**3-LEGGED RACE**

Directions

Partner Event – Partners stand together behind start line and tie inside feet together. Players should hold hands or grab shoulders. On “go” they race down and around the cone, then return to the start line.

**ADD ON RELAY**

Directions

Team Station – Teams are made up of 4 people. Each team will split in half. 2 will stand at the start cone and 2 will stand at the turn around cone. The game begins when person #1 (at start cone) gets a hula hoop and on “GO” runs to the turn around cone and picks up #2. #2 is added by holding hoop and runs to pick up #3. The team then goes to pick up #4 and then to the finish line. They are finished when the hoop is around the start cone and all are sitting. If anyone lets go of the hoop, they must return to their cone and they must be added again. Safety is important and teams should be encouraged not to run too fast and have the team fall apart.

**BACK TO BACK RACE**

Directions

Partner station – Students stand back to back with partner linking elbows. Students move by sliding their feet sideways toward and around the cone. They must return to their start cone. Watch for students pulling on their partner’s arms. Watch to make sure students are moving safely.

**BALLOON BASH**

Directions

Individual Station – Each student will receive a balloon with a rubberband attached to it. Students will place the rubberband around the ankle so the balloon is attached to them. Once they have their balloon on their ankle, students spread out on the playing field. Students should be careful not to pop the balloon before the game starts as they will not be given another balloon. On “go” signal, students will try to step on each other’s balloons. Once your balloon is popped, you are out of the game and can’t pop anyone else’s balloon.

**BASKETBALL SHOOT**

Directions

Partner Station – One partner is the shooter while the other partner rebounds. After each attempt, the partners switch roles. On “go” they have 2 minutes to score as many points as possible. Shooter may shoot from any point zone on the court.

**BASKETBALL SHOOT**

Directions

Individual Station – Each student will get one ball. The students have as many attempts as needed to make 3 baskets. The shots do not have to be from the same spot. Once the 3 baskets have been made, they may move to another station.

Directions

Partner Station - 2 Students per ball. 2 pairs of students race down and around the cone and back. The first pair to return to the starting spot is the winner. The students must have their hands on the ball after they cross the finish line to win. Watch for ball and student collisions. Make sure safety comes first and the students play safe and fair.

**BIG SQUEEZE**

Directions

Partner event – 2 students holding hands will squeeze a ball together using their arms and stomachs. On “go” students will race down to the turn around cone and back without losing their ball. Students must hold hands and not touch the ball with their hands. The ball must sit on top of their arms.

**BOWLING**

Directions

Individual Station – Each student has 2 tries to knock down all the pins. Make sure that students rolling the ball stay behind the line and do not step over it. The ball must stay on the ground when it knocks the pins down. If a student rolls a strike (knocks down all the pins on the first try) the student is awarded an extra roll. This only happens on the first try.

**BOX RELAY**

Directions

Team Station – Team of 4 students will line up at the start cone. The objective is to get all of the boxes stacked as high as possible. The first person in line will run down to the stack of boxes and pick one to bring back to the start line. The next person will bring back another box and begin making the stack. Each student will take a turn bringing back one box and adding it to the stack until 2 minutes is up. If the stack falls, the game is over for that team.

Directions

Partner event – A pair of partners will choose one scooter between them. One student will be the driver- sitting on the scooter. The other student is the horse – who pulls the driver with the rope. The driver holds on to the rope and the horse puts the rope in front of their tummy (holding on to the rope so it doesn’t touch their tummy). On “go” chariots will race one lap around the track to the finish line. Drivers keep elbows by their side and use their feet for brakes. Drivers should not lean forward. Drivers **should** put feet down if going too fast.

**CHINESE STANDUP**

Directions

Partner Station – Each pair sits back to back and joins arms at the starting cones. Students will try to stand up staying together and moves as Siamese Twins down and around the other cone. The first team to return to the starting spot wins. Watch partners carefully to make sure they are being safe and staying together. Safety is important and partners should be encouraged to move safely.

**CHINESE STANDUP**

Directions

Partner Station – Each pair sits back to back and joins arms at the starting cones. Students will try to stand up staying together and moves as Siamese Twins down and around the other cone. The first team to return to the starting spot wins. Watch partners carefully to make sure they are being safe and staying together. Safety is important and partners should be encouraged to move safely.

**CRAB RACE**

Directions

Individual Event – Each student will wait behind the start line in a crab position. On the “go” signal students must crab walk down and around the cones without letting any part of their body touch the ground except their hands and feet. If the crab sits on the ground, they must start over and try to catch up. Students may race other crabs or participate individually.

**CUP STACKING**

Directions

Individual Station – Players must upstack and downstack the cups in a 3-6-3 sequence in as little time as possible.

Watch the sequence closely. If player stacks out of sequence he/she must fix the problem.

**DOT TO DOT**

Directions

Partner event – Players begin with a pile of foam discs. They begin by placing the discs between their bodies. They attempt to hold as many sections of foam between them as possible. They are trying to get to the highest number possible.

**FLAG TAG**

Directions

Individual event – Each student will get a flag belt. Once they have their belt on, they may not touch their belt or flags. On “go” students try to pull other students flags without getting their flag pulled off. Once a student loses their flag, they may not pull other’s flags and must leave the game. Last player remaining with a flag is the winner.

**FLING THE CHICKEN**

Directions

Individual Station – Students have 2 tries to fling the chicken as far as possible. Once the first student has flung the 2 chickens, mark the farthest point. When another student flings the chicken past the farthest point, mark that as the distance to beat.

**HIPPITY HOP**

Directions

Individual Station – Student sits on Hippity Hop holding on to the handle. On “go” signal, student bounces on the ball down through the cones and back in an “S” pattern.

**HOOP A HUMAN**

Directions

Partner Station – One person will be a thrower and one person will stand with their head down and their hands above their head (like a rocket). The thrower is trying to throw the hoop over their partners’ hands to ring the partner like horseshoes. The objective is to hoop your partner with all the hoops. Once the thrower has had their turn, the partners switch roles. For safety reasons do not let the thrower throw until the “post” has their head down and hands up.

**HULA HOOP CONTEST**

Directions

Individual Station – Each student gets a Hula Hoop. Students should find a big enough space so that their Hula Hoop does not collide with anyone else. On the “go” signal, all students start Hula Hooping at the same time. Once their hoop touches the ground, they must sit and wait for the last person still Hula Hooping. Make sure that the students sitting down do not interfere with those remaining.

**HURDLES**

Directions

Individual Event - Runner begins at start line. On “go” runner races down to finish line as fast as possible, leaping over each hurdle. Runner must stop immediately and “fix” any hurdles that get bumped or moved. If student bumps a hurdle but doesn’t knock it down, they must stop immediately and fix the hurdle and then continue.

**JUMP ROPE CONTEST**

Directions

Individual Station – Each student gets a jump rope. Ask the students to find a big enough space so that their jump rope space does not interfere with another students’ space. On the “go” signal, all jumpers begin jumping and they jump until they miss. When a jumpers’ rope stops or misses, they sit down. The last student jumping without a miss wins the contest.

**KANGAROO RUN**

Directions

Individual Station – Each student will need a ball to put between their knees. Once the ball is in place they will jump down and around a cone and back to the starting spot. The objective is to jump like a Kangaroo and not let the ball between their knees fall out. Students may want to race each other while doing this station.

Directions

Individual Station – Have at least 6 players ready to play. Each student gets a lizard tail (long piece of cloth with knot slid under the waistband of their pants). It should hang down and touch the ground like a tail. On the “go” signal, each student tries to step on others’ tails until it falls out. When a person loses their tail, they are out of the game. The last one remaining wins. Students may not touch their tail once the game begins. Watch for students who tuck the tail in too far.

Directions

Individual Event – Bowler pushes, throws or kicks the ball attempting to knock down as many pins as possible in 3 attempts. Stand all pins up after each attempt. Final score is the total for all 3 attempts.

If bowler steps across the line, that turn is lost. Do not add the number of pins knocked down in that attempt.

Directions

Individual Station – Students take off shoes before entering. Allow no more than 10 students in at a time. Mark each students event card before they enter the moonwalk. Once in, students are allowed 5 minutes to walk and jump. Watch carefully to make sure that students are moving safely. Immediately remove anyone who is not moving safely.

**OBSTACLE COURSE**

Directions

Individual Station – The players will hurdle barriers, zigzag through cones, go through hoops etc. There will be 2 lines of obstacles set up. One student is on each course at a time. When the student gets through all obstacles, start the next person. Make sure they do all obstacles.

Directions

Individual Event – Runner ties both feet together around their ankles. On “go” runners race down around the cone and back to start. Players may choose to walk or jump, just caution them to be careful.

**PARTNER TAIL TAG**

Directions

Partner Station – Each player wears a tail (the knot gets tucked in the back waistband) and holds hands with their partner. On “go” each pair attempts to step on other’s tails to dislodge them without losing their own. When one tail is lost, the pair remains until both tails are lost. Once both tails are lost, they both leave the game. Any pair that comes apart must also leave the game.

Teams are out when the following happen: lose both tails, breaking hand hold, stepping out of bounds, holding on to their own tail.

**PARTNER RELAY**

Directions

Partner Station – Partners will hold hands and stay connected. On the “go” signal partners will run around the cone and back without becoming unattached or letting go of their partners’ hands. If partners fall, they must start over. Also, if partners come apart, they must start over. This event can also be a race between partners.

Directions

Partner Station – Partners will line up behind the start line. On the “go” signal one student will race down and perform 1st skill. They then race back and tag their partners hand. The second partner races down and performs the 1st skill. Repeat this pattern until all 3 skills have been completed.

**Skill list (both partners complete each skill)**

**1. 5 Jumps with a Jump Rope**

**2. 5 Hoops around arm or waist**

**3. 5 Dribbles with ball**

Make sure partners go one at a time. Make sure both complete skill 1, then skill 2, then skill 3.

**PILLOW FIGHT**

Directions

Individual Station – 2 students will balance on the beam with a pillow in their hand. The objective is to knock off the other student using the pillow. On “go” students are balanced on the beam and begin trying to knock off the opponent. Caution students NOT to hit each other in the head or below the waist. A players’ turn is over after 5 rounds or they have lost 3 times.

**POPSICLE**

Directions

Individual Station - Students may receive a popsicle after completing 8 stations. Mark each students’ event card. All paper and trash must be placed in the trash can. When students finish and place their trash in the can, they may go to another station. Students must finish the popsicle before leaving this station.

**PRIZE RACE**

Directions

Individual Station – Each person will begin with their own box of “stuff”. The objective is to empty their “stuff” box and take its’ contents to the other box across the field. Students may take as many things as they can carry. The race ends when the “stuff” box is empty and the new box is filled. Students may NOT pick up the box and carry it to the other box.

Directions

Individual Station – Students have 3 tries to throw the ring around the post or cone. Students must stay behind the line for a ring to be counted. If they step across the line, that throw does not count.

**RUN THE BASES**

Directions

Partner Station – Students are trying to run around the bases as fast as they can. Make sure each runner touches all 3 bases before crossing home plate. Two students go at one time. They each stand on the corner of home plate and face first base. On the “GO” signal, both students start racing each other around the bases until they touch home plate. Remind students that they ARE NOT TO TOUCH EACH OTHER WHILE RUNNING.

**SCOOTER RACE**

Directions

Partner Station – Students will pair up with a partner. One student will begin by sitting on the scooter and holding the handles on the sides (driver). The other student will stand behind their partner touching their shoulders (motor). A poly spot will mark the start area. On the “go” signal the standing partner will push their partner down to the stop cone. Once they are behind the cone, they trade places and return to the starting spot.

Directions

Team Station – Each team member holds on to the “ship” (rope or hula hoop). The objective is to run down and around the cone without having anyone fall down or let go of the “ship.” On the “GO” signal they will all run while holding on to the ship.

This event can also be a race between two teams to see which ship can come back without having a shipwreck. If a ship wrecks, they will have to go back and start over.

Directions

Partner event – Each student will have a scooter. Partners will sit back to back and join arms. On “go” partners will move their scooters down and around the cone and back. If they come apart, they must stop and get back linked together.

**TARGET THROW**

Directions

Individual event – Students will line up behind the throwing line. Targets will be hanging in the air. Each student will have 3 tries to hit the target with the beanbags. Students must stay behind the throw line.

**TEAM HULA RACE**

Directions

Team event – The team must fit inside the hula hoop and race down and around the cone and back to start. Remind students to move safely. If anyone falls, the team must start over.

**TEAM OBSTACLE COURSE**

Directions

Team Event – Players line up behind start line. Each person goes through the obstacle course one at a time. When one completes the course, he tags the hand of the next person to begin and so on. If any person goes through an obstacle “incorrectly” he must “redo” it before continuing.

**TEAM PUZZLE**

Directions

Team Event – Teams of 4 work together to put together a puzzle as fast as possible. Each person takes turns adding a piece to complete the puzzle. Team members can give advice but can not touch any piece until it is their turn.

**TIC TAC TOE**

Directions

Partner event – Partners stand behind opposite lines. Each person takes a turn at tossing the bean bags attempting to get 3 in a row going down, across, or diagonal. Any bean bag that doesn’t go in a square can be picked up by a partner and re-thrown.

**WALL BALL**

Directions

Individual Station – Player takes the ball and chooses any line to stand behind, then attempts to toss into bucket from that distance. Player continues to toss the ball into the bucket until he/she has 3 misses.

**NOODLE MANIA**

Directions

Individual Station – Players will begin by stacking as many noodle pieces as possible into a tall tower on the ground. If the pieces fall over, players can pick up the pieces and restack them as many times as they can until time runs out.