

Activity Stations for Field Guide

1. Stair Stepper - students will run up one side of the steps and down the other. Repeat 3X.
2. Front support on lower limb. Hold for 10 seconds or if unable, do 10 tree push ups.
3. Wall sits against school. Hold 15 – 30 seconds
4. Curbside Toe Raises.
5. Tree Tag – Run a figure 8 around trees #4 and #5.
6. Hamstring Stretch – place one foot on pole, about hip height, and bend at waist to stretch. Hold stretch for 20-30 seconds. Repeat other leg.
7. Lunges
8. Calf Stretches – Lean towards pole like you were doing a tree push up and keep heels on ground. Step back further if more stretch is needed.
9. Butterfly Stretch
10. Yoga Tree Pose – See if you can hold pose for 10-15 seconds. Switch to other leg.
11. Hopscotch on “No Parking Fire Lane” words.
12. Sprint to end of bus loop and back.
13. ? – Last tree on left before crossing to steps, by end of café - ?
14. Step Ups on bottom step only – right, left, right, left
15. Bushes – run around bushes on the left side 3X. If too wet, go to end of walk way and back.

This is what I have thus far. Let me know if something doesn't make sense. We obviously need to get more specific in the directions for students but this is just a rough draft.

Does anyone remember what we said we should for station #13?

Thanks for letting me work with you on this! I am excited to see students getting outside more and having an opportunity to be more active during the school day. ☺