set up around a cone with 3 hula hoops at the start of the about 20 feet line
- On "GO," the first student in each line runs up to the hula hoop and twirls it around their waist 10 times
- Then they run to the next person in line and then pick it up and twirl it through it
- They then go to the 3rd hula hoop and twirl it around their waist 10 times and run straight back to the next person in line
- This continues until everyone in the group has had a turn twirling, stepping through and twirling a hula hoop

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8 CUP STACK RELAY



- Each team is given a set of 6 stacking cups and a 10-foot distance from their starting line to the table
- On "GO" the first person will run down and stack a pyramid of 6 cups (times 3) and then unstack them quickly
- He/ or she will return to the line and tag the next person to go
- Next person will repeat the process. This continues until all members of the team have completed the task

PE Central
FIELD DAY



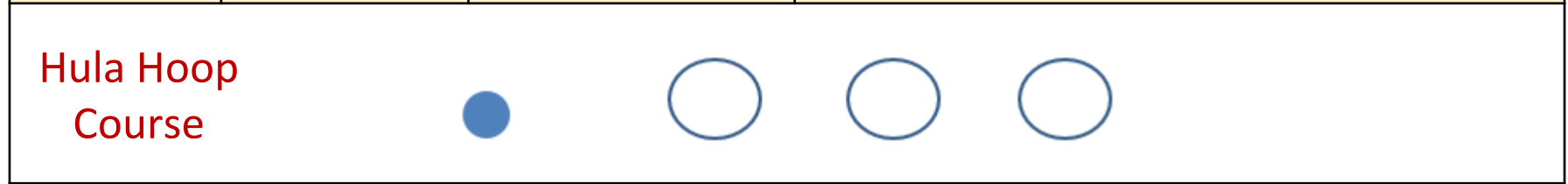
EVENT DESCRIPTIONS & DIAGRAMS

Field Event Description/Diagrams			
Card #	Name	Equipment	Description
4	Free Ride	Scooters, Cones, Polyspots	In relay lines, students take turns pushing and riding dual scooter boards around an end cone and back.
<p>Free Ride</p>			
Card #	Name	Equipment	Description
5	Knock them Down	Bowling Pins or 2 Liters, Polyspots	In relay lines, students take turns rolling a bowling ball at pins and adding and computing scores.
<p>Knock them Down</p>			
Card #	Name	Equipment	Description
6	Hippity Hop Relay	Hippity Hops, Cones, Polyspots	In relay lines, students take turns hopping on Hippity Hops down around an end cone and back.
<p>Hippity Hop Relay</p>			

Field Event Description/Diagrams

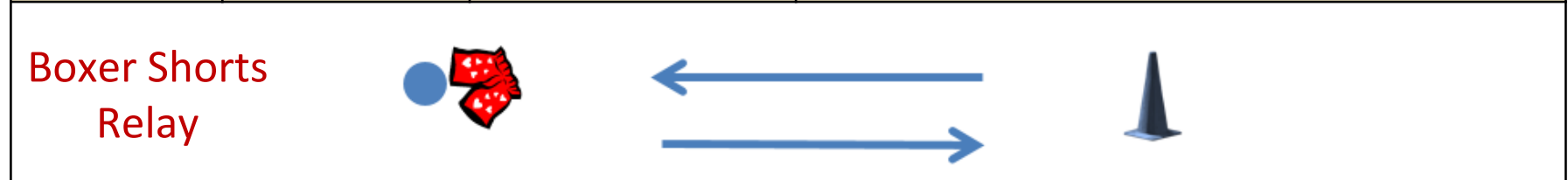
Card #	Name	Equipment	Description
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1	Hula Hoop Course	Hula Hoops, Polyspots	In relay lines, students take turns running around, stepping through and twirling hula hoops
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Card #	Name	Equipment	Description
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2	Boxer Shorts Relay	Oversized Boxer Shorts, Polyspots	In relay lines, students take turns putting on boxer shorts and running around an end cone/back
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Card #	Name	Equipment	Description
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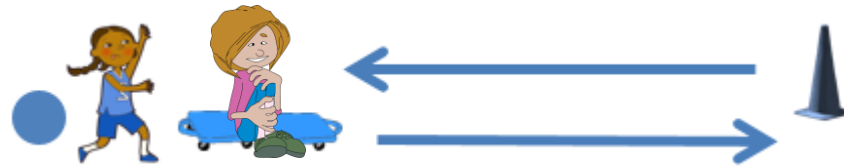
3	Hoop Hut Relay	Hula Hoops, Polyspots	In relay lines, students, in pairs, take turns building and/or running through constructed hoop huts
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Field Event Description/Diagrams

Card #	Name	Equipment	Description
4	Free Ride	Scooters, Cones, Polyspots	In relay lines, students take turns pushing and riding dual scooter boards around an end cone and back

Free Ride



Card #	Name	Equipment	Description
5	Knock them Down	Bowling Pins or 2 Liters, Polyspots	In relay lines, students take turns rolling a bowling ball at pins and adding and computing scores

Knock them Down



Card #	Name	Equipment	Description
6	Hippity Hop Relay	Hippity Hops, Cones, Polyspots	In relay lines, students take turns hopping on Hippity Hops down around an end cone and back

Hippity Hop Relay



Field Event Description/Diagrams

Card #	Name	Equipment	Description
7	Step, Reach And Drop	Carpet Squares, Polyspots, Cones	In relay lines, students take stepping alternately, on 2 carpet squares as they travel a set distance and back

Step, Reach
And Drop



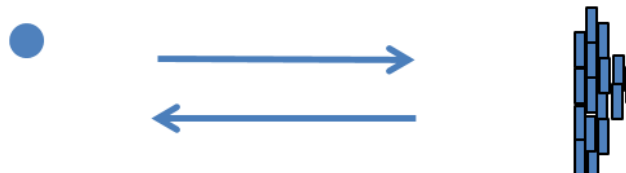
Card #	Name	Equipment	Description
8	Cup Stack Relay	Stacking Cups, Tables, Polyspots	In relay lines, students take turns running down to a table to build 3 cup pyramids and then unstack them

Cup Stack
Relay



Card #	Name	Equipment	Description
9	Build it Up-Break it Down	Foam or Wooden Blocks, Polyspots	In relay lines, students take turns running a set distance and building a pyramid using blocks

Build it Up-
Break it Down



Field Event Description/Diagrams

Card #	Name	Equipment	Description
10	Jump Rope Relay	Short Jump Ropes, Cones, Polyspots	In relay lines, students running and jumping rope as they travel to an end cone and back

Jump Rope Relay



Card #	Name	Equipment	Description
11	Balloon Hop	Balloons, Cones, Polyspots	In relay lines, students hop down and around an end cone and back with a balloon between their knees

Balloon Hop



Card #	Name	Equipment	Description
12	Beach Ball Volley	Beachballs, Cones, Polyspots	In relay lines, students, in pairs, take turns squeezing a beach ball between them as they travel

Beach Ball Volley





EVENTS

1

HULA HOOP COURSE



- **PE** Have teams line up at a start cone with 3 hoops laid down in front of the about 20 feet apart
- **PE** On GO," the 1st person in line, runs up to the first hoop and circles around it as fast as possible
- **PE** Then they run to the 2nd cone and then pick it up and run through it
- **PE** They then go to the 3rd hoop and twirl it around their waist 5 times and run straight back to the next person in line
- **PE** This continues until everyone in the group has had a turn circling, stepping through and twirling a hula hoop

BOXER SHORTS RELAY

- PE Each team has 1 pair of boxer shorts
- PE The first person in each line puts the boxer shorts on and runs down and around the cone and back
- PE They take off the boxer shorts and hand them to the next person in line
- PE The next person goes and the cycle repeats until everyone on the team has accomplished the task and the team is sitting down



HOOP HUT RELAY



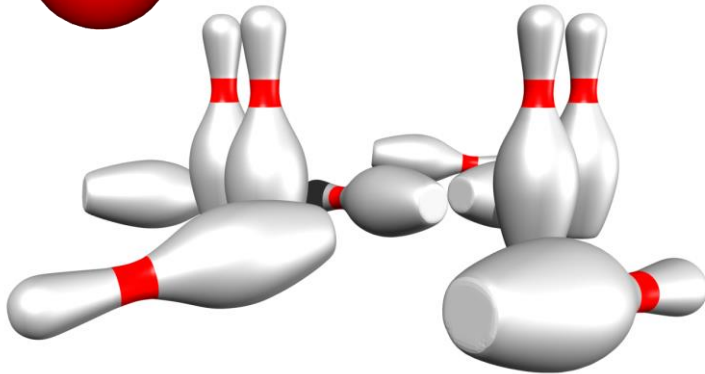
- PE On signal "GO", 2 students at the front of a line, run down and create a hula hut constructed using 6 hula hoops
- PE After the hula hut is built, the 2 students run back and tag the hand of the next 2 students
- PE The next 2 students run down and each crawl through the hula hut
- PE If it falls as they pass through, they must reconstruct it quickly before they run back to line
- PE If they successfully make it through, they run back and tag the hands of the next 2 students
- PE This process continues until all have crawled through

FREE RIDE

- PE The first person in line will sit on 1 or 2 scooter boards attached together
- PE On signal "GO," the 2nd person in line will push the first student around a cone and back. ...The student should push the student using their feet (and not their knees) and should push them in the middle of their back
- PE They should not sling the person back to their line but rather push them all the way to the line gently
- PE The next student in line will be the next pusher and the previous pusher will be the rider
- PE This continues until everyone in the group has had a turn doing both



KNOCK THEM DOWN



- PE Set up 10 bowling pins or empty 2 liter bottles 30 to 50 feet away from each team's bowling lines
- PE A Ball returner for each team is set beside the pins to start the event
- PE On signal "GO", the first student rolls a bowling or playground ball at the pins and yells out how many pins he or she knocks down at the other end
- PE The first student runs down to reset his or her pins while the ball returner brings it back to the next person in line
- PE The next person rolls and shouts their score and the team adds it to the first bowlers score
- PE This continues until everyone has a turn and a total team score is calculated

HIPPITY HOP RELAY

- PE** On the signal "GO", the first person hops up and down on the Hippity Hop down and around the end cone and back
- PE** The next person does the same and the whole line continues until everyone is finished
- PE** If there is time, people can do it again backwards
- PE** No running, people must hop



7

STEP, REACH AND DROP



- PE Each group has 2 carpet square samples at the front of their line
- PE On signal "GO", the first student places a square down in front of him or her and steps on it. They hold the other square in their hand.
- PE They then drop the other carpet square piece in front of them and step on to it. Once on it, they reach back and get the first piece
- PE They continue stepping, reaching back and picking up the squares as they travel to an end line and then they quickly run both pieces back to the next person in line
- PE Each person in line gets a turn stepping, reaching and dropping the 2 carpet pieces

CUP STACK RELAY

- PE** Each team will have a set of 6 stacking cups at a set distance from their starting line- on table
- PE** On “GO” the first person will run down and stack a pyramid of 6 cups- (times 3) and then unstack them quickly
- PE** He/ or she will return to the line and tag the next person to go
- PE** Next person will repeat the process. This continues until all members of the team have completed the task



BUILD IT UP- BREAK IT DOWN



- PE On signal "GO" the 1st person in line, runs and grabs one block to begin building a pyramid in a designated area
- PE After placing their block, the student runs back to their line and tags the next student in line who adds the next block to the pyramid
- PE The pyramid should be built with a base of 6 blocks and each level up should be one less
- PE After building the pyramid, it is to be broken down one block at a time

JUMP ROPE RELAY

- PE On signal "GO", the first student runs while jumping rope to a cone at a set distance and returns the same way
- PE If the student cannot jump rope they may swing it around their head like a helicopter as they run in a safe manner
- PE The next person completes the jump rope task and returns
- PE This event could also be done where the students run to the jump rope and perform a certain jump rope skill/ or stunts then return
- PE First team to complete the task wins



BALLOON HOP



- PE Each team will have a balloon or ball
- PE The first person in each line will place the balloon between his or /her knees and jump to the end cone, go around it, and jump back to the starting line
- PE He or /she then gives the balloon to the next person in line and goes to the back of the line
- PE Everybody continues until all have had a turn
- PE When all have had a turn the line should sit down
- PE If a student drops the balloon they will begin from the point where it was dropped

BEACH BALL VOLLEY

- PE Each team gets 1 Beach ball at the front of the line
- PE On "GO" the first person bumps, sets and volleys the ball above his/ or her head down and around the end cone
- PE They then bring it back to the start line still volleying it
- PE The next person does the same and this continues until everyone has had a turn



This Indoor Field Day Station Card Resource was created for PE Central by Pete Charrette, a PE Teacher in Acworth, Ga at Pickett's Mill Elementary School.



CREDIT PAGE



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