

Outdoor Station 1

K-5
Water Balloons

Station Description

- To pair students up, have half of the students line up on the line closest to the school.
- Have the other half of the students line up across from somebody on the first line, facing them.
- Distribute water balloons to the partner closest to the school.
- On your signal, the student will toss the water balloon to their partner
- If the balloon was caught/did not break, have the student furthest away from the school walk to the next line furthest from the school
- On your signal, the student will attempt to throw it back to their partner.
- For every successful round, keep having the students furthest from the school walk back to the next furthest line. If they run out of lines to advance to, keep throwing from the furthest lines until one team remains.
- When a team drops/pops a balloon, their team is out and have them sit down
- Continue until one pair of students remains

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 2

K-2 Bug Tag

Station Description

- Bug zappers will attempt to capture the bugs by gently tagging them with the noodle/bug zapping wand
- Once a student/bug gets tagged, they are momentarily out and sit down with both hands high into the air, away from their face
- To get back into the game, each hand needs to be given a gentle high-five by two different bugs still in the game
- Once one hand is tagged, they may put that hand down. When the other hand gets tagged, they may stand up, complete 5 jumping jacks or 5 squats, and continue playing the game
- Students must stay in the coned off area, or else they are out and need to sit down to be saved
- Rotate bug zappers about every 2-3 minutes
- Each round, have exterminators start in the middle with all bugs finding personal space and waiting for your signal to start

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 2

3-5

Flag Tag

Station Description

- Object is to collect as many flags as possible
- Have each student start with one flag tucked into the side of their waistband. The whole flag must be visible. Students may have to tuck in their shirt
- Once all students have personal space with one flag, they may begin on your signal
- If they have a one flag in their waistband, they may continue to play
- They will attempt to take someone else’s flag from their waistband only
- Additional flags pulled are held in their hand
- If a flag gets taken from their waistband and they have flags in their hand, they can use one to tuck in their waistband and continue to play
- If they are out of flags completely, they must complete one lap, starting at the designated spot, to earn one flag back into the game
- If a student has collected 3 flags in their hand, they **MUST** turn them in for a “ticket”. Tickets are theirs to keep for the rest of the game and cant be taken away or traded back in for additional flags
- If a student has a ticket but no flags to continue playing, they must complete one lap for an additional flag to play
- No guarding of flags, holding, alliances, or physical contact is allowed. If violated, there is a two lap penalty

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 3

3-5
50 Yard Dash

Station Description

- Have one volunteer at the start line and one at the finish to record times
- 4-8 Students will line up at a time with both feet behind the starting line
- On your signal, those students will go and run as fast as possible down to the finish line
- The time keeper will give students their time at the finish, students will walk back to rejoin the group near the start line
- While running, no physical contact during the race
- Runner must stay on their feet the entire race

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 4

3-5
Tug O War

Station Description

- Divide students into four groups
- Each group will stand to one side of their designated rope
- Without pulling, students will pick up their rope and wait for your signal to start
- Each group will attempt to pull the center of the rope past their section of the box to be declared the winner
- Repeat as time allows or change up the groups and attempt again
- Students may not wrap the rope around their body or arms

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 5

K-5

Pyramid Wars

Station Description

- Object of the game is to get to the top of the pyramid by winning a battle at each level
- Two students go to each red/orange hoop at the bottom of the pyramid.
- Each student rolls the dice **one** time
- Students will then decide who rolled the greater number. If they roll the greater number, they may advance to the next level of the pyramid.
- If a tie occurs, they both roll again until a winner is declared
- If they did not roll the highest number, they need to complete one lap around the playing area until they get back to the start. They then wait for a hoop at the base of the pyramid.
- After completing a lap and no matter what level they lost at, they must start back at the red level
- While waiting for a challenger at a hoop, students should be exercising (squats, jumping jacks, v-sits)
- If a student ever wins at the championship hoop, they may write their name in chalk and then continue back at the red level.
- Students who roll the dice outside of the hula hoop automatically lose the battle and complete a lap
- Must always use good sportsmanship! Thank yous, high fives, fist bumps, hand shakes, good luck, good game...
- If you see a student demonstrating great sportsmanship, good exercising, fairness, etc, you may award them with a “Fastpass” and send them directly to higher level within the game. For example, if Johnny is doing a great job exercising while waiting for a challenger at the red level, you may tell him he got a “Fastpass” to the yellow level.

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 6

K-2 Water Relays

Station Description

- Object of the game is to be the first team to fill your own bucket of water
- Divide students evenly among each of the lines
- All students should be single file behind their team bucket with the first in line holding their team sponge
- On your signal, the first student will run down to the large buckets of water to soak up as much water as possible with their sponge
- Student will run back, ring out their sponge in their team bucket, hand it to the next person in line, then go to the back of the line
- Next person will run down after receiving the sponge
- Game will continue until one team fills their bucket
- Team buckets will get emptied, students will rotate so there is new first person, and the game will restart as many times as time allows
- When the station is over, have teams empty their buckets and leave the sponge inside of it

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 6

3-5

Blaster Bonanza

Station Description

- Students will separate into teams of 3 or 4, with each team lined up single file behind a cone/starting line.
- There will be 3 water blaster stations that teams will rotate through, with 5 teams at each station
- Teams will complete each station activity for about 5 minutes, and on your signal, will rotate to the next station.
- Before rotating, please have the team set the station back up for the next group and place the water blaster on the ground near the start.
- If at anytime a student points or shoots a water blaster at another student, or is not acting in control, they should be seated out for the rest of the time at that station.

Station 1 - Prone Pyramid Pushover

- The object of the activity is to use their best aim to knock down all of the cups that make up the pyramid. This is not a race against other teams, just a test of accuracy!
- On their own, the first student will fill up their water blaster, then lay down on their stomach behind the line.
- They will attempt to knock down each of the cups in the pyramid.
- During each student's turn, they may only fill up their water blaster a maximum of 5 times.
- Once they have knocked down all cups OR reached their maximum amount of fill-ups, they will set the blaster down, restack the cups, and the next student will go.
- Students can compete within their own team to see who can knock down the most cups.

Station 2 - Kneeling Nudger

- The object of the activity is to use their best aim to get the cup from one end of the string to the other. This is not a race against the other teams, just a test of accuracy!
- On their own, the first student will fill up their water blaster, kneel behind the starting line, and attempt to aim the water inside the cup to move it down the string.
- During each student's turn, they may fill up their water blaster a maximum of 5 times.
- Once they have got the cup all the way to the other end of the string, or reached their maximum amount of fill-ups, they will set the blaster down, move the up back to the start, and the next student will go.
- Students can compete with their teammates to see who can move the cup the furthest down the string

Station 3 - Standing Bottle Blaster

- The object of the activity is to use their best aim to knock the ping pong balls off the bottle. This is not a race against the other teams, just a test of accuracy!
- On their own, the first student will fill up their water blaster, stand behind the starting line, and attempt to knock the ping pong ball off the bottle.
- During each student's turn, they may fill up their water blaster a maximum of 5 times.
- Once they have knocked the ping pong balls off or reached their maximum amount of fill-ups, they will set their blaster down, reset the ping pong balls, and the next student will go.
- Students can compete with their teammates to see who can knock off the most ping pong balls, or knock them off with the fewest fill ups.

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 7

K-2

Mosquito Tag

Station Description

Depending upon the size of the group, 4-6 mosquitoes with stingers are used. The stingers are the long red full-sized pool noodles. There will also be 2-4 students that “rescue” students and provide them with “lotion” to stop their itching. These students will use the smaller purple pool noodles (lotion bottles).

The students are spread out in the playing area. The mosquitoes must attempt to “sting” a student using their noodle, which must remain in contact with their forehead. If someone is stung, they must immediately stop, take a knee, and begin to crazily “scratch”, thereby indicating to the rescuers that they have been stung. They must keep scratching until a rescuer comes and “sprays” lotion on them. Once they receive the “lotion” they thank the rescuer for saving them, perform 10 jumping jacks, and they return to the game.

Mosquitoes cannot tag the rescuers. Every few minutes, pause the game and change the mosquitoes and rescuers. We usually have boys choose girls and girls choose boys.

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 7

3-5

Fastest Tagger in the West

Station Description

- Students are familiar with the game, and will be playing Level 3 of Fastest Tagger in the West
- Object of the game is to be the last tagger standing
- Students start with personal space inside the playing area.
- Everyone is it
- On your signal, students will attempt to gently swipe tag another student shoulders and below
- Once tagged, student must sit down on their bottom
- If two students tag each other at the same time, or about the same time, or argue about it, they both sit down
- Once seated, they may attempt to tag another student, but must remain on their bottom
- If they are successful at tagging another student, the tagged student must sit down and the tagger can stand up and rejoin the game.
- If no one has won in 2-3 minutes, or there are only a few taggers left, stop the game and restart
- To avoid any arguments and confusion, our rule in P.E. is the tagger is always right

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 8

K-2

Hula Hoops and Jump Rope

Station Description

- Students may choose to either use the hula hoops or jump ropes and move freely from either activity
- Make sure all students have personal space throughout the station
- Hula Hoops skills - around the waist/arm/leg, jumping in/out with hoop on ground, jump rope with hoop, spinning on the ground
- Hula Hoops cannot be tossed in air
- Jump rope skills - turn/wait/jump, forward, backward, one foot, bell (forward and back), skier (side to side), criss cross, scissors (one foot forward, one foot back, jump and switch)
- Make sure students look behind them before they safely turn the rope
- Please remind them that if they get hit by a rope, it may sting for a moment, but keep jumping and it will go away

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 8

3-5

Relay Tic Tac Toe

Station Description

- Separate the classes into teams of 4 or 5 students each
- Have two teams stand away from the grid by the starting line.
- Each team is going to have a different color cone to place in the grid
- 1st Team member in line starts with a cone in their hand.
- On their own signal to start, the first player from each team will run across and place the cone in one of the grid spots then run back and give the next person a high five so they can run to the tic-tac-toe grid
- After all cones have been placed, each player on the team keeps relaying to move one of their team's cone to an empty spot until someone has won.
- The first team with Tic-Tac-Toe wins
- Each team will collect their cones and play will continue with teams restarting on their own
- After a few minutes, you may have one team from each group move down one game to play a different team
- After giving directions, to divide up the students, you can have them choose their own teams of five students. On your signal, they can make a straight line of 5 behind any team colored cones. If a line does not have five, they must allow others to join, they cannot turn anyone away. Once everyone has found a team, whenever the two teams are ready, they may begin.

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 9

K-5

Jumpee

Station Description

- K-2 students will use half of the jumpees while 3-5 students use the other half of the jumpees
- Half way through the stations, K-2 and 3-5 students will flip and use the other jumpees
- Please remind students to keep their body in control and be safe inside the jumpee
- Before entering, please have all students take off their shoes and place any belongings in a neat pile by their shoes
- No Shoes/jewelry/pens or pencils in pockets
- If able, keep glasses by shoes and belongings
- No physical contact, hands and feet to yourself

Volunteers

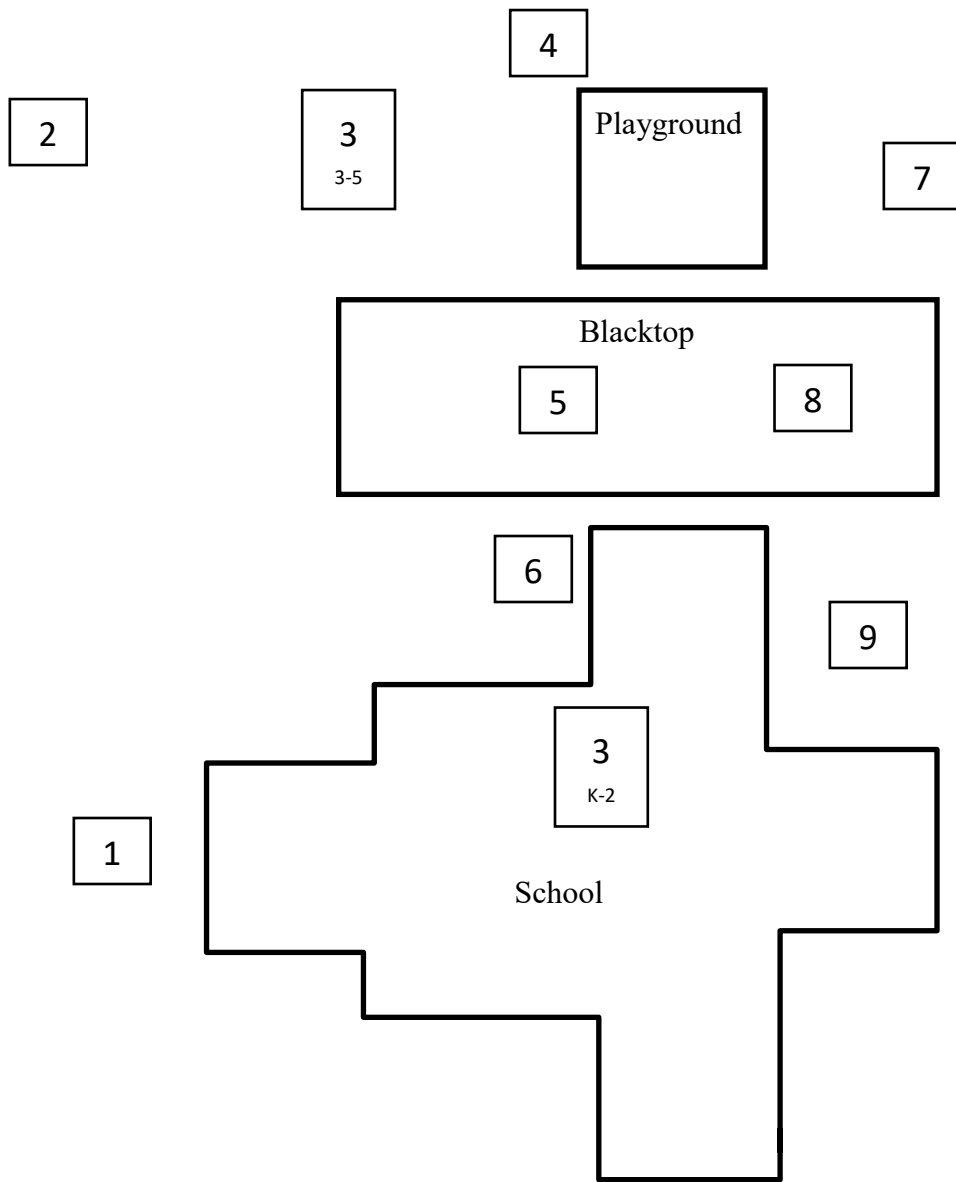
Full Day _____

A.M. _____

P.M. _____

Station Map

Renwick Road



K-2 Stations	3-5 Stations
1. Water Balloons	1. Water Balloons
2. Bug Tag	2. Flag Tag
3. Dance	3. 50 Yd Dash
4. Playground	4. Tug O War
5. Pyramid Wars	5. Pyramid Wars
6. Water Relays	6. Blaster Bonanza
7. Mosquito Tag	7. Fastest Tagger
8. Hula Hoops/Jump Rope	8. Relay Tic Tac Toe
9. Jumpees	9. Jumpees