

Field Day, Station Assignments SJS 2025
Each station is 15 minutes long

Station	Teachers Starting Station	Activity	Volunteers Name	Equipment Needed	Description
1	K	Fire Drill on blacktop		1 trash can full of water, 3-5 dots, 3-5 buckets & 3-5 large plastic cups	<p>Have each team line up in a single-file line behind a dot. The first person from each group starts with an empty cup. They run to the trash can full of water, fill up their cup and bring it back to their team. Each relay team must pass the full cup down the line as fast as possible, trying not to spill any water. The last person empties the cup of water into their bucket, runs the empty cup back to the trash can full of water, fills it and starts the cup moving again. Teams are trying to fill their buckets first.</p> <p><u>Variation:</u> Reverse fire drill, empty the bucket one cup at a time. Start the pitchers close and then make them farther away. have students carry the cup in front of them, on their head, behind their backs, etc.</p>
2		T-Shirt Relay on blacktop		3-5 XL t-shirts, 3-5 large buckets of water & 3-5 cones	<p>Have each team line up in a single-file line behind a cone. A large bucket of water will be placed 10-15 yards away from each team. The first person runs to the bucket of water carrying the t-shirt, they dunk it in the water and put it over their heads. Then they run back to their team, take the shirt off and hand it to the next person. This continues until everyone has had a turn. The team that finishes first and is sitting down is the winner!</p> <p><u>Variation:</u> Fill up a container by wringing the shirts out and see who can fill the container first!</p>
3	7	Squirt Beach Ball on blacktop		6-10 buckets, 3-5 beach balls, 6-10 water guns	<p>Have each team divide in half and make a line behind one of the buckets full of water. One person (per line) at a time will fill up their water gun & shoot the water at the beach ball to make it move toward their opponent. (Two lines will be shooting at the same beach ball from opposite directions, trying to get it to move away from them.) Students switch after the water gun is drained and the next student repeats. The group that gets their beach ball past their opponent's bucket wins.</p> <p><u>Variation:</u> have larger teams and fewer balls, do an elimination game for best competitors.</p>
4	6	Wet Potato on blacktop		1 large white water bucket & 1	<p>The whole class stands in a circle. The volunteer closes his/her eyes. When he/she says "freeze", the person holding the water soaker ball</p>

				water soaker ball	squeezes it over their head (or other body part – leg, foot, etc). The game continues. <u>Variation:</u> Duck Duck Goose with wet potato, Musical Potato with the music from speaker
5	5	Hula Hoop Horseshoes		3-5 dots, 3-5 heavy-duty cones, 1 for each team, as many hoops as possible	Students stand at their team's dot. The object of the game is to roll the hoop (or throw it if they are careful) and have it land around the cone for 1 point. Each person gets a turn. At the end of the round (everyone having a turn), scores are tallied and you play again. Video <u>Variations:</u> see video
6		Snack Time		students eat their snacks!	
7	4	Playground		none	Use this time to play or relax on the playground! Teachers are responsible for supervision!
8	3	Upper Field Games		soccer ball/playground balls	On the Upper Field, students have the opportunity to play whatever game involving soccer or playground balls they want. If students do not want to play with the playground balls, they can play tag or araña.
9	2	All My Neighbors		Just form a circle - use dots to mark spaces - there should be one less space than students in the class	Everyone stands in a circle and one person goes in to the middle. The person in the middle calls out a fact about themselves using this format “All of my neighbors have a dog.” Everyone who has a dog (that statement applies to them) has to run to a new dot. The person in the middle must try to find a dot to stand on. Students cannot go to the dot directly next to them. The person who cannot find the dot, gets to be in the middle and say a fact about themselves. This game just continues on. Watch for students moving safely. All My Neighbors Video

10	1	Slam Dunk		3-5 soft frisbees (K-4th), 3-5 regular sized frisbees (5th -7th grade), 3-5 large hula hoops, 3-5 dots	Line up by teams behind their dot. One player stands holding the frisbee (K-4th grade use the soft frisbees, 5th - 7th use the regular frisbees). The second player stands in front of the hula hoop, which has been placed on the ground. Player 1 throws the disc toward the hoop and player 2 tries to “slam” (i.e. bump or knock) it out of the air attempting to get it to land inside the hoop. Your team scores a point if you are successful. The slammer takes the frisbee and gives it to the next player in line and he/she goes to the back of the line. How many points can your team score? It is similar to Can Jam.
11	K	Lower Field Games		volleyball net, Snakehead rules, beach ball, gator skin ball, playground ball	The whole class will split into 2 teams (one on each side of the net). Rules are to throw the ball over the net. If the ball hits the ground, you are out. See attached rules here !