Be a Star – Shine on Field Day!
Sedgefield Elementary
Grades 3 -4
June 13, 2011

1. **Throton Throw** – Jeanine Scherrer
   Equipment: 6 Throtons and 1 cone
   Activity: Students pair up and throw a Throton. It’s thrown like a football but is a rubber, weighted cylinder. Students will throw and catch with each other or throw at a target.
   Helper – Alexis Tynes (Baker)

2. **Ice Cream Cone Race** – Mrs. Merrit
   Equipment: 2 small cones, 2 white gator skin balls, 2 lightweight cones
   Activity: Place a Nerf ball on an upside down PE cone (small cone). Students run down to a designated spot 30 feet away and then return to the starting line. If the ice cream falls off the cone just pick it up and continue. It looks just like a snow cone.
   Helper – Jonathan Wissmann (Avery)

3. **Frisbee Throw** – Charlie Rickenbacker
   Equipment: 4 hula hoops taped to large cones, 10 Frisbees
   Activity: Students standing 20 ft. away try to throw “Frisbee style” their Frisbees into the hoops. Throw one at a time alternation with partner. Each student gets 5 attempts. Adjust distance for older students.
   Helper – Johnny Daoud

4. **Pancake Flipping** – Jeanette Dail
   Equipment: 6 racquets, and 6 polyspots
   Activity: The students place a polyspot on the face of the racquet. Toss the polyspot into the air with a little flip and attempt to catch it on the racquet. Older students may try flipping the polyspot higher or making it flip 2 or 3 times.
   Helper – Charynce Pittman (Duca)

5. **Target Throw** – Sabrina Yazwinsky
Equipment: 2 desks, 4 nerf balls, 12 bowling pins  
Activity: Each student lines up 15 ft away from a desk (adjust distance for older students). Place 6 bowling pins on the desk in a triangular shape. Students get 2 nerf balls to knock over their pins.  
Helper – Alexis Robinson (Gault)

6. **Cone Toss** – **Ellen & Franklin Morris**

Equipment: 4 small plastic cones, 4 bean bags and 6 hula hoops  
Activity: Give one small traffic cone and one bean bag to each student. Line up 3 hoops in front of each pair of students three to five feet apart in the play area away from the starting line. To begin the game each student places a bean bag inside their cone and proceeds to swing the cone back and forth, tossing the bean bag out of the cone into one of the hula hoops. 10 points are awarded if it lands in the farthest hoop, 5 points for the middle hoop and 2 points for the closest hoop.  
Helper – Robin Austin in the AM and Zakeirah Pope in the PM

7. **Balance Shuffle** – **La'Shell Seeley**

Equipment: 34 stepping stones  
Activity: Two children stand on each end of a line of stepping stones. Each child travels to the opposite end and then back without falling off. Children start again if any body part touches the ground. Place 15 stones in a line and put one stone on each side of the center stone (9th one). When they switch at this point they travel to the opposite end of the stones before starting back to their original position.  
Helper – ______________________

8. **The Sock Toss** – **Karen Fiorella**

Equipment: 8 socks with a tennis ball inside each sock (sock-tails) and 4 hula hoops  
Toss activity: Each person picks up a sock by the tail. The challenge is to toss the sock so that it lands in the hoop. Students run to retrieve the socks after each person has tossed twice. How many sock-tails can you land in the hoop?  
Horseshoe activity: Pairs of players will play horseshoes using sock-tails and hoops as targets. Each pair of students will split up so that they face each other from opposite hoops. Each team has two sock-tails. The game starts from one side. There are two teams for each hoop. Players alternate throwing the sock-tail trying to toss it inside the hoop. Players must throw from behind the hoop. The players score 1 point by getting the ball inside the hoop. Play until one team reaches 5 points.
9. **Eagle Boogie** - **Pat Young**

**Equipment**: 8 burlap bags and 4 cones

**Activity**: On the signal to start, each person steps into the sack (burlap bag) and begins jumping toward their cone. Here he/she steps out of the sack and runs back with the sack to the starting line. This can be done in pairs also making it a three-legged race.

Helper – Connie Dunbar (Gault)

10. **Eagle Treasures** - **Heather Godwin**

**Equipment**: 1 wading pool, 100 marbles and 2 small buckets or containers, 2 aerobic step boards

**Activity**: Fill the wading pool with water and marbles. On the signal to start, each player runs to the pool, removes his/her socks and uses his/her toes to pick up a marble from the bottom of the pool which he/she drops in the bucket. First person to get 2 marbles wins.

Helper – Ganesh Thapa

11. **S.O.S. (Save Our Ship)** - **Ashley Campbell**

**Equipment**: 2 five gallon buckets filled with water, 2 smaller containers, 2 cups (have extras available)

**Activity**: On the signal to start, each person of the pair carries a cup to the bucket of water. He/she fill the cup and then quickly runs back to the starting line and dump the water in the smaller container. This process is repeated until one person successfully fills their container first.

Helper – Nyaisha Jones (Schmitt)

12. **Driving the Pigs to Market** - **Mrs. Gardner**

**Equipment**: 2 Pilo Polo sticks, 2 gator skin balls, 2 cones

**Activity**: On the signal to start, each person of the pair begins using the Pilo Polo stick to push the ball (“pig”) to the cone and back. The first person to return wins. Remind the students that the stick is used to push, not hit, the ball. (DO NOT SWING the stick)

Helper – _________________________
13. **Soup Spoon Race** - Christina Panico  
**Equipment:** 2 wooden spoons, 2 plastic eggs, 2 cones, bucket of water  
**Activity:** Each person should have a spoon and an egg filled with soup (water). On the signal to start each player runs to the cone and back while carrying the egg on the spoon. If the egg falls it must be taken back and refilled with water.  
Helper – Chance Gladden (Schmitt)

14. **Big Ball Throw** - Luke Hunter  
**Equipment:** 2 giant cage balls  
**Activity:** Give each student a cage ball to throw. See whose ball is thrown the farthest. Let each student throw 2 or 3 times.  
Helper – Shekeliah Chapman (Duca)

15. **Jump For My Love** - Amy Barker  
**Equipment:** jump bands, long mat, boom box with batteries or sound system  
**Activity:** Students do tinikling dance steps with jump bands. Two students are jumping in the middle (tapping, step in-in, out-out, straddle, cartwheel, etc.) and two students have the jump bands attached to their ankles to move the bands in and out to the rhythm of the music. Music can be We Will Rock You or Jump for My Love  
Helpers – Summer Thomas and Sarah Hatcher

16. **Sandwich** - Tanya Coleman  
**Equipment:** 2 foam, rings 1 cone  
**Activity:** Partners stand side by side. Place a rings between the upper arms of each partner (shoulder to shoulder). The must stay close together and not allow the rings to drop to the ground. The team now walks forward to a cone (about 25 ft. away) and then returns to the starting point while walking backwards.  
Helper – Maguel Alexander (Gault)

17. **Obstacle Course** - Julie Bowers  
**Equipment:** 2 stopwatches, cones, hurdles, small hoops, mat w/shark, step boards  
**Activity:** Explain the course (zig zag through the cone, high step through the tires, jump over the hurdles, crawl through the tunnel, jump over the mat and run to the finish line). Each child moves through the course and is times. With two stopwatches, you can have two players running the obstacle course at a time. Give the first player about a 10-second lead, and then start the second player.  
Helpers – Kaniri Horton (Baker) and Doran Borroughs (Baker)

18. **Beanbag Balance** - Sally Conrad  
**Equipment:** 12 beanbags, 1 cone
Activity: On the signal to begin, each person begins walking backwards to a cone 25-35 ft. away and back again with a beanbag balanced on his/her head and hands (3 beanbags total). The bean bag must be placed on the back of the hands (not the palm) and arms must be stretched out to form a “T”.
Helper – Kimora Alford (Duca)

19. Ball Transfer – Sara Sadowski
Equipment: 12 gator skin balls, 4 hula hoops
Activity: Students attempt to transport gator balls from one hula hoop to another one. The balls may be carried between the students’ stomachs and/or backs without using their hands. Challenge the students to walk, skip, jog, etc.
Helper – _______________________

20. Steer Roping – Carole Crowder
Equipment: 8 rings, 2 sets of “horns”, 2 chairs (chairs placed upside down so legs are facing student)
Activity: Students try to throw/toss rings onto the “horns” of the steer. Vary the distance according to the age of the student.
Helper – _______________________

21. Cattle Round-up – Barbara Brantley
Equipment: Hockey sticks, 14 whiffle balls (7 of one color and 7 of another color)
Activity: Two students participate at a time and select a color of whiffle balls that they wish to gather. Scatter the 2 colors of balls out on the ground approximately 25 ft from the starting line. On the signal to begin, the players attempt to gather their chosen color of whiffle balls, one at a time, and return them to the starting line. Students may tap the whiffle ball not strike at it with a wide swinging motion. The first player to gather all of his/her whiffle balls wins.
Helper – Trinity McGill

22. “Pebbles” Knock Down – Jennifer Nauroth
Equipment: 2 tablespoons, 2 “Pebbles” balls, 2 aerobic step boards
Activity: Each player of the pair stands upon a step board (placed 2-3 feet apart) while holding a tablespoon with a Pebbles ball on it. On a signal each player attempts to knock the Pebbles ball from the spoon of the other player, while at the same time trying to keep his own Pebbles ball from being knocked off. Players may jump, dodge, twist, and turn in the action, but may not use their hands to protect or hold their ball in place. They may not get off the step boards. When a player loses his Pebbles ball or fall/steps off the step board, he/she loses that round. Best 2 out of 3 rounds wins.
23. **Air Rocket** - **Reggie Barnes & Mrs. Foster**
   **Equipment:** 3 air rockets (PE flatables), goal
   **Activity:** Make a starting line with the rope and place cones 10 ft, 15 ft, and 20 ft away (K-2). These distances may be adjusted and certainly will need to be farther for the upper grades. Students stand three steps behind the starting line and then throw (like a javelin) the “Air Rocket” as far as possible without stepping past the line. They may have 3 attempts to see who goes the farthest.
   **Variation:** Have students throw the “air rocket” over the goal.
   **Helper – Brandon Little (Schmitt)**

24. **Fishin** - **Rene Vargas**
   **Equipment:** 6 fish, 4 lummi sticks, 2 hula hoops
   **Activity:** Using only lummi sticks (2 per player), partners must race down to their own pond (hula hoop approx. 20 ft away) and retrieve a fish. They return to the starting point without dropping the fish. If a fish is dropped they can not use their hands to pick it up. Once the fish is placed at the starting point the players must return to the pond and retrieve another fish and continue on until all fish are caught. Adjust distance for age of children.
   **Helper – __________________**

25. **Partner Squirts** - **Margaret Bivins**
   **Equipment:** 4 blind folds, 4 squirt bottles
   **Activity:** Each pair is given a squirt bottle filled with water and is then blind folded. Place them about 15 ft apart and spin the students 1 time. Tell them to begin squeezing the squirt bottle and see if they can get their partner wet.
   **Helper – Marcus Moss (Gault)**

26. **Breakfast, Lunch and Dinner** - **James Garnand and Shellie Sweat**
   **Equipment:** assorted pictures of food, a blue mat, foam plates, food pyramid poster.
   **Activity:** Student partners compete against each other to put together a balance meal for breakfast, lunch and dinner. Players carry a foam plate and run down to the blue mats where they will find pictures of food that they could eat at every meal. Student must put breakfast food on their plate for a HEALTHY meal. They return to the teacher in charge of the station or the student assistant to see if their meal is healthy. If it’s a good meal they return the food to the breakfast food area and then move to the lunch food area. The
process is repeated until they’ve completed their dinner. Everyone should try to get three healthy meals.

Helper – Shakera Carter (Gault)

27. Water Stand Up – Christine Numbers

Equipment: 4 plastic or paper cups, water in a bucket

Activity: Students lie down on their backs. The student helper places a cup of water (no more than half full) on each of the student’s foreheads. The students try to stand up without tipping or spilling the cup of water. They cannot use their hands to hold the cup. If successful at getting up, they can try going back down to their original lying position. The ground will get wet eventually so you will need to move this activity on occasion.

Helper – Arnella Hodzic (Gault)

28. Egg Race – Jessica Denion

Equipment: 20 Plastic Easter Eggs (glued together), 4 cardboard or dry erase boards or carpet squares, 2 milk crates and 2 mats

Activity: Give each student 3 three eggs and then have them go to a starting point. Using the cardboard (etc.) as a fan students move the eggs without touching them and only fanning them, into the milk crate. Let’s see who can get all their eggs in to the crate within a minute.

Helper – Mi Kyung Johnson (Baker)

29. Freeze Pop Station – Kim Vittori, Kathryn Morrissey, Mrs. Hamilton

Helper – Alexis Pinos

30. Restroom/Drinking Fountain – Gioia Norton (office hallway restrooms)

Nurse’s Station – Donna Holmes (inside building in Nurse’s Office)

First Aid Station – Latesha Pugh-Baldwin