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**Restroom** | **Water** | **Nurse** | **Office** | **Freeze Pop**
“No Couch Potatoes”  South Morrison Field Day 2004  3-4

Name__________________________  Partner______________________________
Grade_______     Age_______  Teacher_____________________________

  1. Liberty Torch  13. Potato on a Spoon  25. Beach Ball Trolley
  3. Potato Hockey  15. Back to Back Course  27. Shuttle Run
  5. Chopstick Chicken  17. Scoops  29. Cage Ball Throw
 10. Tour de France  22. Throw Far  34. Water Glass Lift

  Restroom     Water     Water     Nurse     Office     Freeze Pop
Liberty Torch – Each partner carries a large beach ball down to cone and back. The beach ball must be balanced upon a small plastic cone and cannot be touched by their hands. The cone must be held aloft like the Statue of Liberty. (equipment – 2 large beach balls, 1 cone, 2 small plastic cones)

Caber Toss – Each student stands backwards on the starting line. They hold a noodle with both hands below the waist. When ready, the noodle should be tossed up high and backwards over his/her head. Two attempts are given to see whose noodle goes the farthest. (equipment - 2 water noodles, 1 cone, bean bags to mark the distance)

Potato Hockey – each partner has a hockey stick and a potato. They must push or tap the potato around a cone and back. Potato must cross the starting line to be considered finished. (equipment – 4 hockey sticks, 6 potatoes, 1 cone)

Foos Bowling – Students kick a nerf soccer ball at bowling pins (25 ft. away), trying to knock them over. Keep score for each student. One point for each pin knocked down. Fifty points is a game. (equipment – 2 bowling pins, 2 nerf balls)

Chopstick Chicken – Using only lummi sticks, partners must race down to a cone, pick up one chicken, and return it to the starting line without dropping the chicken. Repeat, so that each partner gets 2 chickens. (equipment – 1 cone, 4 chickens, 4 lummi sticks)

Potato Sack Race - partners race while jumping in sacks down around a cone and back. Cone should be about 30 ft. away. (equipment – 8 potato sacks, 1 cone)

Target Toss Kicking – Scatter hula hoops on the ground. Partners stand between two cones, loosen their shoes, and attempt to kick his/her shoe into a hula hoop. Do not have anyone behind the kickers since shoes tend to fly backwards on occasion. (equipment – 5 hula hoops, 2 cones)

Wet Sponges – Partners will stand facing each other (6 ft. away) and on the signal both partners will toss their wet sponge. If each partner catches the sponge, they both take one step backwards and repeat. If it is dropped they remain at that distance. When 3 throws in succession are dropped the pair is finished. (equipment – 4 sponges, water)

Broad Jump – Partners take turns jumping. They must start the jump and land on both feet. Measure from the back of the heel. If they fall back, measure from where their hand landed. Jump 2 times each. (equipment – mat with measured markings)

Tour de France – partners roll bicycle tires around a cone and back. Try not to lose control of the tire. Cone should be 40 ft. away. (4 bicycle tires, 2 cones)
**Potato Towel Toss** – Partners work together to toss a potato up in the air and catch it using only a towel. See how many times they can do this in a row or maybe toss it to another pair and play catch with them. *(equipment – 2 towels, 4 potatoes)*

**Jump Rope Twins** - Each pair is given one jump rope. The pair must work together so that both partners are jumping the rope at the same. Each student must hold or have a different handle. *(equipment – 4 jump ropes)*

**Potato on a Spoon** – Each partner must carry a potato on a spoon with one hand (while the other hand is behind their back) down around a cone and back. Potato must be in the spoon when crossing the starting line. Potato must not be held or be leaning against the person’s body. *(equipment – 1 cone, 2 long wooden spoon, 4 potatoes)*

**Shoot 20** – each partner must shoot the basketball at the goal 20 times. See how many points each one can make if goals are worth 2 points. *(equipment – 6 basketballs)*

**Back to Back Course** – Partners attempt to move a large cage ball around a cone and back without using their hands. They must use their backsides only while picking it up and transporting the cage ball. *(equipment – 1 large cage ball, 1 cone)*

**Tug of War** – partners join together with others to form a group of 4 to 6 along with the student assistants, depending on how many children are at the station at the time. Each group tries to pull the rope until the marker on the rope passes the cone on their side. *(equipment - tug of war rope, scarf and 2 cones)*

**Scoops** – Let pairs of students play catch using the scoops and a ball. They may want to start close together and step back each time they are successful. *(equipment – 4 scoops and 2 whiffle balls)*

**Target Throw** - students stand behind a cone and attempt to knock bowling pins off a table by throwing gator skin balls (2) at them. *(equipment – 2 gator skin balls, 1 table, 3 bowling pins, and 1 cone)*

**Potato Race** – Place 3 hoops, 15 ft apart in front of each partner. Place 3 potatoes for each partner at the starting point. On the signal each player picks up one potato and carries it to the first hoop. He/she returns for the second potato and places it in the middle hoop and so on. Next, they return to the hoops one at a time to retrieve the potatoes. *(equipment – 6 potatoes, 6 cones)*

**Knee Ball** – each partner must place a foam ball in between their knees (squeeze it) and hop or run around a cone and back. Down and back with the ball still between the knees is a measure of success. *(equipment – 4 foam balls, 2 cones)*

**River Jumping** – students run from the starting point and attempt to jump/leap over the series of rivers (folded mats with fish, alligators, etc. upon them). *(equipment – 1 cone, 5 blue mats)*
**Throw Far** – on go, each partner throws the tennis ball as far as they can. The partner throwing the farthest once the ball has stopped is the winner. Throw 2 times each. *(equipment – 10 tennis balls)*

**Cow Milking** – Set up two milking stations so that partners can race against each other. Students run to the crates and sit down. They pick up the sponge, and squeeze the water into a cup. When the cup is full, they carry it back to the starting line. *(equipment – 2 sponges, 2 buckets, water, 2 crates, several paper cups)*

**3-Legged Race** – partners each put a leg in a Dyna Band (like a large rubber band) and race against another couple down to a cone and back. Children should hold on to each other and work together. Crossing the finish line while still standing reflects success. *(equipment – 4 Dyna Bands, 1 cone) Note: if Dyna bands don’t work use burlap sacks.*

**Beach Ball Trolley** – partners attempt to transport a beach ball from one hula hoop to another one. The beach balls are carried between the students stomachs and backs without using their hands. Students start walking in pairs – one behind the other. Challenge them by having them jog, skip, etc. *(equipment – 2 beach balls, 4 hula hoops)*

**Couch Potato Race** – Partners race each other while carrying a sack of potatoes down to and around a designated cone and then returning to the starting line. *(equipment – 2 ten pound sacks of potatoes and 1 cone)*

**Shuttle Run** – on go, each partner runs to a poly spot, picks up a bean bag, runs back and sets (NO throwing) it on the start line. They run back to get the next bean bag and return it to the start line (use a poly spot here too). First one back is the winner. They do not have to put the second bean bag down. If bean bag is thrown, the other partner automatically wins. *(equipment – 4 poly spots, 4 bean bags)*

**Obstacle Course** – one at a time, a partner goes through the tire course, in and out of cones, jumps over hurdles and runs back the starting line. Teacher will time each one and see who has the best time without skipping tires, knocking down cones or hurdles. NO mistakes can be made if your time is to be valid. *(equipment – tires, cones, hurdles on cones, stopwatch)*

**Cage Ball Throw** – Partners attempt to throw a cage ball as far as they can. Throw will be measured for distance. Two attempts for all. *(equipment – cage ball, measuring tape)*

**Pole Ball** – Each partner holds 2 poles by the ends and together they attempt to pick up 3 different types of balls. The balls are to be taken down to and around a cone and then returned to the starting line. *(equipment – 4 pvc poles, 1 cone, 6 balls of 3 types)*

**Homerun Derby** – Each partner stands beside a batting tee and hit 5 whiffle balls off the tee with a plastic bat. See whose ball goes the farthest. Stress SAFETY while batting. *(equipment – 12 whiffle balls, 2 batting tees, 2 plastic bats)*

**Potato Balance** – Partners each place a bean bag and then a potato on their heads. They walk as quickly as they can without dropping the potato down to a cone and back. See who return the fastest. *(equipment – 1 cone, 4 bean bags, 2 or more potatoes)*
**Rack ‘em Up** – Students will place two bricks on top of one another; they will hold them from the bottom of the pile with one hand. The students must walk to and around a cone and then return the starting point. They will place another brick on top of their pile and repeat the walk to the cone. Students can continue stacking their bricks higher and higher until the pile falls. See how many bricks they can stack. *(equipment – bricks, 1 cone)*

**Water Glass Lift** – Students like on their backs on the ground and balance a container of water on their forehead. They attempt to stand up without touching the container of water with their hands nor spilling the water. *(equipment – several paper cups, water)*

**Suitcase Relay** – Students “pack their suitcase” and run to a cone where they “unpack to get dressed”. Students then race back to the staring point. *(equipment – 1 cone, 2 prs. of pants, 2 shirts, 2 suitcases, 2 prs of over sized shoes)*

**Potato Head** – partners place a potato between their foreheads and apply pressure so that the potato is held in place without using any hands. They are to walk in unison down to a cone and back without dropping the potato. *(equipment – 1 cone, 2 potatoes)*
**Wacky Olympics Events   K – 2**

**Olympic Torch** – Each partner carries a large beach ball down to cone and back. The beach ball must be balanced upon a small plastic cone and can not be touch by their hands. The cone must be held aloft like the Olympic Torch. *(equipment – 2 large beach balls, 1 cone, 2 small plastic cones)*

**Javelin Throw** – Each student attempts to throw a “javelin” (noodle) as far as possible. Mark the spot with a bean bag and then take a second try. See who can throw it farthest. *(equipment – 2 noodles, 1 cone, 6 bean bags)*

**Hockey Shots** – Each partner has a hockey stick and a sponge ball. They must push or tap the ball down to the goal net and then strike the ball to send it into the goal. Try it several times and see who make the most goals. *(equipment – 2 goal nets, 4 hockey sticks, 4 sponge balls, 1 cone)*

**Popcorn Machine** - Partners join with other pairs to pop corn (shake yarn balls off a parachute. How long will it take? *(equipment – 1 small parachute, yarn balls)*

**Chopstick Chicken** – Using only lummi sticks, partners must race down to a cone, pick up one chicken, and return it to the starting line without dropping the chicken. Repeat, so that each partner gets 2 chickens. *(equipment – 1 cone, 4 chickens, 4 lummi sticks)*

**Sack Race** - partners race while jumping in sacks down around a cone and back. Cone should be about 30 ft. away. *(equipment – 8 burlap sacks, 1 cone)*

**Shoe sail** - Scatter hula hoops on the ground. Partners stand between two cones, loosen their shoes, and attempt to kick his/her shoe into a hula hoop. Do not have anyone behind the kickers since shoes tend to fly backwards. *(equipment – 5 hula hoops, 2 cones)*

**Green Eggs and Ham** - On the signal, partners will run to a hula hoop and pick up their green eggs and ham (tennis balls and poly spot). Each partner places a tennis ball between his/her knees and then standing side by side they wedge a poly spot between their shoulders. They attempt to return to the starting point in this manner as quickly as they can. *(equipment – 2 poly spots, 4 tennis balls, 2 hula hoops)*

**Broad Jump** – Partners take turns jumping. They must start the jump and land on both feet. Measure from the back of the heel. If they fall back, measure from where their hand landed. Jump 2 times each. *(equipment – mat with measured markings)*

**Running Race** – Partners run as fast as possible down to a cone, go around it and then return the starting point. See who is the first one back. *(equipment – 1 cone)*

**In/Out Cones** – Each child runs in and out of a series of cones, around the last one and then returns to the starting point to give the teacher a “high 5”. Don’t miss any cones! *(equipment – 8 cones)*
**Puppy Dog Race** – Each partner must race in the “puppy dog” style (on hands and feet – no knees) around a cone and back. Do not dive across the finish line. See who can return the fastest. *(equipment – 1 cone)*

**Paddle and Ball** – Each partner carries a juggling ball on a paddle down to a cone and back. Try not to drop the ball. See who can return first. *(equipment – 2 paddles, 2 juggling balls, 1 cone)*

**Bounce 20** – Each partner must bounce a basket ball 20 times with their dominant hand and then with their non-dominant hand. They should try to do each without stopping. *(equipment – 4 jr. basketballs)*

**Bean Bag Toss** – Each partner has 5 chances to toss bean bags into a bucket. Who will get the most bean bags in the bucket? *(equipment – 5 red and 5 blue bean bags)*

**Tug of War** – Partners join with others to form a group of 4 to 6 along with the student assistants, depending on how many children are at the station at the time. Each group tries to pull the rope until the marker on the rope passes the cone on their side. *(equipment - tug of war rope, scarf and 2 cones)*

**Kick Ball** – On the signal, each partner kicks a nerf ball as far as he/she is able. Leave the first ball to mark that attempt and then kick a second ball to see which ball goes the furthest. *(equipment – 4 nerf balls)*

**Spoon Critters** – Each partner must carry a “koosh critter” on a spoon as he/she runs down to a cone and back. Don’t drop your critters! See who returns first without dropping the “koosh critter”. *(equipment – several “koosh critters, 4 spoons, 1 cone)*

**Bean Bag Race** – Place a series of 4 hula hoops containing bean bags in front of each partner. On the signal, they run to the first hula hoop, pick up a bean bag, and bring it back to the starting line. They run to the next hoop and repeat the process. Continue on until one person has gotten all 4 bean bags. *(equipment – 8 hula hoops, 8 bean bags, 1 rope for a starting line)*

**Knee Ball** – Each partner must place a gator ball in between their knees (squeeze it), and hot or run around a cone and return to the starting point. Try to do this without dropping the ball. *(equipment – 1 cone, 2 gator skin balls)*

**Ring Toss** – Each partner has 4 rings – they must attempt to toss each ring on a peg out in front of them. Who will hook the most rings? *(equipment – 8 rings, 2 pegs)*

**Throw Far** – On the signal, each partner throws a tennis ball as far as they can. Leave the ball to mark their first attempt and have them throw a second ball. Which ball went the farthest? Retrieve Balls. *(equipment – 6 tennis ball with markings)*

**Tire Race** – Each partner roll a bicycle tire around a cone and back. Try not to lose control of the tire but keep it rolling continuously. See who can return fastest yet keep their tire in control. *(equipment – 4 bicycle tires, 1 cone)*

**3-Legged Race** – partners each put a leg in a Dyna Band (like a large rubber band) and race against another couple down to a cone and back. Children should hold on to each other and work together. Crossing the finish line while still standing reflects success. *(equipment – 4 Dyna Bands, 1 cone)*  Note: if Dyna bands don’t work use burlap sacks.
Jump Rope – Practice jumping rope for a couple of minutes. On a signal each partner begins jumping at the same time. See which partner jumps the longest. (equipment – 6 jump ropes)

Throw in Hoop – Each partner will have 5 chances to throw whiffle balls through a hoop. Who will get the most ball through the hoop? (equipment – 10 whiffle balls, 2 hula hoops hanging from the large yellow soccer goals)

Shuttle Run – On go, each partner runs to a poly spot, picks up a bean bag, runs back and sets (NO throwing) it on the start line. They run back to get the next bean bag and return it to the start line (use a poly spot here too). First one back is the winner. They do not have to put the second bean bag down. If bean bag is thrown, the other partner automatically wins. (equipment – 4 poly spots, 4 bean bags)

Brook Jump – Using two ropes, form a “brook” running the ropes parallel to each other. Allow 2 to 4 sets of partners to go at a time. Each partner must jump over the brook without touching either rope or falling in. After each jump, move the rope to make the brook wider. Continue doing this until the brook is finally too wide for any jumper. (equipment – 2 jump ropes)

Stack ‘em Up – Students run down to a hula hoop where block are scattered on the ground. As quickly as possible, stack the blocks so they do not fall and then run back to the starting point. Who is the first one to return with their brick still standing? Don’t forget to knock down the blocks for the next couple. (equipment – 2 hoops, bricks)

2 in a Tube – Have two students get inside one bicycle tire. On the signal, they are to run in unison (while still in the tire) around a cone and back. Both should be standing when the cross the finish line. Do NOT drag your partner. (equipment – 2 bicycle tires, 1 cone)

Homerun Derby – Each partner stands beside a batting tee and hit 5 whiffle balls off the tee with a plastic bat. See whose ball goes the farthest. Stress SAFETY while batting. (equipment – 12 whiffle balls, 2 batting tees, 2 plastic bats)

Big Ball Push – Each partner will push a small cage ball around a cone and back. Be safe and do not roll over the top of your ball. (equipment – 2 cage balls, 1 cone)

Knock ‘em Down – students stand behind a cone and attempt to knock bowling pins off a table by throwing gator skin balls (2) at them. (equipment – 2 gator skin balls, 1 table, 3 bowling pins, and 1 cone)

Water Carry – Each partner holding a paper cup stands behind a can. On the signal, they run down to a tub of water, fill their cup, return to the can, and dump the cup of water in it. They repeat this process until their can is filled. Which can will be filled first? (equipment – 2 #10 tin cans, several paper cups, water, 2 tubs)
**Clothes Relay** – Students “pack their suitcase” and run to a cone where they “unpack to get dressed”. Students then race back to the staring point. (*equipment* – 1 cone, 2 prs. of pants, 2 shirts, 2 suitcases, 2 prs of over sized shoes)

**Head Ball** – partners place a gator ball between their foreheads and apply pressure so that the ball is held in place without using any hands. They are to walk in unison down to a cone and back without dropping the ball. (*equipment* – 1 cone, 2 gator skin balls)