

Outdoor Station 1

K-5
Snack

Station Description

- Distribute snacks and water to students
- Ensure students are making appropriate choices and cleaning up after themselves

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

Break: 10:30-10:50, 11:50-12:50, 2:10-2:30

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

Break—12:30-12:50, 1:30-1:50

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 3

K-2

Rock Paper Scissors Victory Lap

Station Description

- The object is to win as many games of RPS as possible.
- To challenge a student, raise hand and quickly pair up with another student who has their hand up.
- After each win, the winner will run a victory lap around the cones to celebrate their success.
- As soon as a student completes one full lap, they look for a new player and play again.
- If you don't win, student will raise their hand and quickly find a new partner and play again.

Break:10:30-11:10, 11:30-11:50, 12:10-12:50

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 3

3-5

Team Rock Paper Scissors

Station Description

- The object of the game is for a player from one line to make it to the start of the opposing team's line.
- The game begins on a signal from the leader.
- The first players in each line begin by jumping with two feet together on the path towards each other.
- When the first two players from opposite teams encounter each other on the path, they stop and play one round of RPS or until one player wins.
- The winner continues jumping on the path in the same direction, while the other side allows their next player to start jumping on the path.
- Again when the players encounter each other, they do RPS until one player wins.
- The game continues until one player makes it all the way to the other side. Then that player rejoins her/his line and two new players begin on their own.

Break: 12:10-12:50, 1:50-2:10

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

Break—12:30-1:30, 2:10-2:30

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 5

K-2 Dragon Tails

Station Description

- Tag Game
- Materials: short noodles, cotton ropes for dragon tails (long enough to drag on the ground behind students)
- Explain to students:
- There will be 8 Knights (taggers) & everyone else will be dragons with a long tail.
- Dragons have long tails behind them. They are trying to escape the Knights who are trying to step on the Dragons' tails. Once a dragon loses its tail. They take the tail with them outside the play area to perform 10 exercises. After the exercises, the dragon can reattach the tail (tuck it into the back waistband) and rejoin the game.
- The Knights (taggers) have a short noodle just so that the dragons know who to look out for. The noodle is not for "tagging." A dragon gets out by having their tail stepped on and detached.
- Now if another dragon detaches a dragons' tail or if it falls out; that dragon still has to go and do the exercises and then can return to the game.
- Pick new taggers every couple minutes

Break—11:10-1:10

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 5

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

Breaks—10:30-10:50, 12:10-1:10

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 6

K-2
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

Break—11:10-12:10, 12:30-1:10

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 6

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.

Breaks—10:50-11:10, 12:30-1:30

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 7

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.

Break: K2 11:10-12:10, 12:50-1:50

35 11:10-11:30, 12:30-1:30

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 8

K-2 Zombie Tag

Station Description

- Start with 6 zombies in the middle. Zombies start with a noodle and a hula hoop around 1 foot. Students have to move throughout the playing area by dragging their other foot like they are a zombie.
- Students can start by galloping or skipping in zombie land.
- Taggers are move around the playing area trying to tag as many students as they can.
- When a student gets tagged they run one lap around the playing area and then get a hoop and turn into a zombie.
- Once most students have been tagged, freeze the students and pick new students to start as a zombie. Have all of the other students stack their hoops on the cones.
- Pick new taggers every couple minutes
- Taggers are always right

Break—11:10-12:10, 1:10-1:30, 1:50-2:10

Volunteers

Full Day _____

A.M. _____

P.M. _____

Outdoor Station 8

3-5

Lava River

Station Description

Instructions

- ◆ Students will start at one line of cones and their objective is to have their entire team to get across to the other line of cones by using the lily pads (poly spots) without any part of their body touching the river (ground).
- ◆ Each team will enter the challenge at level 1 which means they will have one more poly spot then the amount of people in their group. A group of 5 will start with 6 poly spots.
- ◆ Once a team successfully makes it across the river on level 1 they turn in 1 poly spot and go back to the beginning. Now they have the same amount of spots as team and move onto level 2.

Breaks— 11:30-11:50, 12:50-1:50

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

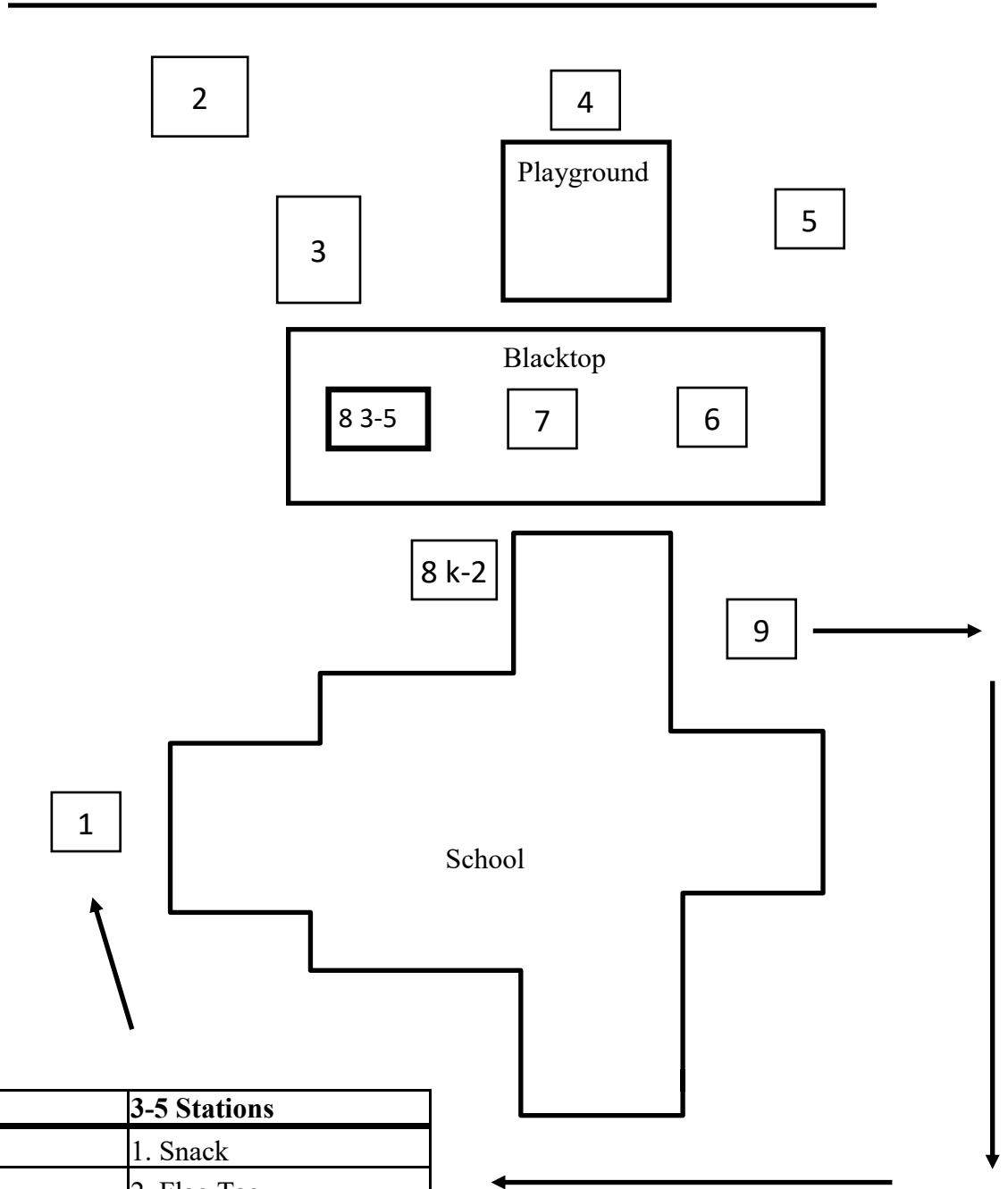
Full Day _____

A.M. _____

P.M. _____

Station Map

Renwick Road



K-2 Stations	3-5 Stations
1. Snack	1. Snack
2. Bug Tag	2. Flag Tag
3. R, P, S Victory Lap	3. Team R, P, S
4. Playground	4. Tug o War
5. Dragon Tails	5. Fastest Tagger
6. Jump Ropes	6. Relay Tic Tac Toe
7. Pyramid Wars	7. Pyramid wars
8. Zombie Tag	8. Lava River
9. Jumpees	9. Jumpees