Name/Title: The Zone Field Day with Stations Galore

Purpose of Event: The purpose of this event is to provide a day of fun and fitness for the students and staff at our school to celebrate the end of the school year.

Suggested Grade Level: K-2

Materials Needed:

Descriptions of all stations (Year 2015)
Descriptions of all stations (Year 2014)

Description of Idea

PKES Field Day is held in one day. K - 2nd grade go in the morning and 3rd - 5th grade students come out in the afternoon. All grade levels spend approximately 45 minutes at each zone. PKES Field Day is broken up into 3 different zones: Indoor Zone, Water Zone and Dry Zone.

Indoor Zone: The Indoor Zone is held in the Cafeteria and the Gym. This area uses an open station format where several stations are set up and students can choose which station they want to go to and change stations whenever they want. Station examples include the Rock Wall, Soccer Shootout (with foam balls), basketball shooting, bowling, cornhole, ladder golf, and Just Dance on the large projection screen. The idea behind this area is to give the students a social area where they can interact with students from other classes. One entire grade level will be at this zone at a time and the divider wall is open between the gym and cafeteria to create one large room. This zone also allows teachers time to have their students use the bathroom.

Water Zone: The Water Zone typically has 6 stations that all involve water. One class is at each station at a time and each station lasts for approximately 7 minutes. Please see documents attached for explanations of water stations.

Dry Zone: The Dry Zone typically has 6 stations that do not involve water. One class is at each station at a time and each station lasts for approximately 7 minutes. Please see documents attached for explanations of dry stations.

Submitted by **Lindsay Dillon** who teaches at Pleasant Knoll Elementary School in Fort Mill, SC. Thanks for contributing to PE Central! **Posted on PEC: 3/19/2016**.

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