

COOPERATIVE FIELD DAY ACTIVITIES

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Many schools are moving toward cooperative activities and away from competitive field day activities. Below are some of the cooperative activities our programs have used to enhance and encourage cooperation, while still having a competitive aspect.

Done differently at all schools, our programs use a score sheet that has station leaders (parents/teachers/upper grade students) rating group performance on station place (where appropriate), skills and unity.

	Lion's Pride (2 points)	Lion's Den (1 point)	Lion's Roar (0 pts)
Unity	Entire teams...for entire activity <ul style="list-style-type: none"> works well with other provides encouragement helps each other when necessary demonstrates good sportsmanship 	Team had 1-2 infractions	Team had 2+ infractions
Skills	Entire team <ul style="list-style-type: none"> attempts to demonstrate appropriate skills/form for activity not taking short cut in order to win 	Team had 1-2 infractions	Team had 2+ infractions
Place	1 st place	2 nd place	3 rd place

TEAM NAME: _____ TEAM COLOR: _____

Station	Score (0-2)	Leader Initials	Comments
1. Dot to Dot			
2. Rob the Nest			
3. Chicken Baseball			
4. Etc.			
TOTAL			

Ice Breakers

Find Your Mate/Pickles & Ice Cream

Materials: None

Objective: To work with a partner and find your 'mate'.

Procedures: Students select a partner and think of a two-word combination. (E.g. peanut butter, hot dog, jumping jack, etc...) Once their phrase is decided upon, students split onto opposite ends of the gym. Students place a blind-fold over their eyes and spin in space 5x. On the instructor's signal, students must find their mate by calling out their piece of the phrase.

Rules: No running, walking only. Bumpers up to prevent walking into others

Speed Rabbit

Materials: None

Objective: To work and become comfortable with, a group.

Procedures: Students form a circle and the instructor stands in the center. The game facilitator points to one person and issues a command, "Elephant, rabbit or dog". Upon hearing the command, the individual and the 2 immediate participants on both sides must quickly come together to form that animal. If any one of the three form the wrong animal or make a mistake, that person must replace the game facilitator's place in the center. All this must occur before the count reaches 10.

Elephant- The person pointed to 1) extends his/her right arm forward, palm down, hand lightly cupped. 2) Brings the left hand under the arm and up to pinch the nose. 3) flaps the right arm up and down, as in flapping their trunk. 4) The two players to the right and left of the flapping trunk must flap their ears by waving their hands next to their ears.

Rabbit- The person pointed to hops up and down. 2) Person to the left and right stomps his/her foot.

Dog- The person pointed to drops down on all fours. 2) Person to the left and right drop to all fours, but raise their outside leg (as if there is a fire hydrant beside them).

(Rohnke, 1989)

Cooperative Games

Rob the Nest

Materials: 5 hula hoops (1 for each team and 1 in the center). 9-10 items (yarn balls, stuffed animals, rubber chickens, etc...)

Objective: To be the first team to accumulate 3 items in your hoop

Procedures: Begin with all items in the center hoop. At the start of play, one player from each team may move to the center hoop to 'rob' an item. Once all items are gone from the center hoop, players may 'rob' items from other team's hoops.

Rules: Only one student from each team may leave the hoop at a time. Remaining teammates must have 1 foot in their home hoop at all times. Remaining teammates may NOT play defense and/or prevent another player from taking anything from their home hoop.

Share the Wealth

Objective: Exactly opposite Rob the Nest. Players must try to rid their home hoop of all items. (Omit center hoop)

Chicken Baseball

Materials: 1 rubber chicken and a sense of humor

Objective: To 'score' the most runs in a given amount of time

Procedures: Players are split between 2 teams. The 'at bat' team throws the rubber chicken anywhere in the space. Once the chicken is thrown, the team huddles together and the 'batter' runs around the team in circle formation. This continues until they hear "STOP". After throwing the chicken, the 'outfield' team runs to where the chicken landed, forms a single-file line and proceeds to pass the chicken down the line in an over the head, under the legs fashion. When the final person in the line has the chicken, they scream, "STOP" at which point, the 'at bat' team stops running and remembers their run score. The outfield team proceeds to throw the chicken in open space and play continues until the instructor stops the game.

Rules: Alternate your 'batter' each inning.

Animal Kingdom

Materials: None

Objective: To keep the game going as long as possible

Procedures: Students choose an animal and create a sign for it (E.g. moose = moose ears). Students gather and sit in a circle. Students create a beat to go along with the game (E.g. tap ground twice and clap). Students designate one person to begin the game by showing his/her animal sign followed by another student's animal sign. The called upon student must put his/her own sign up then someone else's. This continues until a student who is called on hesitates, or forgets their sign, at which point the student could sit out or if enough players, form 2 groups and if a student is out, have him/her move to the other group.

Pipeline activity

Pipeline Objective: Students will be using pvc pipes (ripped down the middle) and transferring small balls from one area to another. Each student gets a piece of PVC pipe. They will use the pipe pieces only to maneuver balls (one at a time) down the pipeline to a bucket placed at the end of the playing area. If the ball falls off it must go the beginning.

Rules: Students must keep their feet still while the ball is in their section of the pipe. Students must keep their fingers clear of the pipeline so they do not obstruct the pathway of the ball.

Variation would be to use different size and different weight balls. Even object that are not spheres.

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Running Kid

Objective: For partners to roll up the string of their "Running Kid" as quickly as possible until they reach him and lay him down on the mat to rest.

Procedure: Ask the students to find a partner on their team who is either in the same grade or one grade higher or lower than theirs. Once they have their partners, assign them a running man to race with (blue team should use the blue, purple, and red running kids, while the yellow team uses the yellow, orange, and green running kids). After all are set up, ask the - 2nd, 1st and Kindergartners (and preschool in afternoon) to find a partner in their grade level or one grade higher or lower. When they have a partner, ask them to stand next to a set of partners on their team and cheer them on in the first race (one student on each side of the game area so they are ready to take over for next race). On the signal, the first sets of partners will begin rolling up their string which makes it look like their kid is running.

When they both get to their running kid (hopefully near the middle, over the mat) they should kneel and lay him down on the mat to rest. Whichever team's running kids (blue = blue, purple, and red or yellow = yellow, orange, or green) finish first, that team will win the race and score a point. Then the next race, with the younger players, will get set and begin when all are ready. The older students should stand next to their teammates and cheer them on as well. If time permits, race again (even if just 3rd-5th graders).

Rules:

1. Don't let your running kid take a "rest" on the mat before you have rolled up your string (this means they are not holding the string taught enough and the running kid is hanging too low).
2. No crossing over the midline of the center mat (if you finish rolling before your partner, hold the handle tight and let your partner roll and "scooch" to you)
3. The rope must be rolled tightly around handle...so roll and scooch up little by little.
4. One partner may not kneel on the mat until his/her partner is also finished rolling and they both are ready to lay down their runner to rest
5. Students should not pull hard or use this string/running kid as a tug of war game. This should result in a disqualification for that one runner in that one race.
6. Older students may help the Kindergarteners and preschoolers if necessary (team rollers).

Safety and Other Considerations:

1. Do not step onto the mat if possible as you may slip and fall while playing.
2. All students should hold onto the handle with their palms facing downward, touching the handle (knuckles pointing at partner).
3. Students should go around the strings and running kids and not through or under the string area for tangles and safety reasons.

Dot to Dot

Objective:

Offense: To connect poly spot dots with waist pinnies to make blue or yellow squares for team points.

Defense: To connect poly spot dots with waist pinnies to break up a possible blue or yellow square.

Procedure: Ask the 5th, 3rd, and 1st graders on each *team* to line up at their blue/yellow corner cones. Ask the 4th, 2nd, and K to line up at their team's other corner cone. Ask each player to pick up a waist pinny and get ready for the game. Remind them to hold it stretched out for an easier placement on the game board. On the signal, the first student in each line (4 corners) will run out and connect two dots with his/her waist pinny. When finished, they will run back to tag the next

student's hand so that they may take their turn. Each team is trying to connect lines with their blue or yellow pinnies to make a blue or yellow square in order to score a point. At the same time, they are trying to block or break up a square made by the other team to keep them from scoring points. The game is over when all the squares possible on the board are made and/or all the pinnies are gone. The judges will then count the number of squares made by each team (easiest to walk up one row and down the other and so on) to determine the winner. Only green points (sportsmanship) will be sent to the scorer's table however. Ask one team at a time to pick up 4 pinnies each and bring them back to their starting cone. Ask one student to collect and distribute evenly any extras left on the game board. The dot rows may need to be straightened up between groups as well.

Rules:

1. Only one student from each cone may go at a time.
2. Once a pinny is set down, it may not be moved.
3. Pinnies may not be placed on top of another pinny.
4. If two pinnies are placed at the same time and an agreement cannot be made, they both must place their pinny elsewhere!
5. Pinnies should not be placed diagonally from dot to dot.

Safety and Other Considerations:

1. Be careful not to slip on dots and pinnies while on the game board.
2. Be careful of others on the game board.
3. Be careful not to swing a pinny around and hit someone while waiting, running, or placing it on the game board.

Capture The Lion Family

Objective: To capture the other teams' lion family by using endurance, speed, tagging, evading, helping, problem solving, and team strategies. They should use those same skills to protect their own lion family from being captured.

Procedure: Students should assume their starting positions on the end line on their side of the playing field. Each team will need to wear their team's color shirt or pinny. On the whistle, the students will begin trying to capture the other team's lion family (3 Lions). Whenever a lion is successfully captured, that team must place it in their team's lion den a multi-colored hula hoop and it may not be taken back. If a player is tagged while on the other teams' side of the playing field, they must be taken to their jail (made up of orange/yellow cones) by

the tagger and stay there until two or more of their teammates saves them in a UNITY bubble (if they had a lion in their hand, the tagger must return it to its hula hoop). A unity bubble is safe on the other teams' side of the playing area as long as it stays together. Unity bubbles may save as many teammates as can fit safely. The game is over when a team captures the other teams' lion family or time

runs out. If time runs out, the largest lion is worth 5 points and the two smaller lions are worth 3 points each.

Rules:

1. If a player is tagged while running with the lion on the other team's side of the playing field, the lion must be returned to its hula hoop and the player goes to jail.
2. No player may be inside the hula hoop while guarding their lions.
3. No handing off or throwing the lions.
4. No capturing a lion while in a unity bubble.
5. Lions may not be taken back once captured (from other teams' den)
6. If you go out of bounds, you must go to jail.
7. Judges make final decisions regarding tags etc.

Safety and Other Considerations:

1. Taggers must escort tagged student to jail to avoid extra tags etc.
2. Students should be careful when tagging.
3. Students should watch where they're going.
4. Students should stay on their feet - no sliding or diving.
5. Judges will definitely need to help with the younger classes in the afternoon...
Game may be modified if necessary.

K-2 Modification: Stuck in the mud Materials:

6. Long turning jump ropes Painted lines

7. 4 large cones Blue teams
lion Gold teams lion

8.

9. Safety Considerations:

10. Students should remember to stay on their feet Students should remember there is no contact allowed

11. Students should remember to carefully grab the flags of the other team

Additional Games.

Connect Four

Just like the board game version. Stand up Connect Four board and tiles are made from 2x4s and drywall. Two teams of 4 start 25 ft from the board. They run to the board, pick up a tile (the color of their team) and drop it into the board. When done, run back and next player goes. GO until a connection is made or no other options. Teammates should help partners determine where to place the next tile.

Human Foosball

Just like the arcade game, using chairs, ropes, and noodles create a sliding game where students need to communicate and rely on agility and speed to slide and kick in order to score.
Helps with positioning for younger students who like to "bunch"