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Field Day Activities



Field Day Fun

Before you know it, May and the end of the school year will be just around the corner.

This blog post is going to be all about field day activities and planning for a fun and exciting field day!!

How will you celebrate?

Your PE department is going to host a school wide field day to celebrate the definite arrival of spring – right? If so, that is great! If not, you really should as your students will love it and so will the other teachers/administrators. I am going to help you prepare by giving examples of some field day activities that you can use to pull off an awesome field day!! Keep in mind that during these activities, fun should be the main emphasis and not skill or competition. Field day should be fun for every student that is involved.

Want a **FREE Field Day Checklist** of items covered in this post (**as well as others NOT covered**)?

[If So, Click Here!](#)

Organization

As with anything, organization is important, but when planning a field day, it is paramount!! We organize our field day so that each grade starts a given activity at a certain time that won't conflict with another class. For example, kindergarten might start the below Hang-up clothes relay at 8:30. At 8:30, first grade is doing Tug of War and won't start the Hang-up clothes relay until 10:00. The same goes for the below fun stations. Creating a spreadsheet that lists grades, activities, times and teachers can help greatly with this. Organizing and planning all the activity start/stop times for each grade is very important in order to have the day run smoothly. While researching for this post, I found a [field day planning guide](#) that the Boston Public Schools has published. It looks pretty helpful, so I have included a [link to it](#) for you.

Field Day Activities

Below are examples of six field day activities and their descriptions. Feel free to use

these if you want. If you want others, lots of other activities can be found by [using google](#).

1. Hang-up Clothes Relay: Each class lines up behind a cone. Each line has a 5-gallon bucket of water with clothing in it. The first student in each line will get a colored stick out of a colored bucket — to be used as a counter to keep teams even. Then he/she will run down, drop the stick into another colored bucket and continue running to the 5-gallon bucket. The student will take out one piece of clothing, carry it to the clothesline (we use three volleyball standards with clothesline attached between them) and hang it up with clips. Then the student will run back to his/her line and tag the next student. The next student will repeat the procedure until all the clothing items are hung on the line. When all are hung, the students that follow will run out to the clothesline (while dropping the stick into the colored bucket on the way) and take one clothing item off the clothesline and put it back into the 5-gallon bucket of water. When all items are back in the bucket, then students take turns hanging an item up on the clothesline again. The race continues until all of the colored sticks are emptied out of each team's colored bucket.

2. Bucket Walk Relay: In this relay, each class line up behind a cone. The first student in line is given two buckets. He/she places each foot in a bucket while holding the bucket handle. When the relay starts, the student runs down and around the cone at the opposite end and then runs back (while keeping their foot in each bucket). The next student in line repeats. The class that finishes first wins the relay.

3. Tug of War: This is fairly straight forward. Tie a flag in the middle of the rope. Put a marker or line on the ground. One class will be on each side of rope. Start with the flag directly over the line/marker. Signal by a whistle blow to start. Whichever side of the marker the flag is on at the end determines the winning class.

4. Waiter Relay: Each class lines up behind a cone. Each line will have a 5-gallon bucket of water. The first student in each line will get a noodle piece out of a colored bucket—to be used as a counter to keep teams even. Then he/she will fill up a cup of water and put it on top of a “waiter's tray”. Next, he/she will walk down to another

colored bucket, drop the noodle piece into it and continue walking back to the beginning of the line. If a student drops the cup from the tray, they must run to the water bucket and refill the cup. When the student gets back to the line, they will pass the cup and tray to the next student. The next student must fill the water cup back to the water-level line before racing. The race continues until all of the noodle pieces are emptied out of each team's colored bucket.

5. Cone-on/Cone-off Relay: Each class lines up behind a colored cone, directly opposite a traffic cone. The first student will get a ball (or egg). On the "go" signal, the student with the ball runs through an obstacle course (of hurdles, foam shapes, etc, that the students will jump over, crawl under and go through) and places the ball on top of a traffic cone (if the student drops the ball or egg, they must run back and start over). Then the student runs back and tags the next student in line. That student then runs through the obstacle course and grabs the ball (or egg) off the traffic cone and brings it to the next student in line. The relay continues this way: one student puts the ball (or egg) on the traffic cone, the next student takes it off until all teams have finished the relay.

6. Cross the River Relay: Each class lines up behind a plastic tub. Inside each tub are "stones" (river rocks, flat hoops and poly spots) that will be used to build a bridge. The first student will get a "stone" out of the tub, place it on the ground and step on it. The next student gets a stone out of the tub, passes it to the first person and he/she places it on the ground and steps on it—and the second person steps on the first "stone". Then the next student gets a stone, passes it to the front person and all 3 students move forward on a stone. This procedure continues until all the stones have been used to build the bridge. When this happens, the volunteer will say "Cross the River" and all students will step on a "stone" and cross the river. If at any time a student falls or steps off the "stones", he/she must get off and go to the back of the class line (and everyone behind him/her will move up.)

Fun Stations

In addition to relays, we always have other fun carnival type activities for our students to do at field day. Depending on the class and where they are on the schedule, these

are done before or after the above activities. Teachers and parents usually pitch in and help work these. Below are examples.

- Inflatables – We have a local company that we rent blow-up inflatables from for the students to jump and slide on (we always have at least 2-3 teachers working each of these).
- Face Painting
- Popcorn stand – if you have one of these great, if not, they can be rented. Usually 3 teachers work both face painting and this.
- Ballons – can be rented too.
- Carnival games – such as ring toss, bean-bag toss, frisbee throw through hula hoops, putt-putt golf
- Snow cone stand – can be rented.
- Dunking booth – can be rented. For extra fun, ask teachers if they will be willing to be dunked.

I hope this post got your juices flowing, whether you have never put on a field day, or whether you are a PE pro. Field day is a time to be outside, having fun and getting some exercise. Now go throw an awesome one!! If you found this post helpful, I would appreciate you pinning it on pinterest, or a retweet on twitter. Thank you!! 😊

P.S.

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Sources:

<http://www.bpshealthandwellness.org/wp-content/uploads/2012/06/Field-Day-Planning-Guide-v31.pdf>

http://www.educationworld.com/a_lesson/lesson/lesson315.shtml

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