

April 6<sup>th</sup>, 2017

SUPERHERO  
FIELD DAY 2017



Created by: Jimmy Grassano

## **Field Day 2017 Schedule**

**Rotation 1: 8:50-10:05**

**Rotation 2: 10:15-11:30**

**Lunch: 11:40-1:20**

**Rotation 3: 1:30-2:45**

**Closing Ceremony: 2:45-3:00**

**Please have students packed up before Rotation 3 begins!**

**Thanks!**

## Class Starting Center and Station

<u>Teacher</u>	<u>Center</u>	<u>Station</u>
Popp	1	1
Hinton	1	2
Provencher	1	3
Cullen	1	4
Hemmrich	1	5
Shultz	1	6
Hoioos	1	7
Lewis (4th)	1	8
Bennett	2	1
Delk	2	2
Dajero	2	3
Quent	2	4
Lewis	2	5
Armitage	2	6
Garzia	2	7
Owen	2	8
Booth	3	1
Mayhue	3	2
Cook	3	3
Farino	3	4
Thomas	3	5
DiLorenzo	3	6
Henaghan	3	7
	3	8

Please rotate in numerical order.

When you get to station 8, rotate to station 1 within that Center.

When you change Centers, please start at the same station each time.

Example: Quent would go to Center 3, Station 4 when we rotate Centers.

I will blow the air horn to rotate stations once

I will blow the air horn to rotate centers twice

# Diagram Key

X = Students

□ = Buckets

○ = Polyspots

◯ = Hula hoops

△ = Cones

## **Center 1**

**Station 1** - Guardians of the Galaxy Dance Off

**Station 2** - Invisible Man Volleyball

**Station 3** - Race to the Hall of Justice

**Station 4** - Superhero Parachute

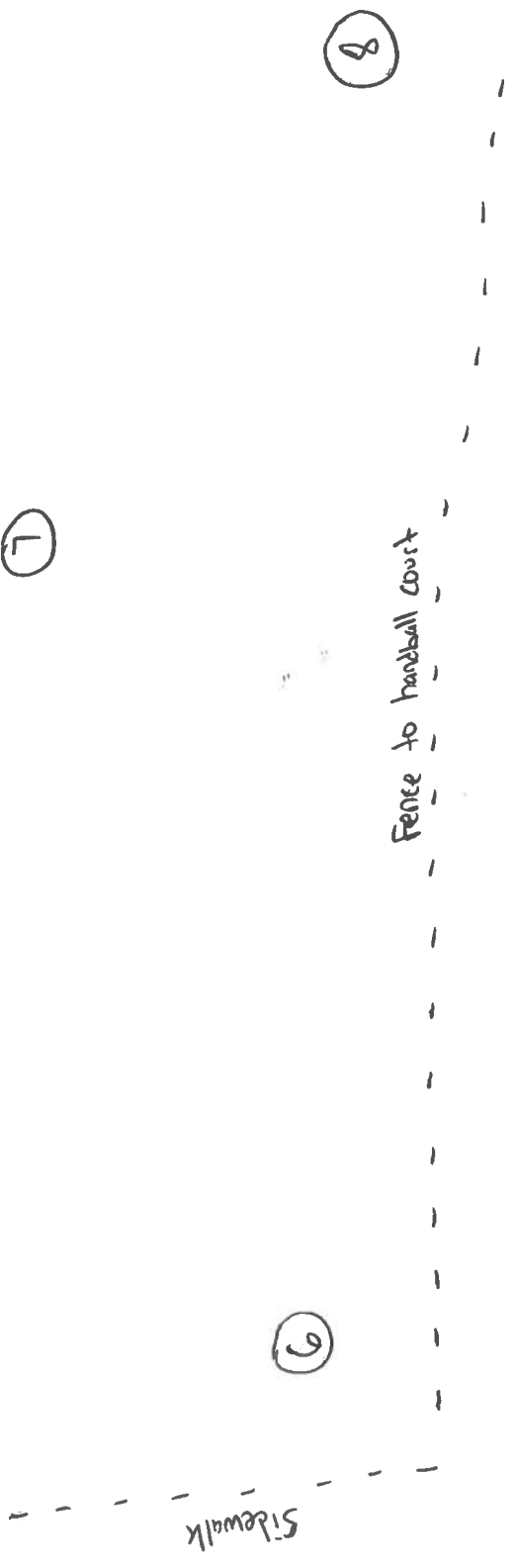
**Station 5** - Super Hero Drawing

**Station 6** - Spidey obstacle course

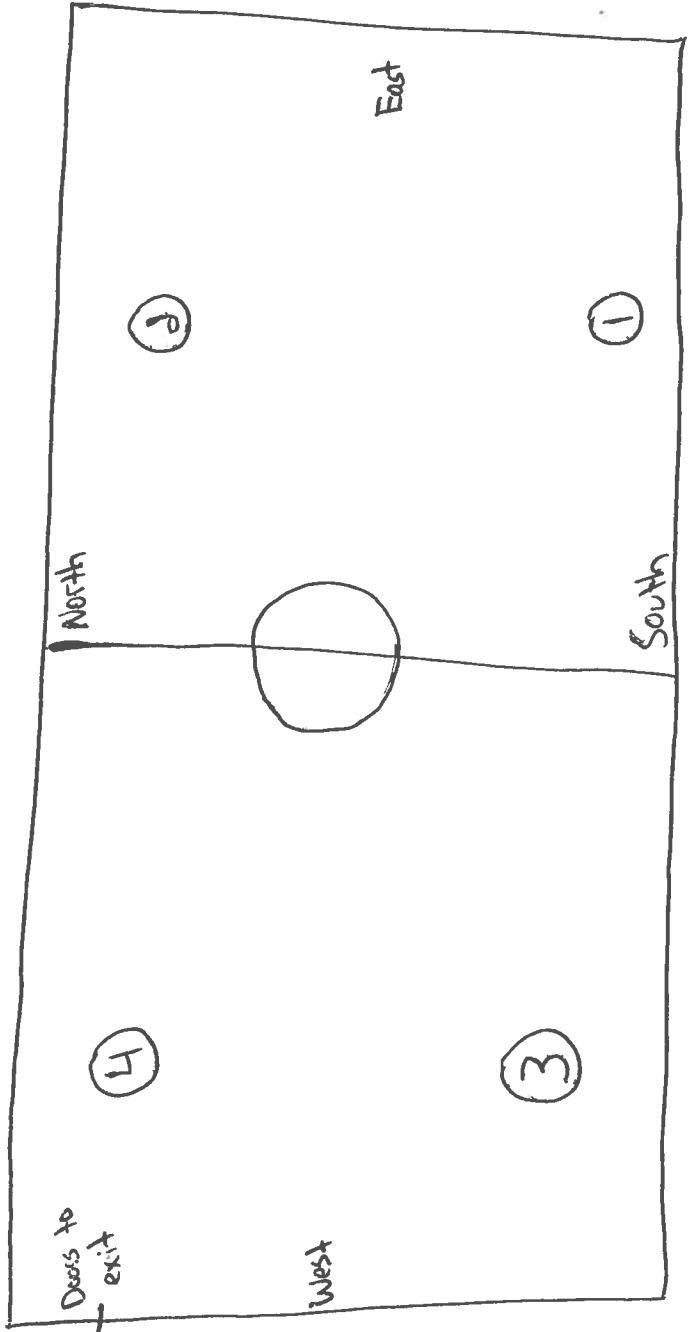
**Station 7** - Hawkeye Throw

**Station 8** - Chinese Spider Man Jump Rope

Center 1  
Map



5



**Station!:** Guardians of the Galaxy Dance Off

A projector will be set up for students to dance along with. I will provide a list of songs that you can play for your class to dance along with. Superheroes love to show off their dance moves!

**Equipment:** projector, music

Spread out and dance

**Station :** Invisible Man Volleyball

Mats will be set up to make the volleyball game invisible. Superheroes have super powers to see through things. Have class play invisible volleyball. Use rally scoring for this activity. Play until it is time to switch.

**Equipment:** mats, beach ball



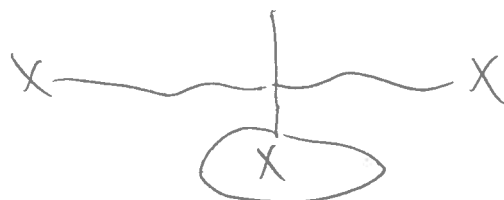
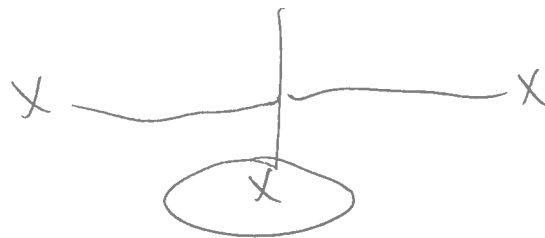
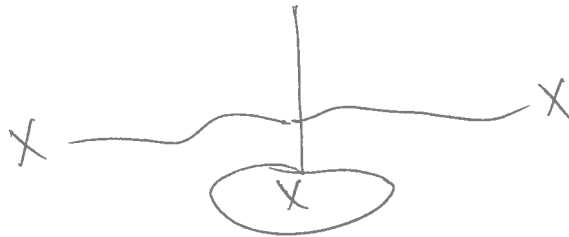
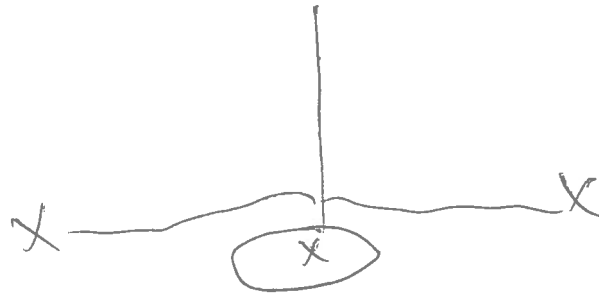


3

**Station :** Race to the Hall of Justice

Each squad will go to their volleyball standard. Two students will race at the pole. They will sit on the carpet square and grab the rope. The next student in line is the referee. They will say, "Ready, set, go!" The two students pull the rope to make it to the pole first. Winner stays on.

**Equipment:** 4 volleyball standards, ropes, 8 carpet squares

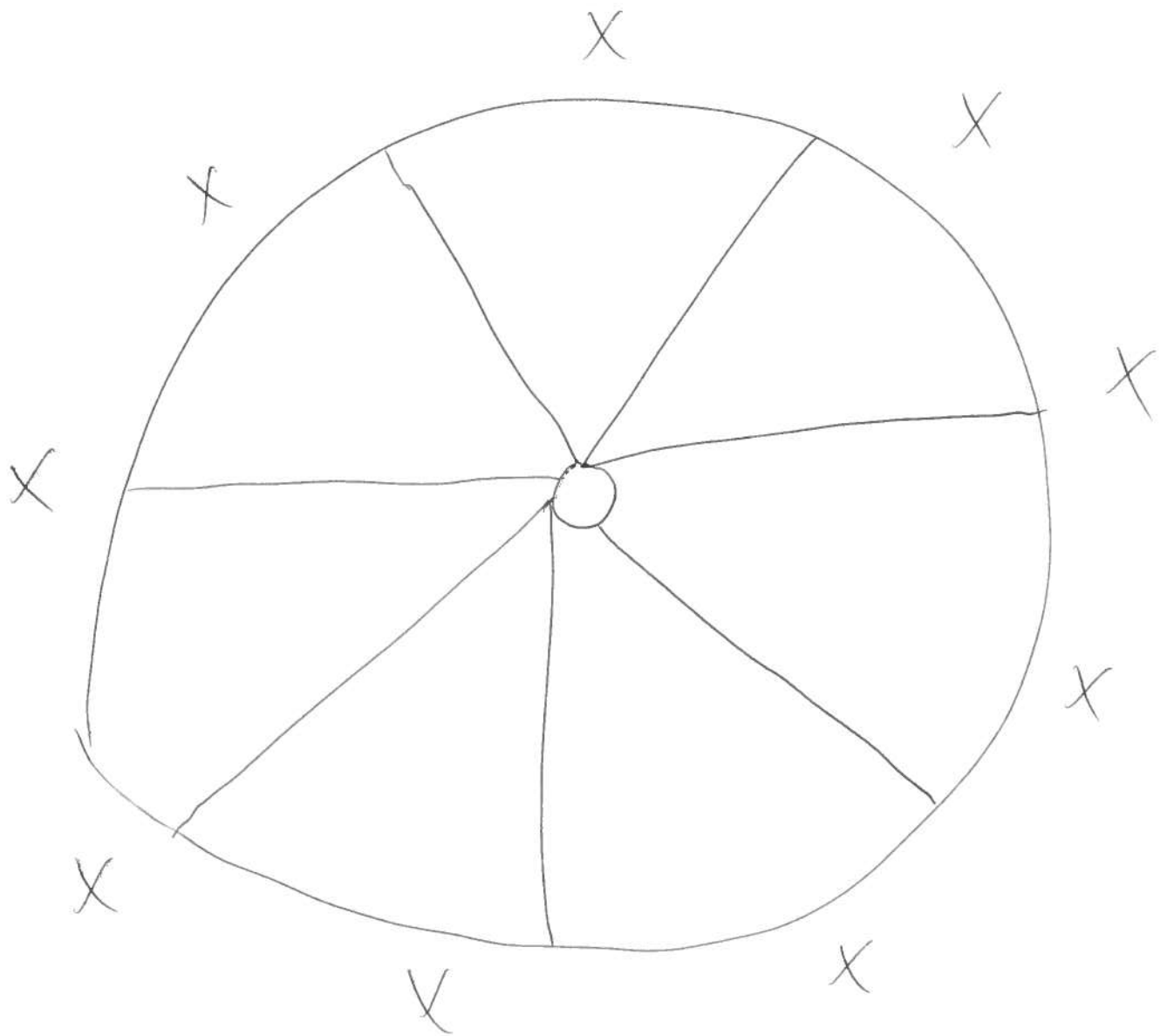


<sup>4</sup>  
**Station :** Superhero Parachute

A parachute will be set up for students to do different activities with. They can make waves, pop the objects up into the air, make a dome to "hide" in, climb the mountain. Switch it up for your class to have fun!

Equipment: parachute, nerf balls

- Please tell students to grab the actual parachute, NOT the handles!



5

**Station :** Super Hero Drawing

- Chalk will be provided and students should draw them self as a superhero.

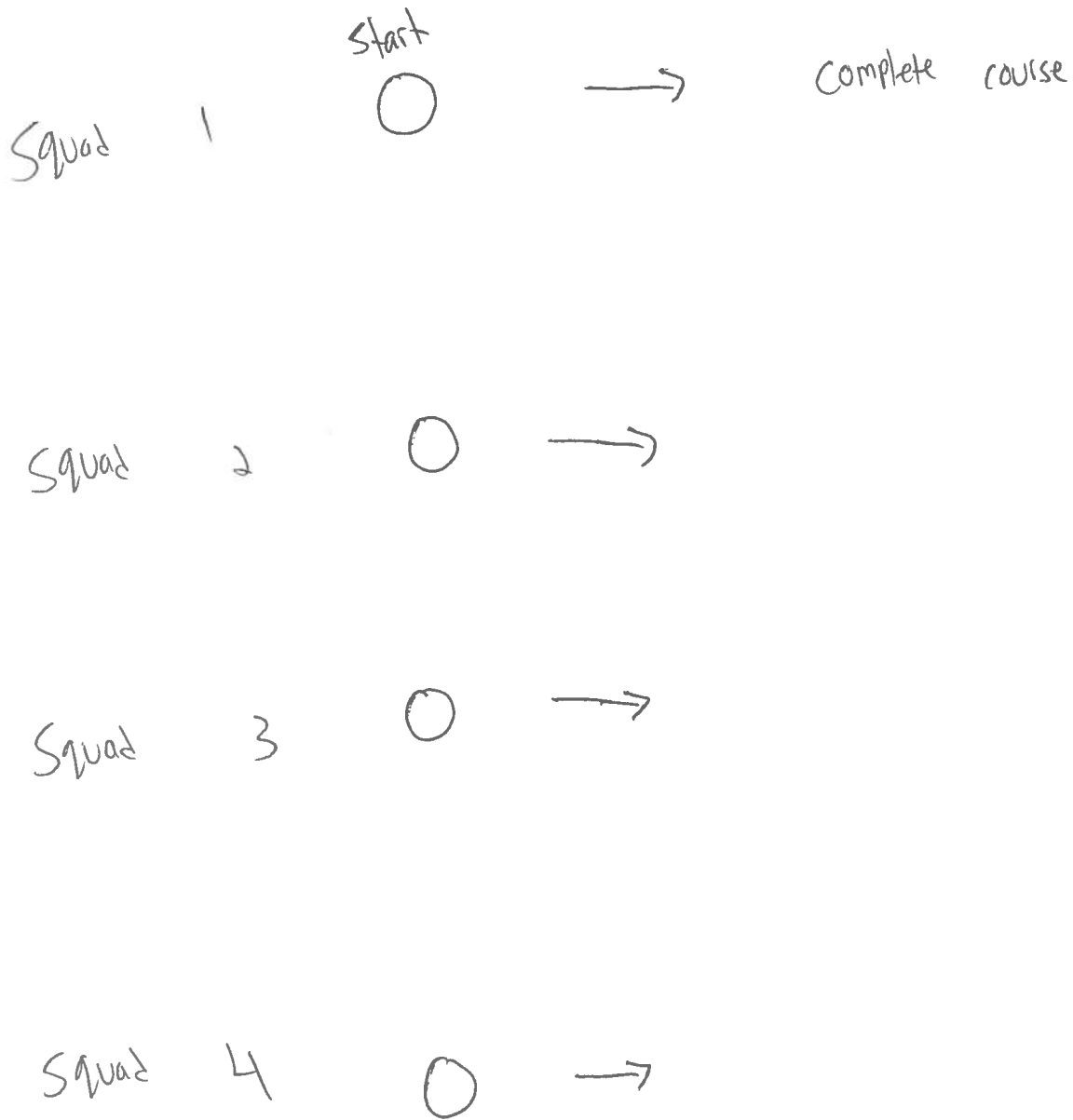
**Equipment:** chalk

SPread out to find open space to draw

**Station** <sup>6</sup> - Spidey obstacle course

An obstacle course will be set up for Spider Man to make it through. Teams will be in their squads and race through the course. They must jump over and crawl under the obstacles. First squad done wins. Continue to play until time to rotate.

**Equipment:** cones, hula hoops, jump ropes



7

**Station :** Hawkeye Throw

- Divide the class into six groups. Each person will take a turn throwing the javelin from behind the throwing line. The furthest throw from each group is the winner and can challenge other winners. Each person should try to improve their throw each time.

**Equipment:** 6 noodles, 6 polypots

Throwing  
Line

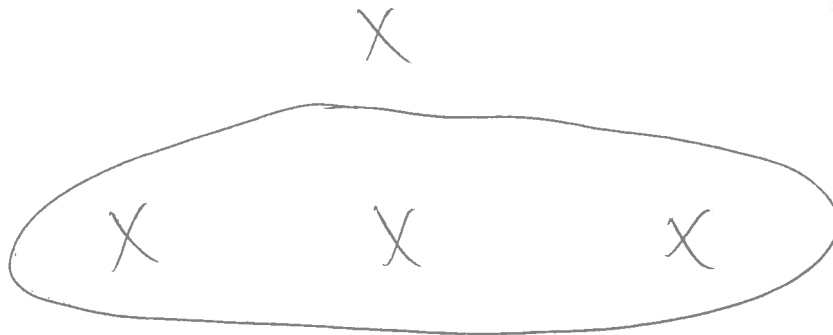
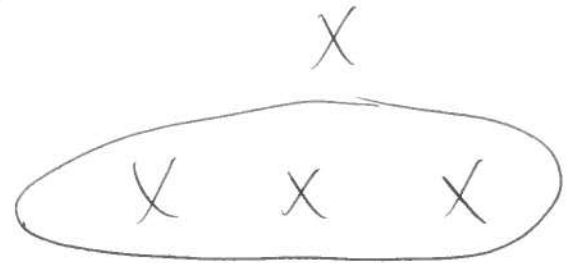
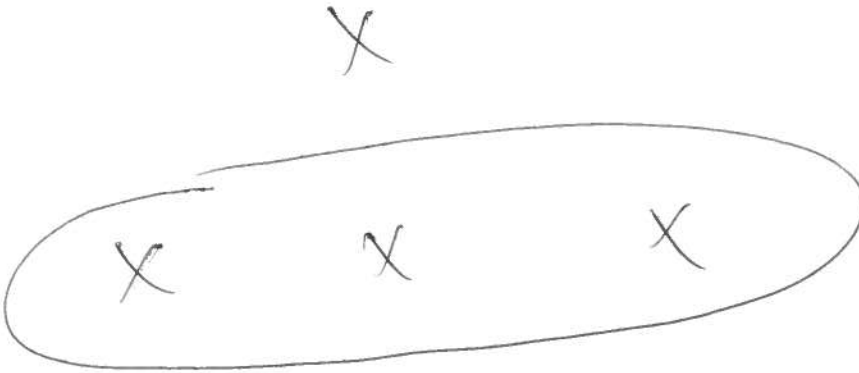
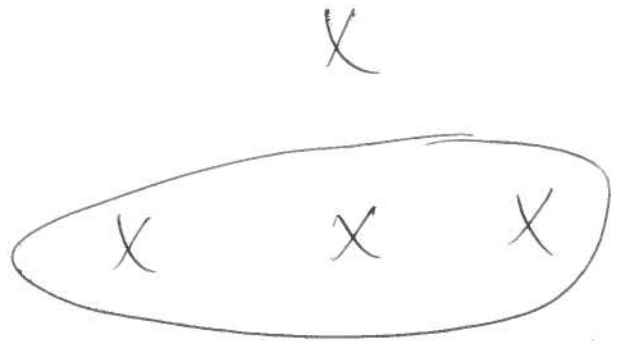
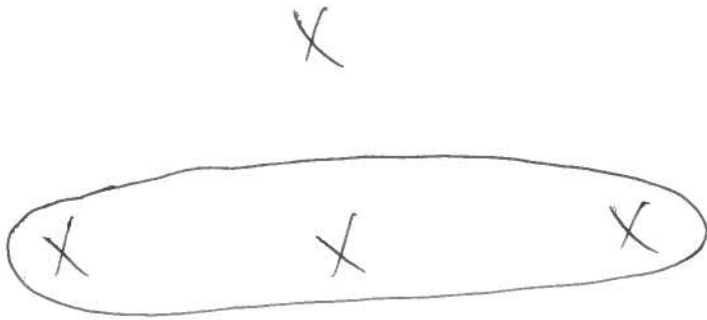


8

**Station :** Chinese Spider Man Jump Rope

Students will make groups of 3-4 and use the Chinese Jump Rope. There will be a superhero pattern for them to complete.

**Equipment:** Chinese jump ropes, pattern sheets



## **Center 2**

**Station 1** - Kryptonite Clean-Up

**Station 2** - Phone Booth Dress Up

**Station 3** - Captain America Shield Throw

**Station 4** – HERO

**Station 5** - Incredible Hippity Hop

**Station 6** - Ice Cream Cone Relay

**Station 7** - Ninja Turtle Pizza Box Relay

**Station 8** - Captain America Shield Roll

Playground

Center 2  
Map

3

4

5

2

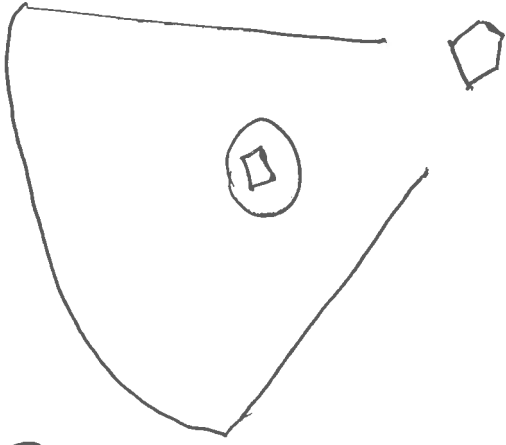
6

1

8

7

Sidewalk

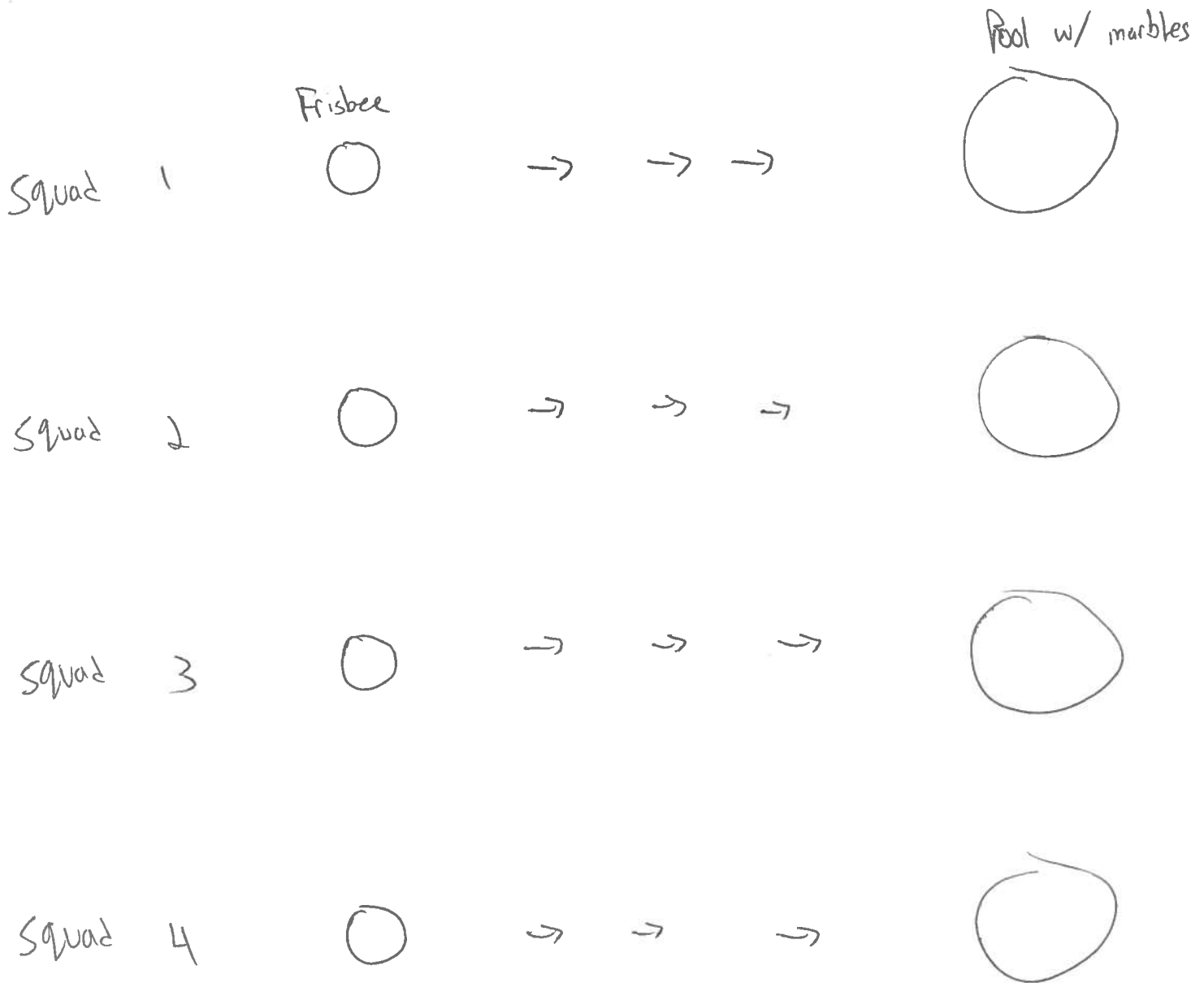




1  
**Station - Kryptonite Clean-Up**

Superman is not affected by anything, but kryptonite is his greatest weakness! The object of the activity is to get rid of all the kryptonite without touching it with your hands. Divide students into four squads. Students will remove one shoe and sock. Have them keep their belongings together. On the signal, the first person in each team will hop on one foot to the swimming hole and try to pick up one marble. They will then hop back and drop the marble into the Frisbee. The next person can go and repeat the activity. Which team can collect the most marbles in the time allotted?

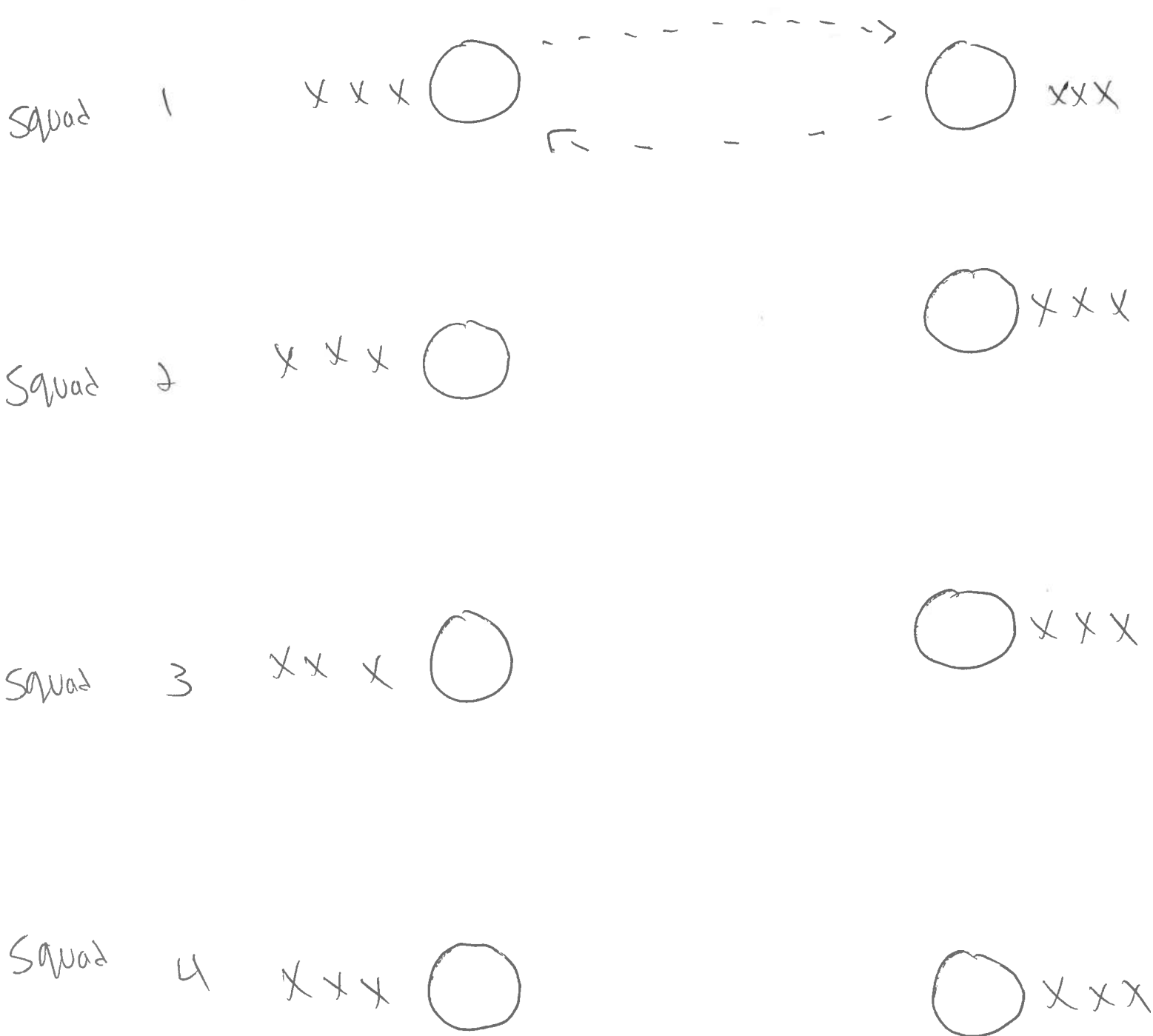
**Equipment:** marbles, 4 kid pools, 4 frisbees, 4 cones



2  
**Station : Phone Booth Dress Up**

Every superhero needs to hide their identity. Students will be in their squads split at both ends of the cones (half of the squad at one cone and the other half at the other cone). One student will run down and put the pants, shirt, glasses, and hat on. They will then run to their cone and take off those clothes. The next person will put the clothes on and run to their other side. Continue until everyone has had a chance to put the clothes on and take them off. First squad done wins. Continue until time to rotate.

**Equipment:** 4 sets of clothes, ploypots, hula hoops



**Station**<sup>3</sup> - Captain America Shield Throw

Each person will line up behind a Frisbee. There will be hula hoops placed in the field as targets. Each hoop will be worth a certain amount of points. Students will throw their Frisbee and try to have it land in a hoop. Take turns after each throw.

**Equipment:** hula hoops, poly spots, frisbees

Frisbees



Targets

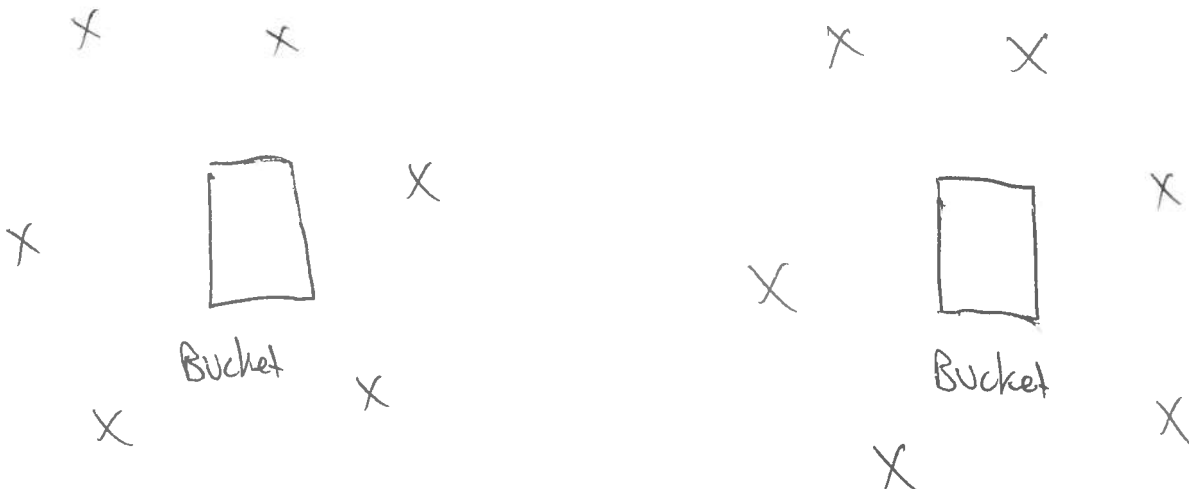


4

**Station : HERO**

Students will be in squads grouped around their bucket. The round starts when one student will dip the ball into the bucket and throw the ball into the air, calling another student's name. Everyone else in the squad should run away from the bucket, while the student who was called retrieves the ball. The student with the ball, then takes four giant steps toward a classmate, while spelling H-E-R-O. They then attempt to hit the person below the waste using an underhand throw with the ball. If the student gets hit, they repeat the process above. If the thrower misses, they must retrieve the ball and the process repeats. Everyone should move close to the bucket at the start of each round.

**Equipment:** 4 buckets, 4 sponge balls



5

**Station : Incredible Hippity Hop**

- Relay Race. Students form 4-6 teams and hop from one side to the other and back.  
First team back wins.

**Equipment:** hippity hops, polyspots, cones

Start



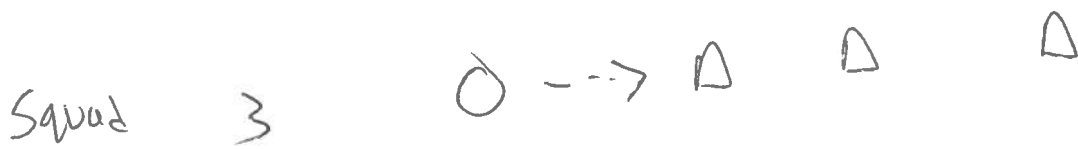
6

**Station : Ice Cream Cone Relay**

Even superheroes need ice cream to reward themselves! Students will be in their squads behind the cones. Each person will put the ball in the cone to make an ice cream cone. They will run through the cones in a zig-zag pattern and then hand the cone to their teammate. First team back wins. Continue to play until time to rotate.

Equipment: cones, 4 gator balls, polypots

Start



**Station 7** - Ninja turtle pizza box relay

Students will be in squads and line up behind their cone. On a signal race through a cone course (zig-zag) with pizza boxes in their hand (do not help keep them up with any other body part). Students have to jump over a hurdle and then return to their team weaving through the cones, hand the boxes to next person to go.

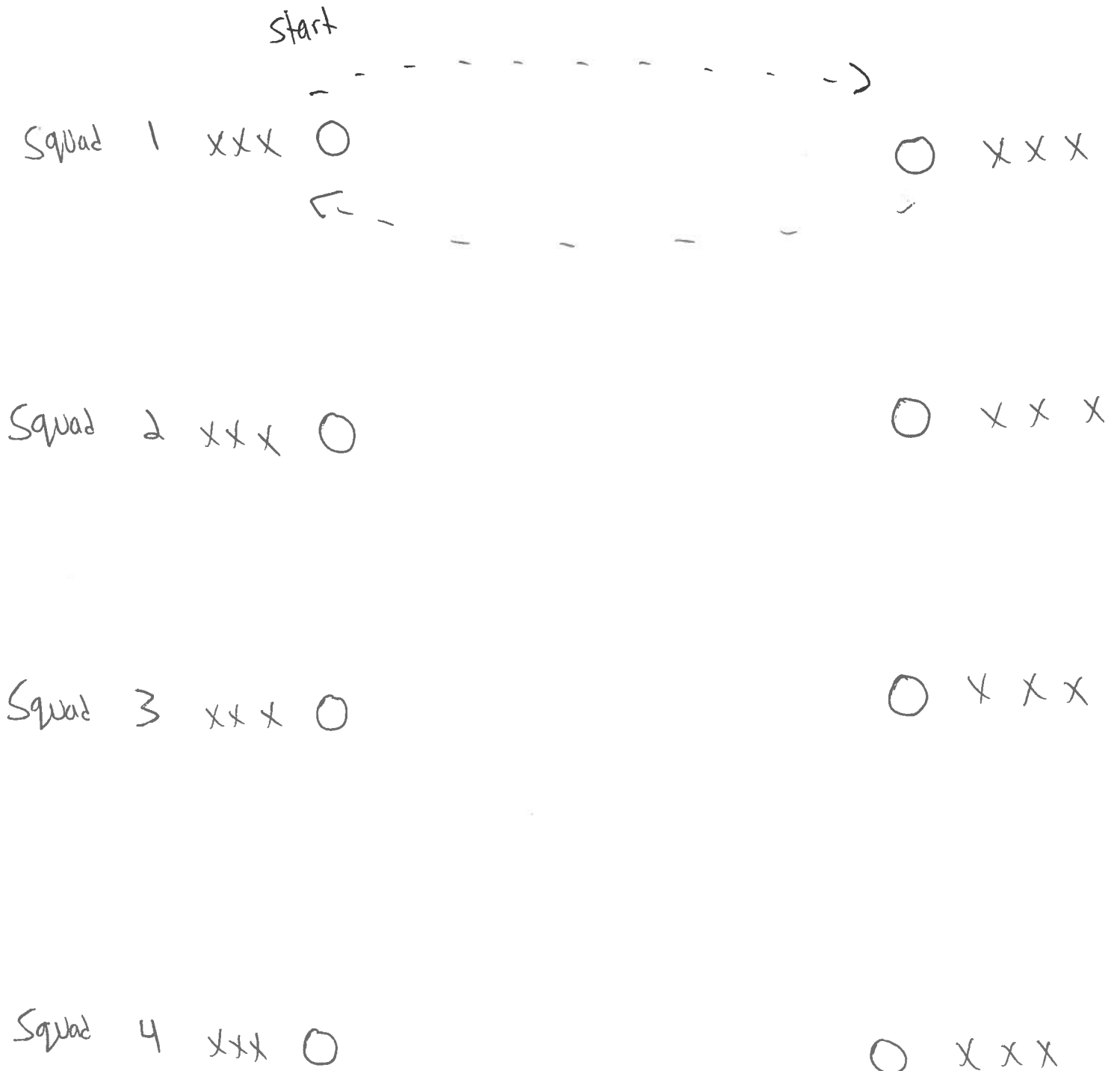
**Equipment:** pizza boxes, cones, hurdles



**Station : Captain America Shield Roll**

Students will be divided into four teams. This is a relay type event so even number of students need to be on each side of their line. On the signal, one student from each team will roll their ring own their lane. The student at the end will roll the ring back on the return trip. When each student has had a turn, the team that is sitting cross legged on their bottom is the winning group. To make the event interesting, change team members.

**Equipment:** polyspots, cones, hula hoops





### **Center 3**

**Station 1** - Hulk Tug-A-War

**Station 2** - Fantastic Four Square

**Station 3** - Wolverine Relay

**Station 4** - The Hulk Hula Hut Relays

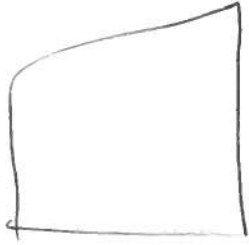
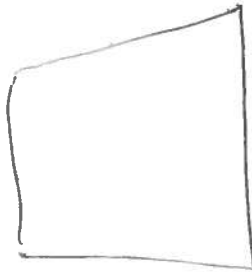
**Station 5** - Flash 40 yard dash

**Station 6** - Thor Hammer Throw

**Station 7** - X-Men Sack Race

**Station 8** - Aquaman Relay

Tetherball  
Courts

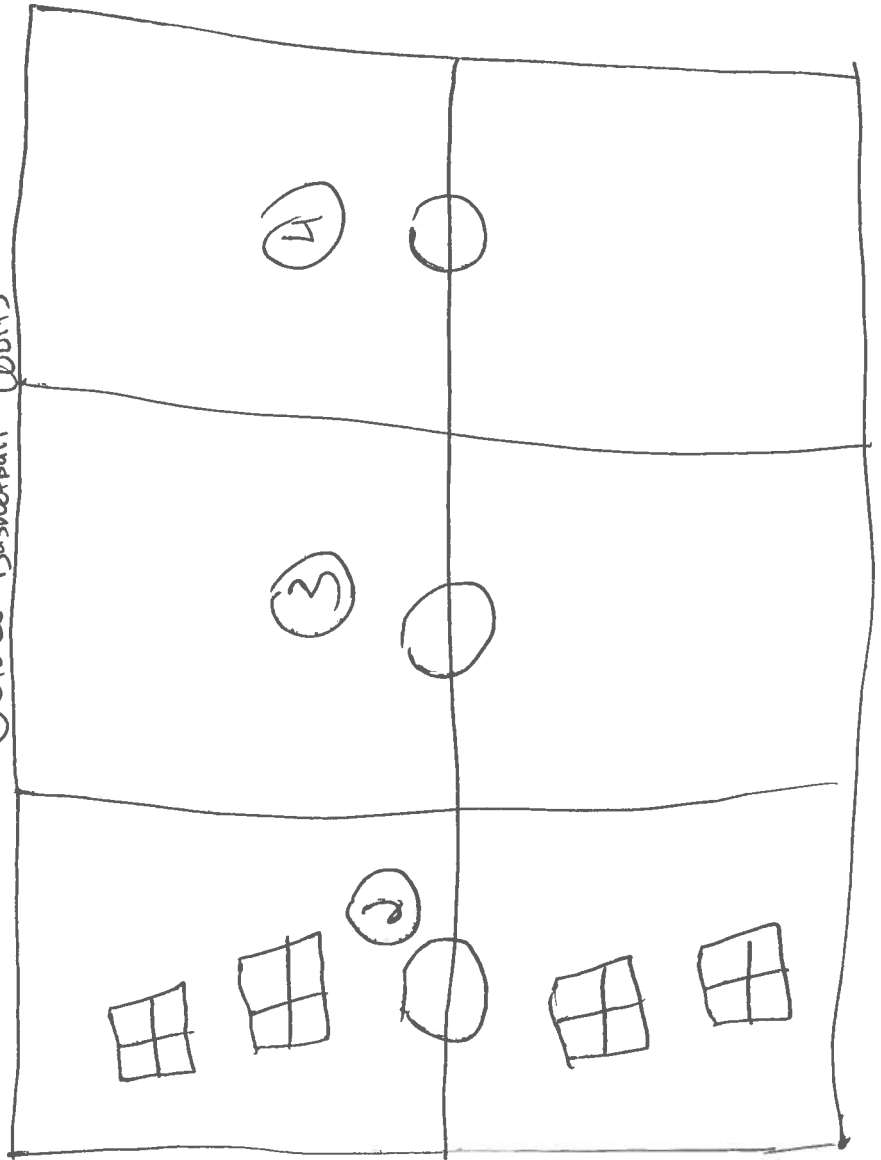


5

Center 3  
Map

1

Outside Basketball Courts



6

7

8

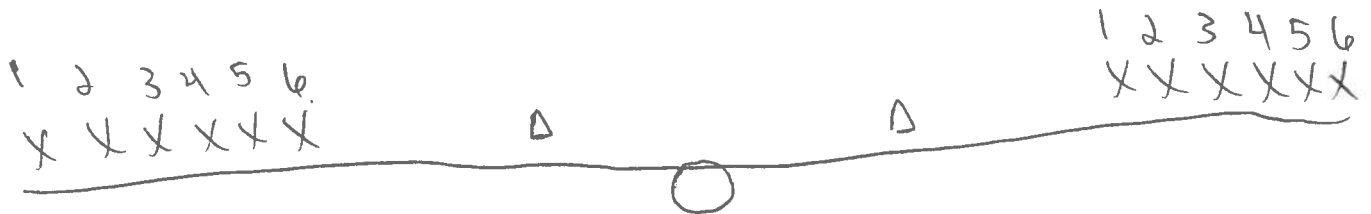
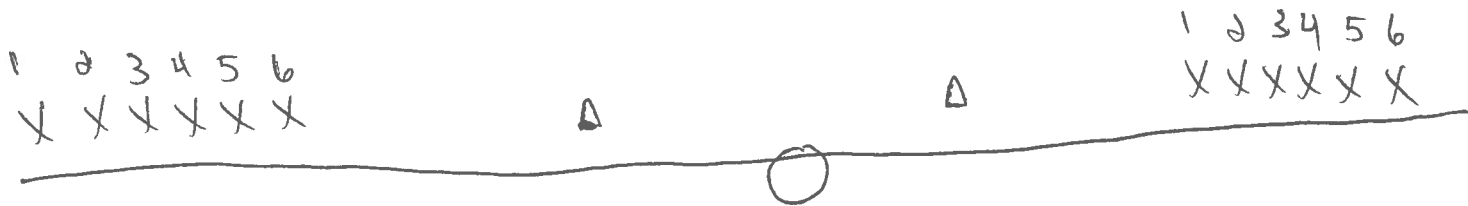
Parking  
Lot

1

**Station : Hulk Tug-A-War**

- Students will play tug-a-war. There will be two ropes side by side. Split your class evenly. Each squad should be at one end of the rope. Give each student a number. Call out numbers so that person switches to the other rope with the same numbered person. Allow one student for each team to be an "evenizer". Call out "EVENIZER" when one team is starting to win. (See PE teacher for assistance with this station)

**Equipment:** 2 ropes, 4 cones, 2 polyspots

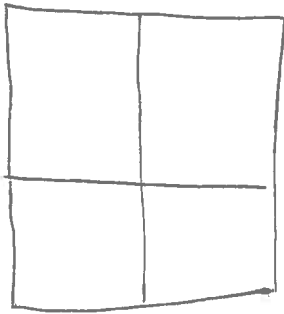


2

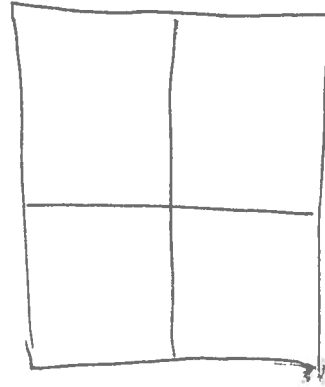
**Station :** Fantastic Four Square

One squad will be at each court for 4-square. Students will play games of 4-square. The next students in line is the referee and there is NO ARGUING with the referee!

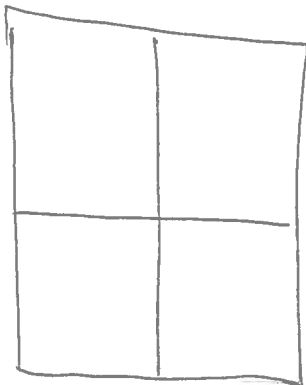
**Equipment:** 4-square balls



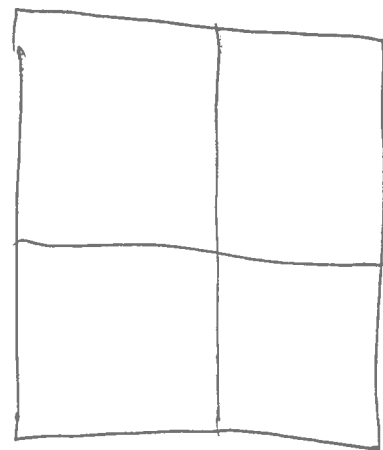
Squad 1



Squad 2



Squad 3



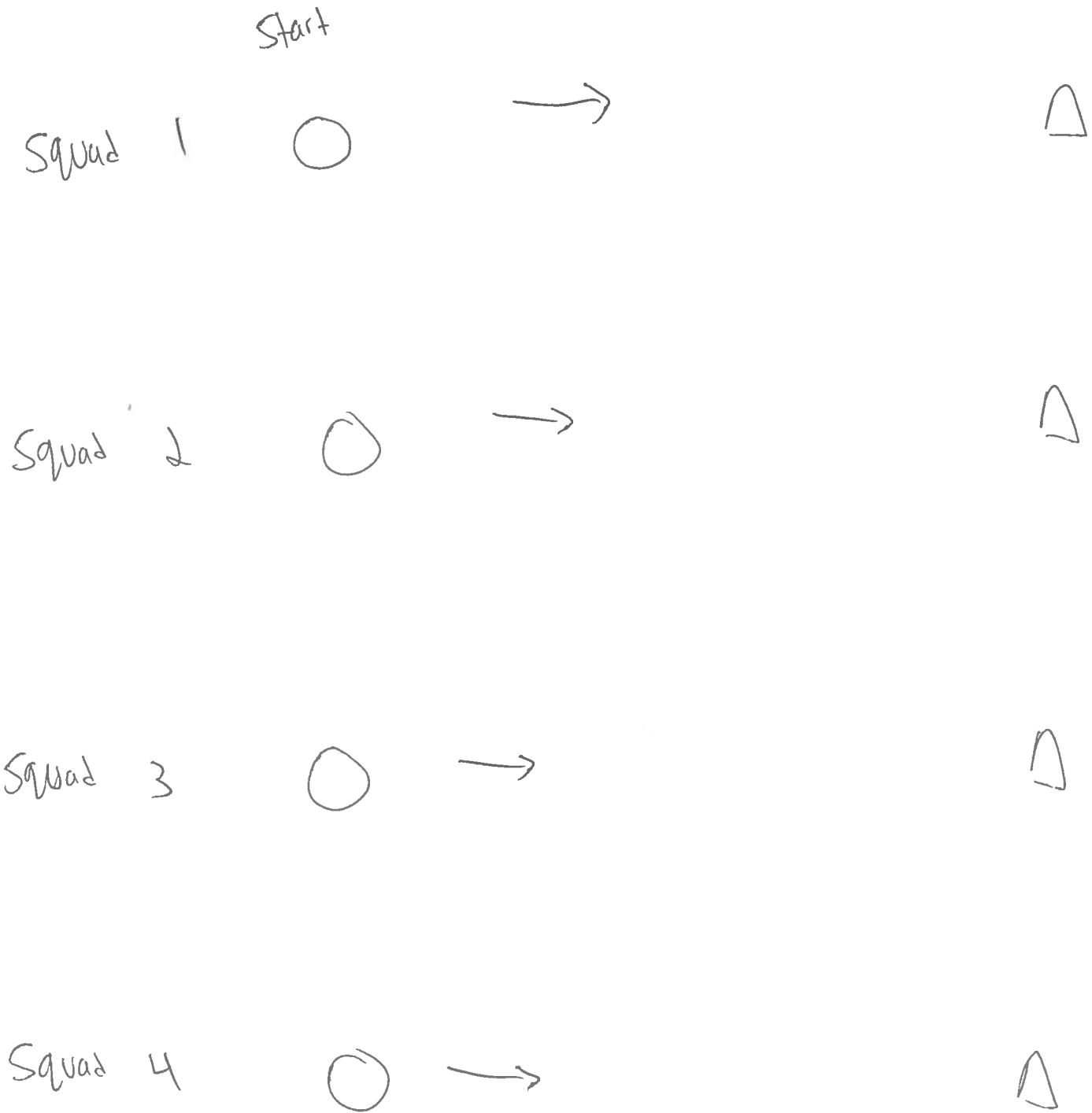
Squad 4

3

**Station : Wolverine Relay**

Divide students into squads. Each student will have a paddle and each group will have a ball. On the signal, one student will balance the ball, while moving quickly down the track. They will pass the ball to the other student when they return. When each student has had a turn, the team that is sitting cross legged on their bottom is the winning group. Have younger groups balance the ball on the paddle. Have the older students bounce the ball as they move.

**Equipment:** 4 paddles, 4 tennis balls, polyspots, cones

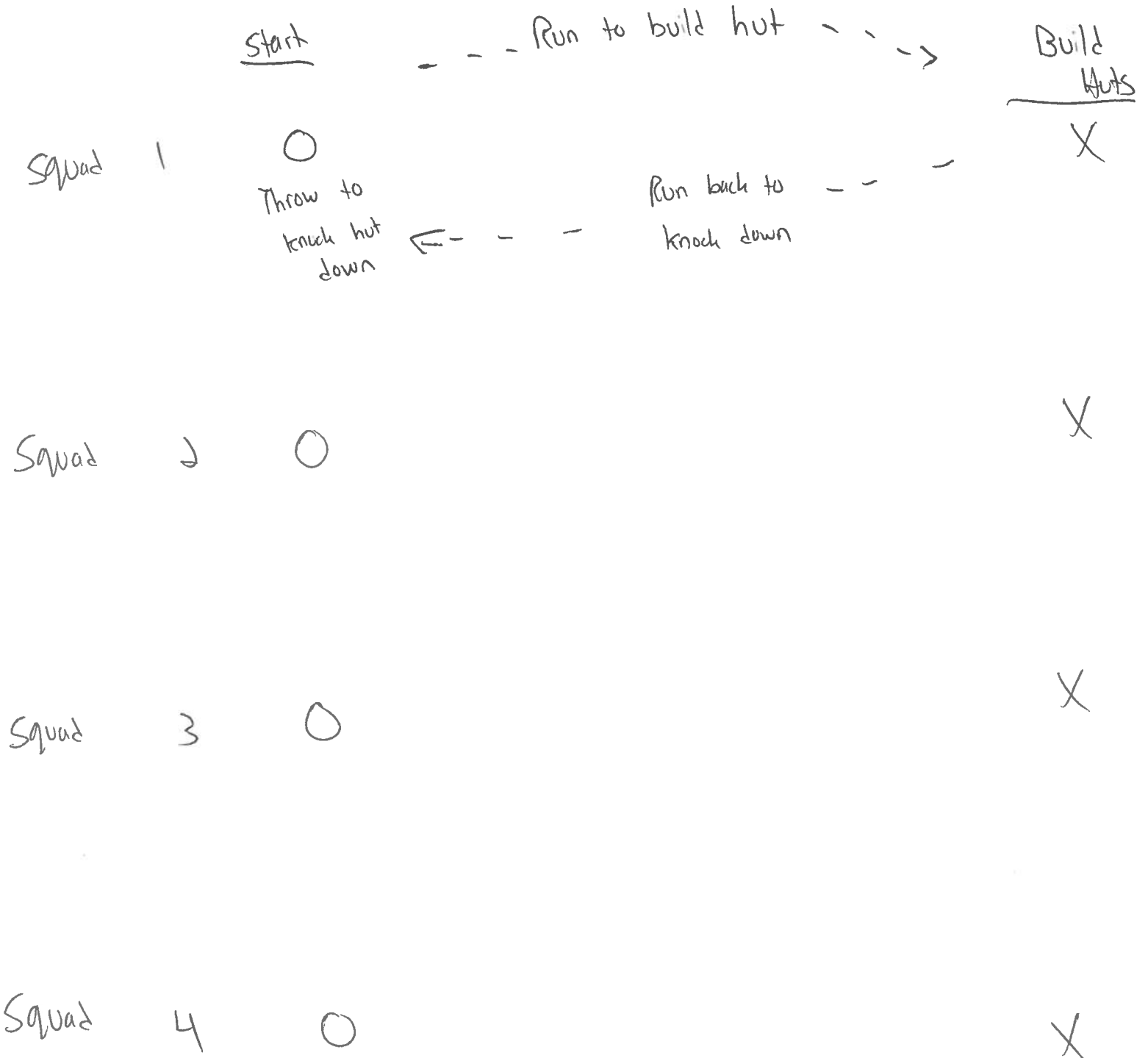


4

**Station : The Hulk Hula Hut Relays**

-Students will be in their squads. Each squad will have a set of 6 hula hoops. They will run down and create their hula hut. Once the hula hut is complete they will run back and try to throw their ball to knock it down. First squad to knock it down wins. Play again until it is time to rotate.

**Equipment:** 24 hula hoops, polypots, 4 gator balls



5

**Station** - Flash 40 yard dash

6 students should line up on the track, starter says on your marks, get set, go.

**Equipment:** 6 polypots, 6 cones

Start



Finish



6

**Station : Thor Hammer Throw**

- Students will get the opportunity to throw the Thor Hammer. Divide class behind the hammers to throw. The student who throws the Hammer the Furthest wins. Continue until time to rotate.

**Equipment:** 4-6 hammers, polyspots

Start





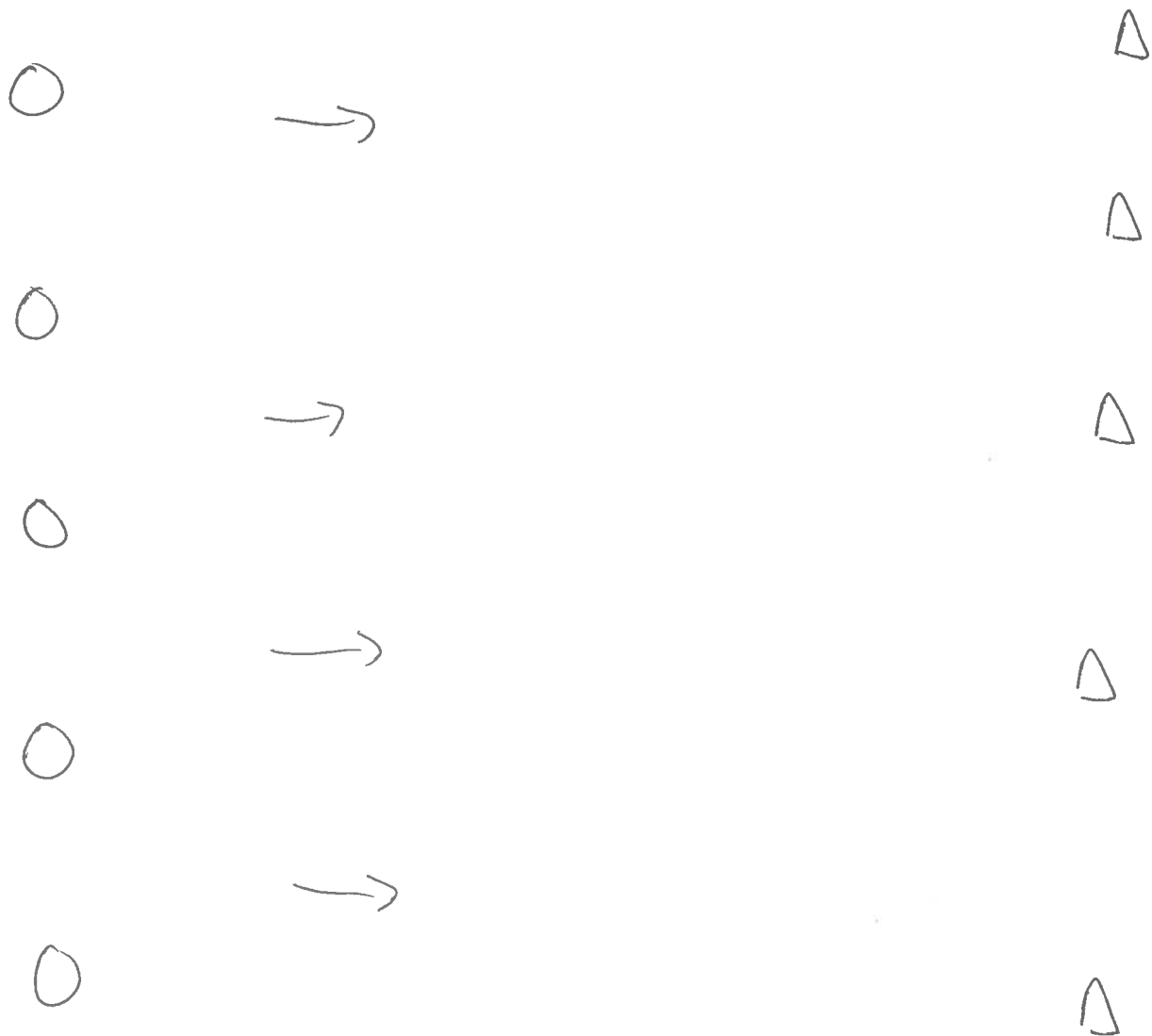
7

**Station : X-Men Sack Race**

- Students will stand behind a potato sac and hop from one side to the other and back. The first person back wins. Continue to play until we rotate.

**Equipment:** 4-6 potato sacks, polypots, cones

Start



8

### Station - Aquaman Relay

The squad with the MOST water in their container at the end wins. Students line up behind a bucket full of water. The first person dips the sponge into the bucket then passes the wet sponge over their head to the next person in line, who then passes the sponge under their legs to the next person. It continues in this fashion (over/under) all the way to the end of the line. When the last person gets the sponge, they run to a bucket and squeeze the water out, then run back to the start to dip the sponge again. (Students shouldn't squeeze the sponge on each other!)

**Equipment:** 8 buckets, 4 sponges, 4 cones

