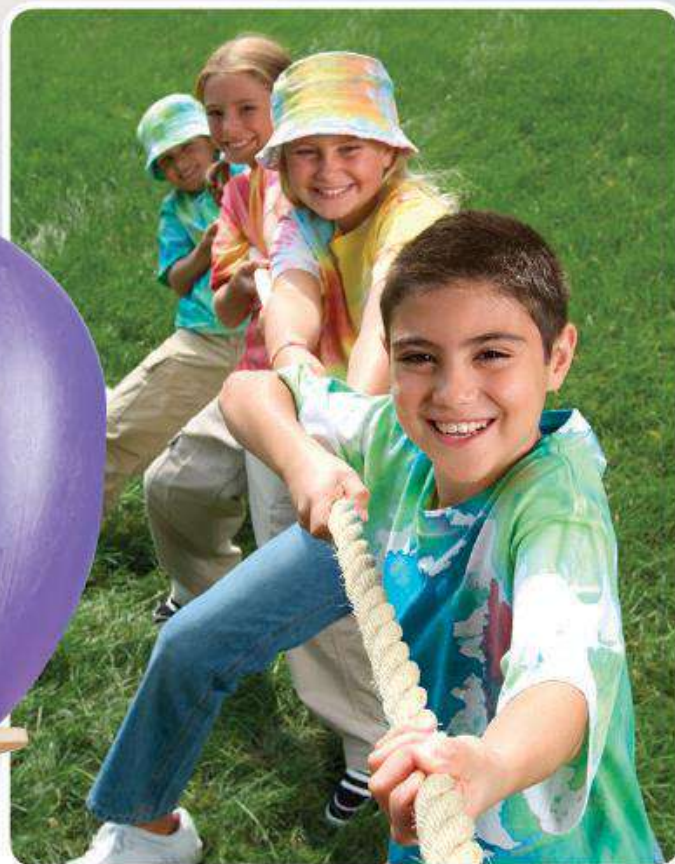
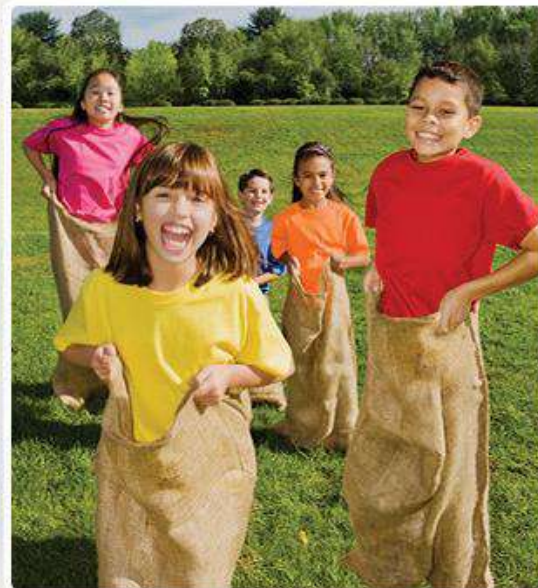


TOP 10

Field Day Activities



Brought to you by:



PE Central's Top 10 Field Day Activities

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Introduction

Need a great elementary field day activity? Well, look no further. The editors at PE Central have combed through our archive (from as far back as 2001!) of field days and have put 10 of our favorites to feature in this book. Educators from across the globe have contributed these ideas and we are so thankful to them for sharing. Contributor's names and school affiliations are noted at the bottom of each of the Field Day ideas.

We invite you to share your ideas by completing the on-line form on PE Central <<http://www.pecentral.org>> then click on the *Submitting Your Ideas* link on the front page. If your idea is accepted for publication on PE Central you will be given full credit and you will earn a \$50.00 eGift Card from S&S Worldwide. You will also receive the satisfaction of knowing that your idea is being used by millions of teachers throughout the world as they attempt to provide meaningful and worthwhile education experiences for youngsters in their physical education classes.

Even though many of these field days are for elementary schools we encourage those who teach at the secondary level to review and make adjustments to the ideas to meet your needs.

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Around the World – The Seven Continents

Purpose of Activity: To enjoy a day of fun movement activities while integrating geography and social studies.

Suggested Grade Level: K-2

Materials Needed: Cones, Spray paint, 2 snow sleds, putters, golf balls, coffee cans, cardboard golf course obstacles - Eiffel Tower, Leaning Tower of Pisa, Big Ben, canopy for shade, folding table, water, cups, ice, snacks.

Directions

Each class (We had 7 in the AM and 7 in the PM) is assigned to begin at one of seven stations. Each with a theme of a different continent, the students will rotate as a class from station to station every 10 minutes with 2 minutes allotted for travel time. The stations are run by the art, music, speech, counseling, occupational therapy, and physical therapy staff. Physical Education staff will oversee each station and troubleshoot as needed. Parent volunteers are also welcome to assist at each station.

North America

Snack tent: Students will receive snack and water and cool down in the shade. **Equipment Needed:** canopy, folding table, chairs, 2 bottles of Leisure time water, cups, napkins, ice, coolers, Ziploc bags, ice pops.

Antarctica

Dog Sled Races: The class will be divided into two teams. One student will sit in each sled at the starting line. Two students will pull the sled down to the finish line. If the student falls off the sled, they have to start over. A staff member will spot the student in the sled to ensure safety. **Equipment Needed:** 4 Cones, spray paint, 2 snow sleds, clothesline

Australia

Kangaroo Hop: Students will be in a relay format. The students will hop and then do a high five to the next student in line. The first line to finish first wins. **Equipment Needed:** 2 Water balloon slingshots, Water balloons,

large kangaroo cut out that is laminated. We made the kangaroo out of cardboard.

Europe

Mini Golf: Staff and students will take turns going through the miniature golf course in the shapes of these out of The Leaning Tower of Pisa, The Eiffel Tower and Big Ben. We made these out of cardboard. **Equipment Needed:** Putters, golf balls, coffee cans, and cardboard obstacles

Asia

Dragon Race: The class is first divided into two lines. The first student in each line will start with a cup. On the signal the student will run to the opposite end of the field where 2 large buckets, decorated with dragon masks and tails, and filled with water sit. They will fill their cup with water from the large bucket of water. Then run across the field and fill the smaller empty bucket with their cup of water. **Equipment Needed:** 2 large buckets, 2 smaller buckets, cups, 2 dragon masks, 2 dragon tails.

Africa

Relay Race: A track will be set up and 4 students will stand on the corners. The first student will run to the second student and pass the baton. That student will then run. The race ends when all students have run. **Equipment Needed:** Spray paint, Batons, Cones.

South America

Fish Toss: One student stands on one side of the field with the net. Another student stands opposite them with fish. One student tosses the fish underhand and the other tries to catch it in the net. **Equipment Needed:** Nets, Fish, Cones, Spray paint.

Submitted by **Ashlea Prouty**, Liberty, NY.

Dr. Seuss Field Day

Purpose of Activity: To have students engaged in activities inspired by the Dr. Seuss books.

Suggested Grade Level: K-5

Materials Needed: Varies - Please see "Equipment Needed" at the bottom of each event description.

Directions

Last year we collaborated with the Reading Specialist to create a field day in keeping with our PTA Reading night. It was such a success that we worked with her again to create Dr. Seuss Field Day.

"One Fish, Two Fish, Red Fish, Blue Fish - Ring the Gack": This event is an attempt by the student standing either behind the rope line or on a polyspot to "Ring the Gack", that is, to throw hula-hoops around large cones or to toss rubber deck rings to "ring" an antler made from PVC pipe and mounted on a board. 1st and 2nd graders may toss hula-hoops at large cones from anywhere they choose behind the slanty rope line". 3rd, 4th, 5th, graders must toss from whatever polyspot they choose behind the rope line at the mounted antler. **Equipment needed:** Event sign, 20 hula-hoops, 8 large cones, 2 long ropes, 8 polyspots, 4 PVC pipes "antlers" mounted on boards, and 24 rubber deck rings.

"The Cat in the Hat": Divide students into 2 equal teams with the first person from each team standing inside a starting hoop. On the signal to begin, the players pick up the "fish bowl" (plastic bowl representing the fish bowl in the story) and run to the trashcan filled with water and plastic fish. Students will fill up the fish bowl with water and only one fish. Balancing the fishbowl on top of their head on their head, the student must walk back to the line without using their hands to keep the fishbowl on. If the student makes it back to the line without dropping the fishbowl, they dump the water and the fish in the bucket and hand the bowl to the next player in line. If the fishbowl falls off the student will pick up the bowl and fish and return to the line to hand off the bowl to the next player in line. Teams will continue to go until time has been called. **Equipment needed:** Event sign,

2 hula-hoops, 70 or 80 small plastic fish, 1 trashcan filled with water, and 30 or 40 plastic bowls (in case bowl cracks).

"I know that it is wet
And the sun is not sunny
But we can have
Lots of fun that is funny."

"Green Eggs and Ham": Students will need to be partnered together, using classroom teacher if odd number of students. Four sets of partners will do this event at one time. On the signal to begin, the partners must run to the hula-hoop to pick up the "green eggs and ham". Each partner must place an egg between their knees and then place the ham between the partner's shoulders so that they are not touching it with their hands. They will run back to the starting line, giving the ham and eggs to the next people in line. The next group must replace the eggs and ham in the hoop, with each placing the egg between their knees and the ham between their shoulders. They run back to the starting hoop and tag the next set of partners in line. This will continue until all have had a turn. **Equipment needed:** Event sign, 8 hula-hoops, 8 plastic eggs, and 4 polyspots to represent ham.

"Too Many Dave's": In this event there are 2 "mothers" and 2 "fathers" wearing yellow pennies and holding squirt bottles filled with water. The rest of the students are "Daves". On the signal to begin, the mothers and fathers who will attempt to squirt them will chase the Daves. If a Dave gets "hit" he has to do 5 jumping jacks to be able to return to the game. Volunteers will stop play after 1 minute to change the mothers and fathers. Play continues on the signal to begin for 1 minute. This event will continue until time has been called. **Equipment needed:** Event sign, 12 cones to mark playing area, 36 squirt bottles, 1 hose, and 4 yellow pennies.

"Horton Hears A Who": Students will be divided into two teams with the first person from each team standing inside a starting hoop with a pair of chopsticks in their hand. On the signal to begin, these players must move through the "Horton" sprinkler to the pile of "Who's" in the hula-hoop. 1st and 2nd graders can use both hands with the chopsticks to pick up a Who and run back through the sprinkler to the beginning hoop. 3rd, 4th, and 5th graders may only use one hand with the chopsticks (they have to put the other hand behind their back) to pick up a Who and run back

through the sprinkler to the beginning hoop. Students from all grades then place the Who in the bucket and pass the chopstick to the next person in line. Teams will continue to go until time has been called. **Equipment needed:** Event sign, 4 hula-hoops, 2 hoses, 1 "Y" splitter, 2 elephant sprinklers (purchased at Sam's Club), 100 cotton balls, 4 sets of chopsticks, 2 small buckets.

"On the tenth of May, in the Jungle of Nool,
In the heat of the day, in the cool of the pool,
He was splashing...enjoying the jungle's great joys,
When Horton the elephant heard a small noise."

"How the Grinch Stole Christmas": Students line up in four groups with the first person from each team standing in a starting hoop. On the signal to begin, the first student (Grinch) runs to the Whos Village to the pile of the Whos' "presents" and "steals" one present. She then runs back to the original hoop and places the stolen present in the "Santa Claus Bag". The next player in line goes as soon as the first runner tags their hand. The first runner must place the present in the bag before tagging the next player's hand. If time remains, have all the Grinches turn into "Good Grinches" and return the presents to the Whos by taking one present out of the bag and returning it to the Whos Village (the hula-hoop 50 feet away). They should place the present in the hoop and run back to tag the hand of the next player. This will continue until all have had a turn or time runs out.

Equipment needed: Event sign, 8 hula-hoops, 80 wrapped presents, and 4 large "Santa Claus" bags. May wrap small wooden blocks with contact paper or place clear tape over them so that they do not come unwrapped or torn.

"I Am Not Going To Get Up Today": Divide students into 2 equal teams with the first person from each team standing inside a starting hoop. On the signal to begin, these players pick up a sponge from the trashcan filled with water. They must pass the sponge over their head to the next person in line. The players continue passing the sponge over their heads until it gets to the last player in line. This person will take the sponge back to the front of the line, dunk the sponge in the trashcan and begin passing it over their heads again. Teams will continue to go until time has been called. **Equipment needed:** Event sign, 2 hula-hoops, 1 trashcan filled with water, and 2 car washing sponges.

"You can pour cold water on my head
But you're wasting your time.
So go away!
I am NOT going to get up today!"

"Horton Hatches The Egg": Divide students into 2 equal teams with the first person from each team (Horton) sitting on a hoppity hop ball (representing the egg). On the signal to begin, these players hop on the eggs around the cone and back to the start. The next person in the starting hoop will sit on the egg and wait for the next signal to begin. This is an individual race, not a team relay. These races should continue until time has been called. **Equipment needed:** Event sign, 2 hula-hoops, 4 hoppity hop balls, and 2 cones.

"Great Day for Up": Divide students into 2 equal teams with the first person from each team standing on stilts made of wood blocks or cans and inside a starting hoop. On the signal to begin, these players will walk on the stilts around the cone obstacle course and back to the start to tag the hand of the next student in line. The next person in the starting hoop should have another pair of stilts on and ready to walk the course. Teams will continue to go until time has been called. **Equipment needed:** Event sign, 2 hula-hoops, 4 sets of stilts made from wood or cans, and 10 cones.

"Up stairs!
Up ladders!
Up on stilts!
Great day for up Mt. Dill-ma-dilts"

"The Lorax Versus The Once-lers": Scatter at least 40 cones (representing the Truffula Trees) inside the playing area (marked by colored domes) with half of the cones lying down and half of the cones standing up. In this event there are 2 groups the Lorax (representing Truffula Trees getting planted or picked up) and the Once-lers (representing Truffula Trees getting chopped or knocked down). One group will wear pinnies to distinguish between the two groups. On the signal to begin, the Once-lers job will be to knock each cone that is standing up down and the Lorax's job will be to pick each cone up that is laying down. They will run from cone to cone to do their jobs. Volunteers will stop play after 1 minute to change how they are moving. For example, after the first minute they will walk backwards, and after the second minute is up they

will skip. The volunteers should then change the student's job with the Lorax (up) now becoming a Once-ler (down). Let them run again, then hop, and slide. This event will continue until time has been called. **Equipment needed:** Event sign, 12 domes to mark playing area, 20 of the same color pennies and at least 40 cones. ****Note:** Do not allow students to use their feet to kick over cones only hands may be used to knock the cones over and put them up.

"The Sneetches Frankfurter Roasts": This is the refreshment and first aid station. Students are to be given one cup of drink and a snack of some kind. May want to have the school nurse on hand to treat any injuries that may happen. **Equipment needed:** Event sign, Cups, sandwich bags, ice in coolers, drinks, snack, trashcans, extra trash bags, and First Aid Kit.

"What was I Scared of?": Students will need to be partnered together, using classroom teacher if odd number of students. One of the partners needs to be blindfolded and standing on a polyspot, the other partner needs to stand behind them. On the signal to begin, the non-blindfolded partner will guide their partner by tapping on their shoulder(s) to indicate what direction they should move. The object of this event is to guide their partner to a pair of "ghost" pants that are the same color as the polyspot they were standing on and get their partner to put them on themselves without any verbal commands/talking. The first pair to locate the right color pants and put them on is the winner. Once the pants are on the race is over. Students will take off their blindfold and return the ghost pants to the original location. For example, Marquis and Jose are partners Marquis is blindfolded, Jose is standing behind him. On go, Jose taps Marquis on his right shoulder to get him to move to the right, taps on his left shoulder to get him to move left, or taps on both his shoulders at the same time to get him to move in a straight direction. Placing his hand on top of Marquis' head will make him stop. Touching his forehead will get Marquis to bend over. Marquis feels around until he locates the pants, picks them up, and puts them on. **Equipment needed:** Event sign, 6 different colored polyspots red, green, blue, yellow, orange, pink and 6 pairs of pants/shorts in the same color.

Submitted by **Lisa Fagala**, Greenville, SC.

Famous Faces Field Day

Purpose of Activity: A fun educational themed-based field day.

Suggested Grade Level: 3-5

Materials Needed: Materials for each event are in the descriptions. Also, a large picture of the famous person is posted at each event. Climbing wall, parachutes, paddles, balloons, 5 nets, frisbees, cones, hoops, foam balls, plastic bats, cones/batting tees, scooters, tunnels, hurdles, balls to hand dribble.

Directions

Each of the eleven stations described below is run by parents and staff members. The homeroom teacher's task is to help manage students and take their class to the events. The day begins with a short assembly at about 8:30. The first event begins at 9:00am then every 15-20 minutes students will travel to another event. At 11:00 there is a break for lunch during which students and teachers are given a rest period and we show a movie in the gym. The events restart at 12:30 and finish at around 2:00.

Each event is based on a famous person from history or pop culture.

Sir Edmond Hillary & Tenzing Norgay: Students will use our 40-foot rock-climbing wall to climb sideways across the wall.

Sir Edmund Percival Hillary (1919 – 2008) was a New Zealand mountaineer and explorer. On May 29th 1953 at the age of 33, he and Sherpa mountaineer Tenzing Norgay became the first climbers known to have reached the summit of Mount Everest- the tallest mountain on Earth.

Neil Armstrong: Students will participate in various parachute activities.

Neil Armstrong is a former American astronaut, test pilot, university professor, and United States Naval Aviator. He was the first person to set foot on the Moon. Armstrong's was as mission commander of the Apollo 11 moon-landing mission on July 20, 1969. On this famous "giant leap for mankind", Armstrong and Buzz Aldrin descended to the lunar surface and spent 2.5 hours exploring.

Venus and Serena Williams: Students will strike a balloon/beach ball back and forth across a short net. I use foam racquets and 5 nets.

Venus Ebony Starr Williams is an American professional tennis player, former World No. 1, and the reigning Wimbledon singles champion.

Serena Jameka Williams is an American former World No. 1 ranked female tennis player who has won eight Grand Slam singles titles and an Olympic gold medal in women's doubles. She is the last player; male or female, to have held all four Grand Slams singles titles simultaneously.

Abe Lincoln: Students will play a modified frisbee golf game throwing their frisbee's from a cone to a hoop. All the Frisbees have a photocopied face of a penny taped on the top.

Abraham Lincoln (February 12, 1809 – April 15, 1865) was the sixteenth President of the United States. During his term, he helped preserve the United States by leading the defeat of the secessionist Confederate States of America in the American Civil War. He introduced measures that resulted in the abolition of slavery, issuing his Emancipation Proclamation in 1863 and promoting the passage of the Thirteenth Amendment to the Constitution in 1865.

Colonel Harlan Sanders: This is the snack station. Parents donate snacks and I asked the local KFC to donate any buckets or serving items with the Colonel's face on it.

Colonel Harlan Sanders owned a service station in Corbin, Kentucky where he perfected a method of cooking Kentucky Fried Chicken. The Colonel's secret flavor recipe of 11 herbs and spices that creates the famous "finger lickin' chicken" remains a trade secret. He was given the honorary title "Kentucky Colonel" in 1935 by Governor Ruby Laffoon. Sanders chose to call himself "Colonel" and to dress in a stereotypical "Southern gentleman" costume as a way of self-promotion. Sanders sold the Kentucky Fried Chicken Corporation in 1964, although he remained its corporate spokesman until his death.

Babe Ruth: One person hits a foam ball off a cone and one person catches, then they switch.

"The Babe", "The Bambino", and "The Sultan of Swat"- was an American Major League baseball player from 1914 to 1935. Named the greatest baseball player in history in various surveys and rankings, his home run hitting prowess and charismatic personality made him a larger than life figure in the "Roaring Twenties". He was the first player to hit 60 home runs in one season (1927), a record that stood for 34 years until broken by Roger Maris in 1961. Ruth's lifetime total of 714 home runs at his retirement in 1935 was a record for 39 years, until broken by Hank Aaron in 1974.

Jesse Owens: Various running races: fastest group, fastest individual, fastest boy, and fastest girl.

James Cleveland "Jesse" Owens -was an African American track and field athlete. He participated in the 1936 Summer Olympics in Berlin, Germany, where he achieved international fame by winning four gold medals: one each in the 100 meters, the 200 meters, the long jump, and as part of the 4x100 meter relay team.

Danica Patrick: Students will sit on scooter boards and be pushed by a partner through a simple circular course.

Danica Sue Patrick is an American auto-racing driver competing in the IndyCar Series. Patrick was named the Rookie of the Year for both the 2005 Indianapolis 500 and the 2005 Indy Car Series season. She became the first female driver to lead the race at Indianapolis, first when acquiring it for a lap near the 125-mile mark while cycling through pit stops, and late in the race when she stayed out one lap longer than her rivals during a set of green-flag pit stops.

Dr. Martin Luther King Jr: Students will have some free play on the playground.

Dr. Martin Luther King, Jr. (January 15, 1929 – April 4, 1968) was one of the pivotal leaders of the American civil rights movement. His efforts led to the 1963 March on Washington, where King delivered his "I Have a Dream" speech. Here he raised public consciousness of the civil rights movement and established himself as one of the greatest orators in U.S. history. Martin Luther King Day was established as a national holiday in the United States in 1986.

Oprah Winfrey: Students will travel through an obstacle course consisting of hoops, tunnels and hurdles.

Oprah Gail Winfrey (born January 29, 1954) is the American multiple-Emmy Award winning host of The Oprah Winfrey Show, the highest-rated talk show in the history of television. She is also an influential book critic, an Academy Award-nominated actress, and a magazine publisher. She has been ranked the richest African American of the 20th century, the most philanthropic African American of all time, and the world's only black billionaire for three straight years. She is also, according to some assessments, the most influential woman in the world.

Billy Guillespie: University of Kentucky mens basketball coach

Rick Patino: University of Louisville men's basketball coach

*feel free to substitute any local coach for your area.

This station is a dribble relay. Students will dribble a basketball down, around a cone and back.

Teaching Suggestions: To ensure maximum activity for all students, make sure there is plenty of equipment at each station so waiting for a turn is minimized. If equipment availability is an issue, limit the number of classes participating on a given day.

Submitted by **Daniel Hill**, Frankfort, KY.

Fun in the Sun

Purpose of Activity: To review skills learned throughout the year (fitness, manipulative, locomotor) and to kick off the beginning of Spring Break.

Suggested Grade Level: K-5

Materials Needed: Volleyball net and stands, 36" cage ball, potato sacks, hippity hops, hurdles (made of pvc pipe, 6" and 12"), limbo poles, parachute, rubber fish, small play balls (for parachute), scooters, tug of war rope, frisbees, horseshoes and cones.

Directions

The field day is done all in one day. K-2nd comes outside for their field day from 9am to 11:30, 3rd-5th comes outside for their field day from 12pm - 2:30pm. Around the perimeter of the field, the classes have designated areas for setting up their classroom chairs, blankets or canopies. This area is called, "The Beach". Each class decorates the area with signs, balloons, streamers, etc. On the signs they include their team name. (example: Davis' Dudes and Dudettes or Mrs. Scott's Surfers). As the teams enter the area, his or her names are announced and everyone cheers.

Beach time or summer time music is played throughout the field day. Each station is 7 minutes long. After 7 minutes, the music is set up to play the song, "I like to move it" for 1 minute. The students know when they hear that song they will clean up and rotate to the next station.

There will be approximately 6 groups of 4 students at each station.

Giant beach volleyball: set up the volleyball net and play with the 36" cage ball. There are no rules, except, keep it up!

Limbo: To maximize the number of turns, there are a couple of limbo poles. The students start in 2 lines, and see how low they can go. If they mess up, it doesn't matter, it's all for fun. Each time the first person is back at the beginning

Dolphin sack race: The students are in relay lines, 4 potato sacks (lines) per class, they jump like dolphins in the water from the starting line to the

finish line and return to the starting line so the next student can go.

Beach ball bounce: In relay formation, the students sit on a hippity hop ball and bounce their way from the start line to the finish line and back to the beginning.

Jumpin' the Waves (hurdles): PVC hurdles are decorated with poster board and glitter to look like waves. There are 3 to 4 lanes of 6 hurdles. The students start at the same time and race to leap over the waves from 6" to 12" high to the finish line. When finished, they run back to the end of the line to do it all over again.

Boogie boards (scooters): The students ride their boogie boards on their bottoms only, zig zagging through obstacles of waves (giant poster board waves attached to various size cones). Depending on how many scooters are available, this can be relay race style, or everyone has his or her own "boogie board".

Ocean Waves (parachute): A variety of parachute games can be played. Start by saying how the ocean is calm (make slow waves), the wind slowly picks up (medium shaking) and then "here comes a hurricane!" (fast shaking). Repeat several times. Then play popcorn with rubber fish and other rubber sea creatures, and foam balls.

Beach time games: The students get to play either horseshoes or frisbee with their friends in the designated area.

Tiki time: Students relax in the shade and rest while enjoying water and snow cones.

After the students have moved throughout all of the stations, there is a tug of war contest called "Tug boat". Each class competes against several other classes. Then there is a teacher versus parent contest.

Submitted by **Jamie Crawford**, Orlando, FL.

Harry Potter Field Day

Purpose of Activity: To have the students engaged in a theme-based field day.

Suggested Grade Level: 3-5

Materials Needed: 4 brooms with foam covered handles for safety, 4 large targets, buckets and sponges, pictures of animals, snacks donated from parents, tennis nets, 6-8 inch foam noodles, balloons, pictures of magical creatures: unicorn, phoenix, sphinx, dragon, one band aid for each student, scooters, sidewalk paint, laminated traffic signs, Astronomy- large parachute

Directions

The day begins with a short assembly in the gym to kick off the day. Our principal dresses up like Dumbledore (Hogwarts Headmaster) and welcomes everyone. The homeroom teachers divided their classes into one of four groups. Each group represents one of the four houses of Hogwarts (Hufflepuff, Ravenclaw, Slytherin, and Gryffendor) each event of field day represents a class taken at Hogwarts.

Flying: Madam Hooch will teach you how to fly on a broom. Fly down and around the cone and back.

Quidditch: Quidditch is the game played in the Harry Potter books. This event requires 2 games at once. One goal at each end of the area, teams work to throw their ball through the target (much like handball) On the signal- 2 "seekers" (riding brooms) will try to catch the "golden snitch" (tennis ball)

Potions: Professor Snape will teach you how to create "Polyjuice Potion." Students will run to a bucket of water (potion ingredients) and fill a sponge. Run back to their group and empty it into their container. Continue until all the ingredients have been collected.

Transfiguration: Professor McGonagall will teach you how to transform into an animal. Students will travel down to a box filled with

animal pictures, choose one and then travel back to their group acting like that animal.

Herbology: Professor Sprout will teach you all about the magical properties of plants. This is the snack station. Each snack is plant based- fruit, vegetables, fruit juice etc.

Charms: Professor Flitwick will teach you how to use a wand. Using their "wands" students will strike a balloon over a net similar to tennis.

Care of Magical Creatures: Hagrid will teach you how to treat some special beasts. Students will race to one of four pictures of magical creatures and place a Band-Aid on the picture and run back.

Muggle Studies: A Muggle is someone without magical powers. This is an obstacle course to learn how muggles travel through the city. This is a road course with street signs. Students ride on scooters through the course.

Astronomy: Professor Sinistra teaches us about the stars. We use the parachute for this event. We have a parachute with the planets on it.

Submitted by **Daniel Hill**, Frankfort, KY.

Hillsboro's Happy Trails

Purpose of Activity: The event is held every spring to allow students a day of fun and cooperative games.

Suggested Grade Level: K-2

Materials Needed: Tug of war rope, wands, buckets, hula hoops, paddles, poly spots, wooden eggs, spoons, horses, cones, chairs, sponges, swimming pool, pans with holes, ping pong balls, potato sacks.

Directions

This field day will have a western type theme. Students will participate in a variety of activities that encourage teamwork, cooperation & fun. Each station will last 5 minutes. After five minutes, a whistle is blown and students will rotate to another station. Students will be divided up into groups of three or four.

Home on the Range

Needle in a Hay Stack: Each person stands behind the starting line. When the whistle blows the students will throw the needle (noodle) as far as they can and go get it. The student will then hand the javelin to the next person in line and the game continues. The students can do this many different times.

Tumble Weed Tumble: Each student will stand behind the lines to begin the game. The first student in line will roll the hula-hoop down around the bucket and back. They will pass it off to the next person. Once everyone has had two turns, the game is finished. There should be enough time for this game to be repeated. Bonus: If there is extra time: Each class will form a circle. All students will hold hands. Three students in each circle will get a hula-hoop between them and the person next to them. On "GO!" students pass the hoop from one to the other by stepping through the hoop. They cannot let go of each other's hands. The first group to get the hoop back to the starting person wins.

Flap Jack Flip: The first student will place the poly spot on the paddle. The student will try and toss the poly spot into the hula-hoop. After they toss the poly spot they will go get it and hand it to the next person in line. Each team needs to count how many times their team can get the poly spot into the hoop. After everyone has had three turns the game is over.

The Barnyard

Chicken Coop: The first person in line will have a tennis ball and spoon. The student will put one hand behind their back and walk with the tennis ball and spoon around the cone and back. The person will hand the spoon and tennis ball to the next person in line. The game ends when everyone has gone two times. If there is time, the students can repeat the race using their other hand.

Bucking Bronco: Students will use a foam noodle as their horse. The first person will saddle up and ride down to the cone, around, and back. They will give the noodle to the next person in line and go to the end.

Calf Roping: The students will begin at the start line. The first person in line will take the hula-hoop and toss it over the "cow horns" (chairs). The student will then go get the hoop and bring it back to the next person in line. The group needs to count how many their team gets over the cow horns.

Pig Pen: The students will begin at the start line. The students will do over/under race. The first person in line will start with the ball over their head. The second student will pass it under their legs and so on. The last person will run to the front of the line and begin again. (The students should progress forward) The students will stop when they have reached the cone.

The Watering Hole

Laundry Day: Each team will have a partner as their team. Students will use old worn out clothes where they stack as many clothes into a basket, take them to a certain spot on the playground & unpack what they did. The next person would pack the clothes back into a basket & bring them back to the starting line. Then, the student will do a high five to the next person

in line. This continues until everyone in line has had a turn. The team with the most clothes in their basket wins!

Pony Express: Students will zig zag around cones with a small ball in their hand, then pass off to the next person in line. The team that finishes first wins

Panning for Gold: Each class will have a tub with rocks and marbles. The students will begin at the cone, run down to the pool, use the Frisbee, and fish out a ping-pong ball or marble using their Frisbee. They cannot pick up the item using their hands. The student then returns the item to the class bucket. The class with the most in their bucket wins. The students will then return the item, one by one, using the spoon to return the item to the tub. The extra spoon is used for the person waiting for their turn.

Fishing Hole: There will be a starting line for group. The students will be facing a bucket. Each student will have a ping-pong ball. The student will step up to the line and attempt to throw the ball into the bucket. If the student makes it successfully, they go to the end of the line. If the student does not make it, they run to retrieve their ball and go to the end of the line.

Cattle Round Up: The first student in line A will run and grab a ball, run to the bucket farther down the playground, drop the ball into the bucket, run back and high five to the next person in line. The next person will do the same. The game is finished when all students have had a turn and the buckets are filled.

Spud Time: Classes will combine to make 6 equal lines. Two lines will work together for this activity. Students hook elbows and put their inside leg in the sack. They walk down around the cone and back, tag the next pair to go, and then give their sack to the next pair waiting in line. This continues until the whole class is finished. The second race will be an individual race. The students will put both feet in the sack and jump down around the cone and back. Each line has 2 sacks. The extra sack is for the person waiting next in line. Once everyone has had a turn the game is over.

End of Field Day

Tug of War: Students will participate in a tug of war game to end Field day. The students will compete in their classes against another class. The

students will get in a line behind the blue ribbon. The students will also be on each side of the rope, zig zagged. Two cones should be placed six steps from the middle of the rope. The middle of the rope is marked by red ribbon. The teams will pull the rope until the red ribbon passes the cone. Blow the whistle to begin and end the game.

Submitted by **Erin**, Hillsboro, MO.

Pizza Express

Purpose of Activity: Students will be challenged with a variety of obstacle courses in 1 PE game. Could be a good intro to an upcoming field day or alternative for using frisbees.

Suggested Grade Level: 3-5

Materials Needed: 60+ frisbees, 1 tire, 4 cones, 4 folding gym mats, 2 hurdles, 2 hula hoops with holders, 1 basketball, 15+ poly spots, 1 scooter, 8 scorecards

Directions

This Field Day relay activity is for students to learn teamwork and use basic locomotor skills. Each team begins on 1 of 8 stations. I suggest 8 stations to keep the groups smaller but 4 or 5 stations could be used as well. The events begin on one sideline of the basketball court if inside and in the parking lot if outside. The events are evenly spaced, while the other sideline is the pizza parlor where the frisbees are scattered. When the signal is given, the 1st person in each group must proceed through the obstacle on their particular course to the pizza parlor. They pick up one pizza and hold it with one hand with their palm up like a server at a restaurant. They will attempt to deliver it back to their team without dropping it, while completing the same task they did on their way to the parlor empty-handed. Then the next person in line goes. The goal is to deliver as many pizzas as possible in about a 3-minute time frame. If a pizza is dropped, they will just pick up their pizza and continue on. When the delivery is successful, they place it by the front of their team line. When the whistle has blown, the parents/teachers will record the number of delivered pizzas on their scorecard and another player or two to bring the frisbees back to the pizza parlor to set up for round two. Then each team rotates to the next station. Parents/Teachers will be at each station to observe & make sure the kids are doing the correct skills and assist recording. Here are the 8 stations:

Tire roll: A tire is rolled down to the sideline while skipping. They return back skipping again while holding a pizza.

Head balance: Players sprint down to the pizzas, pick one and balance it on their head on the way back.

Messy clean up: Four cones are placed in a zigzag formation. A player will gallop while zig zagging around the cones to the end. On their return, they will zig zag back while holding their pizza.

Basketball dribble: Dribble the basketball down, pick 1 pizza and dribble back while holding the pizza.

Hot lava: 4 folded gym mats are laid 3-4 feet apart. They are the rocks while the gym floor or playground is hot lava. Students leap from mat to mat, pick a pizza and return leaping from mat to mat while holding the pizza upright.

Hurdles & hoops: Students jump over hurdles and crawl through hula-hoops standing in a hula-hoop holder. They return holding their pizza upright going over the hurdles and through hoops.

Poly spot maze: Students jump on one foot for each spot and two feet when spots are side by side (similar to hopscotch). Return on the spots while holding their pizza.

Scooter ride: One student pushes another on a scooter. The pusher picks a pizza and the rider carries it while being pushed back.

Submitted by **Dave Bieker**, Aurora, IL.

Survivor Island Field Day

Purpose of Activity: The purpose was to provide children with the opportunity to use the teamwork and leadership skills they learned in our cooperative learning unit in a real situation.

Suggested Grade Level: K-6

Materials Needed: Cooperative Skis (we built these), Potato sacks, Hula Hoops (5 per class), Tug of War Rope, Large trash can with water, 1 medium size bucket for each group, 1 small bucket for each group, 2 parachutes, Bungee Cord for three legged race, Gator Skin Balls (2 for each group), Lots of 2 feet long pieces of pvc pipe, marbles, Nitro Carry boards (these are circular pieces of board with six pieces of small rope coming out around the edge). They are used to transport objects, 2 deck rings for each group, 2 half full water bottles for each group, 2 bean bags for each group, plenty of pylons.

Directions

This event was the culmination of a cooperative games and challenges unit and was based on the television show "Survivor". We chose the island theme from the first series. Classes each were their own tribe and gave themselves a "tribal name". They made their own tribe flag, which they brought with them out to field day. Children were also invited to dress "island style" for the day! Many classes came dressed in camouflage complete with face paint!

Each event is a cooperative challenge that has a survivor island theme in each. EVERY CHILD in class is involved in each event, no one is left to sit and watch a certain event. During these events we never emphasized who won, or who was the fastest. We just played music during each event and let the students have fun. We cheered on groups that were finishing and emphasized teamwork and sportsmanship.

Students arrived at a designated time with their grade level. They arrived to the Survivor TV show theme song (which they LOVED!)

Lava Race: In this event a huge volcano has erupted in the tribe's camp. The lava is slowly pouring in and the tribes must escape. To do this they must use the cooperative skis to keep the lava from burning their feet. This

is a relay using the skis. Grades 3-5 use the skis. Grades K-2 use potato sacks.

Nitro Carry: A plane passing overhead has accidentally dropped toxic chemicals onto the campsite. You need to use the Nitro Carry to rid your camp of the waste.

The waste consists of:

2 bean bags; 2 half full water bottles; 2 deck rings

This is a relay using the nitro carry. Items must be moved off the camp one at a time. Grades 2-5 only do this event.

Kangaroo Relay: Island Kangaroos have challenged your tribe to a race. The tribe lines up in two lines, and the first two people have a gator skin ball (or some kind of ball). On the whistle the two put the ball in between their knees and hop down to the cone and back. All tribes go at once, two members at a time. All grade levels participate in this event.

Jungle Walk: Tribes are lost in the jungle, they need to maneuver their way out of the jungle without losing anyone. Tribes pass five hula-hoops down their class line of joined hands. If someone breaks hands they are lost in the jungle forever!!

Coconut Carry: Again tribes are in two straight lines. The first two carry the "coconut" ("soft"ball) between their foreheads, without using their hands, down to the cones and back, and then hand off to the next two members.

Tribe is Hungry: Using bamboo poles (small pieces of PVC pipe) tribes must get their food (marbles) to from the tree to the basket trying not to drop any on the ground. Six members go at a time.

Escape: The tribes have been captured by another tribe and they have tied their legs together so they must figure out a way to escape. This is a five-person three-legged race (five people are connected instead of two).

Smoke Signal: You have decided that you need help to get off the island, send up your smoke signal (7 balls on a parachute) the quickest.

Fire Drill: Your campfire has gotten out of control. All you have is one bucket to put out the flames. First person goes to the water source (big garbage can) and brings the bucket back to the line. The tribe passes the bucket to the end trying not to let any water spill. The last person empties the water into the bigger bucket at the end of the line, runs the empty bucket to the front fills it and starts the bucket moving again. Tribes are trying to fill their bucket up.

At the end we gave each class a certificate for their room that said "WE SURVIVED FIELD DAY!"

Submitted by **Jaime Weissmuller**, Brandon , FL.

The Joy of Community

Purpose of Activity: The purpose of this community theme is for students to engage in community related activities as a way of recognizing and thanking local merchants, and raising awareness regarding what resources are available in the local and neighboring area for students and their families to seek out.

Suggested Grade Level: 4-5

Materials Needed: Individual event materials (see description), event descriptions, rules of the road, volunteer tips, map of events, many parent volunteers, and a sunny day!

Directions

The format for the day is free choice! All students are free to choose wherever they wish to go. All events are marked with community signs (each sign has "green for open, "red" for closed so students can decide whether they stay at that event or move along to another), and students carry lemonade tickets with them to turn in when thirst prevails. Parent volunteers run the events and attend a short training a half hour before the festivities begin. Event descriptions and "how to's" are given to volunteers. All staff members are free to engage in any and all activities. There's plenty of supervision without the tight structure that require teachers to supervise small groups throughout the day.

We begin with an Opening Ceremony on the front lawn and end with a school wide performance on the front lawn that all parents and friends are invited to. Since "community" is being celebrated, the students perform a jump rope routine to "What I Like About You." Additional volunteer jobs include a set-up crew, a lunch serving crew (we do an outdoor buffet), and a clean-up crew. A letter inviting parental participation is sent home 2 weeks prior to the Field Day.

Community Events

Town Tennis: Three volunteers take six children a piece and toss tennis balls underhand to them. Children hit 4-6 forehands, then become a

retriever, then rotate back in. **Equipment Needed:** 3 Tennis Courts, 3 buckets of balls, 12 poly spots, and 6 racquets

Town Baseball: Children hit balls off tees, retrieve, and repeat. The last ball is a wet one! They retrieve again to prepare for the next group of excited children! **Equipment Needed:** 6 cone tees, 6 carpet squares, 6 hoops, 24 whiffle balls (4 for each), a bucket of water balloons (children last swing!)

Town Driving Range: Volunteers (need one for every two children = 5 volunteers) are responsible for setting up students properly, and children hit a dozen balls. Once group is finished, clubs are down and they retrieve to prepare the next group. **Equipment Needed:** 10 carpet squares (with a hole in the middle for rubber tee), 8 right handed Jr. golf clubs, 2 left handed clubs, 10 small buckets of plastic golf balls with a dozen balls in them, open space!

Town Soccer: Children move through the maze dribbling with their feet and finish with a blast to the target! Balls are retrieved, children run back to start carrying the ball to prepare for the next turn. Repeat, then, turn sign to "Open" for next group. **Equipment Needed:** 8 balls, 4 targets, and a maze of cones

Transportation Center: Children follow road and obey traffic signs along the way. If their vehicle needs a washing, they can stop on the way back! Volunteers (2) prepare the next group by helping them get their helmets on. **Equipment Needed:** 4 wagons, 4 scooters, 8 helmets, saran wrap or bakery wax paper sheets (for inside helmets), road signs, chalk for lines, 2 buckets of water, 2 sponges for "car wash"

Town Library: This inside event requires 1 volunteer (invite the town librarian!) to read to a group of 5-10 students at a time. This is a nice rest for very hot children! After the story is read, the sign is turned to "Open." **Equipment Needed:** 3-4 books about towns, transportation, community workers, etc.

News Center Nine: Send children off in pairs to interview others (children, staff, volunteers) about what they like! One volunteer gives suggestions as to how to "cover the community event." **Equipment Needed:** 4 tape recorders, interview questions

Firefighters Fitness Challenge: Volunteers (2) send children through the structure with a large stuffed animal (they pretend they are saving a pet or someone by helping them "get out") Each pair goes to 10 stops including going down the "fire pole," driving the fire truck (steering wheel), and reeling or unreeling the fire hose before getting to the finish! **Equipment Needed:** Playground structure, number signs, large stuffed animals, 2 hoses on reels

Community Sidewalk Murals: Children contribute to the mural throughout the Field Day. A volunteer outlines the area to be used and starts the mural by drawing a building or a house. This is a remarkable piece of artwork by days end! **Equipment Needed:** Buckets of chalk, a large paved area, a basket of ideas (stores, apartment houses, town green, churches, town hall, hospital, airport, post office, police and fire station, etc.)

Digi-walking: Volunteer presets DW's to an average stride length. Children (in pairs) choose a photo, and estimate how many steps it will take them to get there. They record their guess on scrap paper, and take off for their destination and back again. They have to walk! Upon their return, see how close their estimations are! **Equipment Needed:** 4 digiwalker pedometers, a basket of photos (taken of various locations around outside of school)

Hospital Tag: Volunteer opens event with 5-8 children, choosing a "germ spreader (tagger)," a medic (who unfreezes patients and assists them to the hospital), and a doctor who prescribes exercises (jumping jacks, push-ups, jogging, etc.). After doctor declares the patient well, they return to game! **Equipment Needed:** Medical bag (with prescriptive exercises in it), 4 cones to designate playing area, a "hospital area," two pennies, one foam tagger

Parachute Launch: Find a local stuffed animal that represents some event or place in your town or area, place it in the middle and have children stay low. On signal, launch it into kingdom come! Repeat! One volunteer is needed. **Equipment Needed:** Parachute, stuffed animal

Town Recycling Center: Ask children to bring in one milk jug prior to field day. Collect newspapers in the meantime. Also need masking tape and clothes line rope or string. 1-2 volunteers help "visitors" make scoops and

balls out of materials and then play catch with one another. Keep jugs on rope or string and return to children for them to keep! **Equipment Needed:** Milk jugs, newspapers, masking tape, rope/string

Swimming Safety Video: Red Cross swimming safety tape. This indoor event raises awareness regarding swimming safety. Students become engaged in conversation with a volunteer about where they go to swim in the area! This is also a nice break for children who are in need of a rest.

Lemonade Stand: Check with your local groups to see if they have one. Set it up and children can give tickets towards a cool drink! My students get three tickets to be used at their discretion.

Submitted by **Suzanne Klink**, Amherst, NH.

Wacky Olympics

Purpose of Activity: To have students enjoy a fun field day near the end of the school year.

Suggested Grade Level: K-5

Materials Needed: See below in station descriptions.

Directions

Here are some stations that I used for my field day at Allen Avenue Elementary School (K-4). The students and teachers really enjoyed the stations. All children received a ribbon at the beginning of the day, exclaiming: "Everyone is a winner at Allen Ave!"

Greece

Olympic Torch Relay Race: Students line up in two teams with the first person from each team standing inside a starting hoop. Give these two students a "torch"- a plunger. On the signal to begin, the two students will run to the cone and run back. They will hand the torch to the next student in line who will then run to the cone and back. This will continue as above until all team members have had a turn. **Equipment needed:** Event sign, 2 Toilet Plungers, 2 large orange cones

China

Dragon Race: Students line up in three teams with the first person from each team standing inside a starting hoop. Give every student a decorated hoop and a cup. On the signal to begin, the students will fill their cups with water and run to the five-gallon bucket. Students will dump the contents of the cup into the bucket, give the next student in line the hoop and cup and go to the end of the line. Play will continue until all students have gone (with each team having equal turns). A measurement will be taken with the yardstick when all students have completed the relay. The team with the most water in their bucket will be declared the winners. **Equipment needed:** Event sign, 3 hula hoops with paper (dragon tail), 3 large buckets filled with water, 3 empty buckets, 3 plastic cups, and a yard stick

Jamaica

Javelin Throw: The first five students stand behind the line and throw their "Javelins" (Fun Noodles) one person at a time. You may use a student to watch to see that no student steps over the line. Students may throw their javelins any way they wish. Have the next five students continue as described above and so forth until all have a turn. **Equipment needed:** Event sign, 5 Javelins (5 Fun Noodles)

Ireland

Potato Race: Students line up in three teams with the first person from each team standing on a poly spot. Give these two students a hockey stick and a potato. On the signal to begin, these students will use the hockey stick to move the potato around the cone and back to the start where they will hand their hockey stick to the next player in line. This will continue as above until all team members have had a turn. **Equipment needed:** Event sign, 3 plastic hockey sticks, 3 large orange cones, and small bag of baking potatoes.

Japan

Chop Stick Relay: Students line up in three teams with the first person from each team standing on a poly spot. Give the first student in line two "chopsticks" (rhythm sticks). On the signal to begin, the first student will pick up the rubber chicken from inside the hoop using only the chopsticks. (They may not use hands or stick the chopstick inside the chicken). They will have to bring the chicken down to their stir fry pan, then return the sticks to the next student in line, who then goes to the pan and must bring the chicken back to the group and the process continues until everyone has had a turn. **Equipment needed:** Event sign, 3 hula hoops, 3 rubber chickens, and 2 chopsticks per line, 3 stir fry pans

Italy

Pasta Relay: Students will line up in three equal lines and the first person in each line will receive a piece of string. They will run down to their teams bucket (which is filled with green, red, and white colored pasta) and take out one green piece of pasta, and thread it on to the string and return to the line. The next student runs to the bucket and strings a white piece of pasta and runs back to the line. The relay continues until a line has

completed their team necklace in a Green, White, and Red order.

Equipment needed: 3 poly spots, 3 containers, green, white, and red pasta (A few days before the field day....dye 1/3 of ziti RED, 1/3 of ziti GREEN, and 1/3 ziti natural color and mix in a bucket) pasta, string

Sweden

Star Ball Race: Students will line up in two equal lines, the first person in each line is given a star ball. The ball must be passed over the head of the first student and under the legs of the second student, then over the head of the third student... keeping this pattern until the ball reaches the end of the line. Then, the last person in line runs with the star ball to the front of the line and the pattern begins again. **Equipment needed:** 2 star balls (any ball will do), 2 poly spots, 2 cones

Portugal

Popcorn Machine: All students will find a piece of the "machine" (parachute) to hold on to, and practice making big waves. When the children are ready, the volunteers will add the popcorn (white yarn balls). The harder the children shake the "machine" the more "popcorn" will be added. **Equipment needed:** 1 parachute, yarn balls

Australia

Activity Tube Relay: Students will get into three equal lines. The first person in each line will receive an activity tube and a tennis ball. The tennis ball is placed top of the tube, and the first person runs down and around the cone. When he/she returns to the line, they will give it to the next person who will do the same thing. If the ball is dropped, the student must stop, and place the ball back on top before continuing. **Equipment needed:** 3 PCV tubes, 3 tennis balls, 3 cones, 3 poly spots

Submitted by **Kimberly Mooney**, North Providence , RI .