

EQUIPMENT LIST/EXPLANATION

1. **Park Swing Area:** Design an obstacle course using the "Park Swing" area.
 - E.g. zigzag through swings, walk beam planter, skill 10 times with rope, do football tire run. (You may choose change this is you like)
 - Level 1=2X Level 2=4X Level3=6X

2. **T-Ball Hit**

Large cone, air ball, rubber bat

 - within 3 swings, batter hits infield area, fence or out of the cage area to earn their skill level
 - Level 1=infield hit Level 2=hit the fence Level 3=hit out of the cage

3. **Frisbee Toss**
 - From a set distance (3m., 4m., 5m.), children try to hit target with the frisbee. The leader may have to show the younger children how to throw it. Use your wrist to throw in a horizontal, forward motion.
 - Older children may choose to start further back

4. **Soccer Shoot**
 - Hockey net set up inside soccer standards on field
 - 3 cones to mark distance
 - see if the kicker can shoot from distance and score
 - Level 1=start closer to the net Level 2=Middle distance Level 3= further back from the net

5. **Track Running**
 - Two cones to mark start and finish
 - See if student can complete skill level
 - Level 1 - once around the track (walk/run)
 - Level 2 - once around running (no walking)
 - Level 3 - race with someone around the track running (no walking)

6. **Play Structure**
 - Design a course for students to follow
 - Have the children complete skill level
 - Increase number of times to earn a higher level, example, level 1 =1X level 2=2X level 3=3X

7. **Softball Relay**
 - 2 crates, 10 baseballs
 - children run with empty crate, fill it with one ball at a time, one hand behind their back, bring empty crate back, repeat to earn skill level
 - Level 1 - 2X Level 2=4X Level 3= 6X

8. Ring the Chair

- Chair (upside down so legs are visible, deck tennis rings)
- Students throw from specified distance. They must get 3 ringers to be successful at that skill level
 - Level 1 - 1 meter away
 - Level 2 - 2 meters away
 - Level 3 - 3 meters away

Encourage the children to try to get beyond the first level.

9. Scoop and Ball

- Level 1= Students attempt to throw the ball in the air and catch it with the scoop 3 successful catches
- Level 2= attempt ,with a partner, standing 2 meters apart, 3 successful catches with out dropping the ball
- Level 3= with a partner, using 2 balls- throwing at the same time, 3 successful catches.

10. Baseball Catch - measure 1m -level 1, 5m-level 2, 8m-level 3.

- Mark with cones, student must have three successful catches to earn skill level

11. Skipping

- You need ropes of different lengths
- Have students try for skill level
 - Level 1 - Skip 1-5 times
 - Level 2 - Skip 5-15 times
 - Level 3 - Skip more than 15 times
 - Level 4 - Skip more than 75 times (excellence level)

12. Base Running

- 4 bases 2x = level 1
- Have students run to complete skill level 4x = level 2
6x = level 3

13. Sand Pit Shuttle

- 2 pails and 2 shovels
- Students must run, fill pail, and deliver full pail to the opposite side of the sand pit. They must then empty it, and return the empty pail to the starting point. Level 1=3x, Level 2= 5x, Level 3= 7x

14. **Rebounder-** set up the 2 rebounders. Have at least 2 skipping ropes available. Have the students complete the skill levels. Level 1= Jump on the rebounder 10 x. Level 2= do 10 jumping jacks on the rebounder. Level 3= skip at least 5x on the rebounder using the skipping rope.
15. **Face painting-**You need face paints, mirrors, tissue, glass of water, paper towels, chairs to sit on, table or desk to hold supplies. You may also want to have some face painting symbols on a sample sheet for the students to choose from. Only draw on their cheeks. Do not cover their entire face. They may choose to do both cheeks.
16. **Ball Bouncing-** You need several sizes of bouncy balls. Have the students complete skill. Level 1= bounce 1-10 times, Level 2= bounce 10-25 (no stopping), Level 3= bounce 25 and up. Keep a top school score and have students try to beat the school record.
17. **Monkey Basketball-** This event uses the long hanging ropes in the gym. Place 4 hoops on the floor with 5 bean bags directly opposite the hoops. The students grab the climbing rope with both hands. They attempt to swing over to the bean bag pile, pick a bag up with both of their feet and deposit it in the hoop for a point. Level 1= 1-3 points, Level 2= 4 points, Level 3= 5 points.
18. **Climbing Structure-**Set up the climbing structure and mats for climbing. Use the gym structure, including the ladder, and the beam. The students complete a route to earn level 1 or level 2 or level 3. Make the third level most difficult.
NO JUMPING OFF THE CLIMBER
19. **Gymnastics-** you will need 3-6 mats and the low balance beam. Level 1= walk across the beam without falling off, do a log roll, Level 2= walk forward, and backwards across the beam, do a forward roll and a log roll, and 10 jumping jacks Level 3= walk forward, backwards, and sideways across the beam, do a forward roll ON THE MAT and a cartwheel.
20. **Bowling-** You will need the carpet, and bowling pins and balls. Students must start from 5 meters away. Level 1=using only 1 ball=1-2 pins Level 2= using only 1 ball =3-4 pins, Level 3= using only 1 ball= strike.
21. **Hockey Shoot-**Using the hockey net, pucks, sticks. Measure a 3m. mark= goal= level 1, 4m. mark=goal=level 2, 5m. mark=goal=level 3
NO HIGH STICKING ABOVE THE WAIST

22. **Basket Shoot-** Level 1: stand 1 meters from the net and throw the basket ball into the basketball net. Level 2= stand 2 meters away and score. Level 3= stand on the foul shot line and sink a basket. Players may have 5 shots before the next person tries.
23. **Golf-**Set up long carpet as green. All participants start at the same Line. Use tennis ball containers for putting targets. Give participants Three golf balls to putt. If they sink all three they earn Level 3, If 2 are Sunk =level 2 is achieved, if 1 is sunk=level 1. Students may try again by Going to the end of the line. If you find that this is too easy for the old Students, have them earn 4-5 balls to earn level3.
24. **Ping-Pong on a Spoon-** You will need plastic spoons and ping pong balls. Mark off distances of Level 1=4m, Level 2=6m, Level 3=8m. Students will carry the ping pong ball on a spoon around the level distance they are working on. Do not use your fingers to hold the ball on the spoon.
25. **Tire Roll-** Use the car tire we have in the gym. Have students roll the tire to a set distance, to earn their level. Level 1=5m, Level 2=6m, Level 3=7m.
26. **Beanbag shuttle-** this is a race type activity. Students must crawl to the end of the mat. They must put a beanbag under their chin and crawl back to the Beginning. Students earn levels according to the amount of beanbags returned. Level 1= 3 bean bags, Level 2= 5 bean bags, Level 3= 7 beanbags.
27. **Football Fitness Run-** Place 6-8 bicycle tires in a pattern. Students must do a Football fitness runs, using only one foot at a time to proceed to the next tire. Level1=2 runs, Level 2= 4 runs, Level 3= 6 runs.
28. **Hoola Hoop Spin-** Students must attempt to spin hoola hoop around : Level 1= waist, neck, Level 2= waist, neck, wrist, Level 3= waist, neck, wrist, ankle, And skip 10 times.
29. **Tunnel Scooter Ride-** create a tunnel using two long benches and placing 2-3 mats over the benches. Students must travel on their tummies on top of a scooter Under and through the tunnel. Level 1= there and back, Level 2= two trips, Level 3= three trips.
30. **Pins in a Jug-** Use a tin can and clothes pins. Students must put the clothes Pins between their knees, stand over the milk carton and drop the pin into the Carton. Level 1= 2 pins in, Level 2= 4 pins in, Level 3= 6 pins in.

31. **Chinese Checker Marble Play**- Using a Chinese checker tray. Marbles and a timer. Students must place 60 marbles on the tray, one at a time in less than a minute. Students sit on a mat with their legs in an open V. The game sits inside the V. If students are successful, initial their card. No levels in this area.
32. **Badminton Balloon Bop**- Using a badminton racquet and a balloon students must hit the balloon in the air.
Level 1= 5 hits, Level 2= 10 hits, Level 3= 15 hits.
33. **Box Hockey**- Students stand on the outside of this game. They attempt to score on their opponent's goal. Have the students agree on which goal they are shooting on before the match begins.
34. **Horseshoe Toss**-Set up metal pole, put 2 mats folded lengthwise on each side of the pole. Place 2 smaller carpets on top of the mat area., near the pole. Players toss 4 horseshoes from a certain distance.
- 3 meters = gr. 1+2,
4 meters = grade 3+4,
5 meters = grade 5.
- Level 1= at least 1 on mat/carpet
Level 2= at least 2 on mat/carpet
Level 3= at least 2 on the carpet
35. **Bookworm**-Mark distances of 3m., 4m., 5m., Students must walk, balancing a book on their head without dropping it.
- Level 1= 3m. there and back,
Level 2= 4m. there and back,
Level 3= 5m. there and back.