

## Outdoor Physical Activity/Fitness Events





# Game On! Health and Wellness Field Day

Location

Fishers Elementary School  
Hamilton Southeastern Schools  
Fishers  
[www.hse.k12.in.us](http://www.hse.k12.in.us)  
317.594.4160



Outdoor Physical  
Activity/Fitness Event

## Icons Present:



2 HIGH

## What we did:

Five stations were set up for the students to rotate between. Each grade level participated for 1 ¼ hours (15 minutes per station).

### Stations included:

1. *Game On!* challenge course: pass and score with nutrition (throw footballs into hanging hoops), jump for the food groups (jump ropes), energy in/energy out (flat ladder), all foods fit (sit-ups, push-ups, burpees, mountain climbers, jumping, and stretches), and training camp (tunnels, scooters).
2. Nutrition station: students enjoyed a snack of low fat chocolate frozen yogurt while they learned about reading food labels.
3. Dance station: Teachers led their classes in various dances like the chicken dance and hokey pokey. Students learned how dancing is a good way to exercise and have fun moving.
4. Dental health station: A local dentist talked to the students about general dental health and how good nutrition can maintain strong healthy teeth.
5. Physical well being station: A representative from Peyton Manning Children's Hospital played educational games with students. First the students spun a wheel and were asked a question about a part of the body or an organ. The representative gave them further information about the importance of the body part or how it works. Then students rolled two cloth dice. One die had numbers on it and the other had an exercise. The students had to do that exercise the number of times shown on the first die.

This event involved the assistance from all teachers and staff. The wellness committee organized the stations and set up the event. School volunteers were a huge asset.

## Best practice tip:

Adapt stations for a field day event that work with your school's budget, time constraints, staff size, and community involvement.

Rockville Elementary School and Rockville Jr. High School in Rockville both held field days. The elementary school offered activities such as a three-legged sack race, egg/spoon race, water balloon toss, hoola hoop contest, soft ball throw, tug of war, and volleyball. Students were provided with water bottles and snacks including yogurt, apples, grapes, and a whole grain trail mix. The Jr. High School offered activities such as kickball, sploosh (water game), fun football, volleyball, and tug of war. At the end of the event the student wellness ambassadors discussed the importance of being physically active and eating healthy foods as part of a presentation to the student body. The students also received water during the event and sampled yogurt, string cheese, and a variety of whole grain fruit bars.

James B. Eads Elementary School (Munster) started a friendly school competition by recording times/distances for some of their field day events. Students enjoyed seeing if they could break school records.

Thomas Jefferson Elementary (Jeffersonville) organized their half-day field day so that students participated in a variety of 10-minute activities including limbo, hula hoop to music, over under sponge race (students line up and carry a wet sponge over and under each teammate; first team to carry the sponge over/under all teammates wins), potato sack races, and dodge ball with water sponges.

Shoals Elementary School (Shoals) also offered a nutrition and physical activity event. Their field day included a "health haven" station which offered students samples of fresh orange slices, a wrap, 100% juice, carrot sticks, and a whole grain bar. Students had to match the food with its respective food group and then discuss the importance of eating a variety of healthful foods daily. Their physical activity stations included a scooter board relay, basketball shot contest, and obstacle course.



# Decathlon

Location

Covington Elementary School  
Covington Community Schools  
Covington  
[www.covington.k12.in.us](http://www.covington.k12.in.us)  
765.793.2254



Outdoor Physical  
Activity/Fitness Event

Icons Present:



1-2 HIGH

## What we did:

The Covington Decathlon was a 2 ½ hour physical activity for grades 4 and 5. All classes, along with their teacher, participated in different events led by the physical education teacher, music teacher, and the elementary administrators. The classroom teachers placed their students in at least two events. The decathlon was a competitive event. Scores were assigned based on how students placed in their events, like a track meet.

The PTO provided six members to help run the events which included:

- 100m dash
- 200m dash
- 400m dash
- 1600m run
- 4 x 100m relay (used batons to pass after students ran 100m dash)
- Hula Hoop Relay
- Three-legged race
- Softball throw
- Frisbee toss and catch
- Team Tug of War (used a double elimination bracket to determine winner)

Any type of scoring could be used for these events. Example: 1<sup>st</sup> = 10 pts. , 2<sup>nd</sup> = 8 pts, 3<sup>rd</sup> = 6 pts, and so on. Depending on the size of your classes you could run different heats and take best times or just have one race and record the finish places.

## Best practice tip:

When planning outdoor events, always have a back-up plan or back-up date. In Indiana, the weather can be unpredictable. Thankfully, the weather was perfect for Covington's decathlon and they did not have to reschedule due to weather concerns.



# Triathlon

Location

William Tell Elementary School  
Tell City-Troy Township School Corporation  
Tell City  
[www.tellcity.k12.in.us](http://www.tellcity.k12.in.us)  
812.547.9727



Outdoor Physical  
Activity/Fitness Event

Icons Present:



## What we did:

Students assembled in the back of the school building. At the designated time, they ran around to the front of the building, then down the road to the library. At the library, they got on their bikes and continued down the same road to the high school where they swam a lap in the pool.

One-hundred and twenty students pre-registered for the event. Registration was also held the morning of the event at 8:00 am. At 9:00 the first wave of 5<sup>th</sup>-6<sup>th</sup> grade students began, at 9:15 the 3<sup>rd</sup>-4<sup>th</sup> began, at 9:30 the 1<sup>st</sup> & 2<sup>nd</sup> grade students began. The actual event was over by 10:00 and students then had a pool party until 11:00. Students wore their suits under their clothes and after swimming their lap, they were given a red drawstring bag with a "William Tell Elementary Triathlon" towel, donated bottled water, and a sack lunch. The PTO also had fruit for the students to enjoy while they were waiting for the pool party to begin. Tell City High School students served as lifeguards during the swimming part of the Triathlon and stayed during the swim party.

The triathlon was definitely a community event involving the mayor, Tell City Police Department, parents and local community organizations. These individuals helped supervise the intersections and provide water to the participants. Teachers and high school students assisted wherever needed. Every student who participated in the event was encouraged throughout the events.

## Best practice tips:

Partner with local businesses and organizations in the community to provide incentives. William Tell received sponsorship and support from several business as well as their PTO.



Indiana Department of Education  
SUPPORTING STUDENT SUCCESS

# Kentucky Derby Track and Field Day

Location

Bloomfield Elementary School  
Bloomfield School District  
Bloomfield  
[www.bsd.k12.in.us](http://www.bsd.k12.in.us)  
812.384.4271



Outdoor Physical  
Activity/Fitness Event

Icons Present:



## What we did:

Grades 1-3 participated in the morning and grades 4-6 in the afternoon. Three stations were set up for this event; one grade level per station. Classes in each grade level competed against each other.

Station 1: Track events such as the 50 meter dash, 100 meter dash, 200 meter dash, 400 meter dash. The students ran in each event and won ribbons for each heat.

Station 2: Infield track events included water-the-horse relay, lasso the teacher, and horse pull events. Water the horse – Students from opposing teams used a sponge to soak up water from a bucket at the beginning of the relay line. They ran with the wet sponge to a bottle placed a certain distance away from the bucket and squeezed out all the water from the sponge. They ran back to the beginning of the relay line and passed the sponge off to their teammate. The team that completed the relay first with the most amount of water in the bottle won the event.

Lasso the teacher - Students tossed a foam ring for their teacher to catch on their outstretched arms. Teachers were to remain standing in a hula hoop during this event.

Horse pull – A tug of war competition between each class.

Station 3: Classes used the tennis courts to complete the sugar cube relay, horseshoe relay, and obstacle jump relay.

- **Sugar cube relay** - Students carried three sugar cubes with a spoon from one sideline of the tennis court to the next, stacked them in a tower, picked the cubes up, and raced back to the next student in line until all students had finished the relay.
- **Horseshoe relay** – Students took off both shoes and put them in a large pile. The students go one at a time from their relay lines and find both shoes, put them on, tie them, and run back and tag the next student in line until the relay is finished.
- **Obstacle jump relay** – Students jump over a hurdle, jump back over the hurdle and tag the next person in the relay line until all teammates have completed the event.

As students completed the stations, they rehydrated with a drink and were given the choice of an apple or banana to eat.

## Best practice tip:

Plan events that coincide with other seasonal or cultural events. Bloomfield Elementary hosted this event in May, which is when the Kentucky Derby is held.



# Coyote Dash 3K Walk/Run

Location

Clark Middle School  
Lake Central School Corporation  
St. John  
[www.lcsc.us](http://www.lcsc.us)  
219.365.9203



Outdoor Physical  
Activity/Fitness Event

Icons Present:



## What we did:

The planning for the Coyote Dash started at the beginning of the school year. Clark Middle School wanted to create a program that could be sustainable and that students would enjoy and be motivated to succeed. The dash was an all school activity with excitement building up to and including the day of the event. The actual event took place in two segments – a 3K run for students who signed up and a 3K walk for the whole school and staff.

During the walk and run there were stations with water and fruit set up throughout the course.

## Best practice tip:

Don't underestimate the importance of administrative, teacher, staff, student, parent, and community buy-in when hosting wellness events. Clark Middle School reports the success of this event was largely attributed to buy-in from administration, teachers, staff, and students. All students and staff participated in at least 40 minutes of activity during the school day and many students/faculty members accomplished goals. They learned the enjoyment of being physically, mentally, and socially active.



# Scooter 500 and Amazing Race

Location

Wes-Del Middle School  
Wes-Del Community School Corporation  
Gaston  
[www.wes-del.k12.in.us](http://www.wes-del.k12.in.us)  
765.358.3349



Outdoor Physical  
Activity/Fitness Event

Icons Present:



## What we did:

Students had the option of participating either in the Scooter 500 or the Amazing Race. For the Scooter 500, students signed up to be a team of four. They drew to find out what fruit or vegetable their team represented. Before the race they had 10 minutes to decorate their scooter according to their assigned fruit or vegetable. During the race, the pace car (gator) took the first racer around the track one time before the race began. Each participant raced one lap around the track before handing off to the next racer on the team. Each participant went a total of 5 laps. Water and Gatorade was provided to the participants during the race. After the race, the winning team kissed the row of bricks and they were presented with medals. The event ended with students sampling food from the various food groups. Parents assisted with the food preparation the day before the event.

For the Amazing Race, the students participating in this activity signed up in teams of six. Five stations were set up around the outside of the track. Each team member went to one of the 5 stations. The first person had to run one lap around the track and then to the second station where they had to do ten crunches before handing off the baton to the second team member. The second team member ran to the third station and hula hooped ten times before handing the baton to the third team member. This team member ran to the fourth station and did ten jumping jacks before handing off the baton to the fourth team member. Team member four ran to the fifth station and jumped rope ten times before handing off the baton to the fifth team member. Team member five had to run one lap around the track and across the finish line. At the conclusion the students sampled food from the food group stations.

## Best practice tip:

While it is good to offer students options for physical activities, these events were very different in nature. Many students wanted to participate in both events. In the future, Wes-Del plans to offer the Scooter 500 and Amazing Race on different days.

