

Field Day Ideas

Here are some ideas I have done over the years. I teach grades K-8, so some directions are split into grade levels to make it challenging for the older kids, and easier for the younger kids. Let me know if you have any questions.

Hungry Hungry Hippos

- **There will be at least 4 volunteers and this station if not 5.**
- Divide group into 4 teams, between 3-5 people per team.
- On each team, there should be a “hippo”, 1-2 pushers/pullers, and a ball person. We encouraged students to switch between roles so that everyone got a shot at doing everything.
- The Hippo would lay on his or her stomach on the scooter, holding the bucket/basket with the open side down. On “GO”, the pushers/pullers would push the Hippo towards the middle ring but the scooter cannot go into the ring area.
- The “hippo” would then extend out their arms with their bucket and captures their colored “food” by putting the bucket down on top of the balls.
 - *We had a rule that once the bucket was down, you couldn't lift it back up to reposition and get more balls- your team had to pull you back in with whatever you got.*
- The pushers/pullers then pulls **gently** the Hippo back by their feet
- The ball person(s) sorts the captured “food”.
 - Teams are going after *any* color. The team with the most after all the balls are cleared from the pit wins.
 - Teams are going after *any* color, but only *their* color counts toward their score. Team with the most of *their own color* at the end wins. There could definitely be some strategy and sabotage in this version!
- Any balls of their own color they would keep (this is where those extra baskets came in handy) and any colors that weren't theirs would be thrown back into the pit.
- And then the process would start over by switching roles..
- The winning team would be the first to capture all of their “food” in the allotted time.
- Videos: <https://youtu.be/FHjKjr0kNQ4> or <http://ohthefun.com/2015/03/hungry-hungry-hippos-the-human-edition/>

For Grades K-2

Grab that Ball

- Students will take turns in their groups to go up and place as many balls in their basket in one scoop.
- They will take their balls back to their groups and together will only keep the color assigned to them.

- The rest will have to go back into the pile which will be the next person on the list. That person will take back the unwanted balls to the pile, dump, and scoop up a new batch of balls.
- Each student will take turns being the person who scoops up the balls from the pile.
- Go until all necessary color balls are gone from the pile or time allows. When time is up, the group have to COUNT the number of balls in their basket.
- The group with the most balls is the winner.

2. Water Cup Relay/Pass The Water

Grades K-1

Directions:

- Students will be split into teams of 4
- Line students up at the starting line. Arrange them into four lines, all players facing side by side.
- Give each player a cup.
- For the player at the front of the line, give them a cup that is filled to the brim with water.
- On your signal without moving their body, the players at the front of the lines must pour the water in the cup of the player next to them, while the player next to them will (hopefully) catch as much of the water as they can.
- The front player will then have their cup refilled to start the process over again.
- Repeat until the water has reached the last player in the line.
- The last player will dump what they have into the bucket.
- The first team to fill up their bucket is the winner. Play again until time to switch.

Grades 2-8

Directions:

- Students will be split into teams of 4
- Line students up at the starting line. **Arrange them into four lines, all players facing the same direction, one behind another.**
- Give each player a cup.
- For the player at the front of the line, give them a cup that is filled to the brim with water.
- On your signal without turning, the players at the front of the lines must raise their cup over their head, then pour the water in the cup backwards, while the player behind them will (hopefully) catch as much of the water as they can.
- The front player will then have their cup refilled to start the process over again.
- Repeat until the water has reached the last player in the line.
- The last player will dump what they have into the bucket.
- The first team to fill up their bucket is the winner. Play again until time to switch.

NOTE: There will be a hose on hand to make sure the tub is filled with water. Only you will have the permission to use the hose.

3. **Sponge Relay**

Directions

- Students will be split into teams of 4.
- Line students up at the starting line and ending by the bucket.
- On volunteers word, students will grab a sponge from the tub and pass to the next person and so on. Students **SHOULD NOT** be running or walking. They will need to **stay** in their spot
- The last person in line will squeeze out the water into the bucket.
- They will hand the sponge to the next person and so on until the first person who will have to dip into the tub to get water into the sponge and then pass is back again.
- Do not allow them to throw sponge all the way back to the person at the beginning of the line. They need to pass it from one person to person.
- Do this until the first team who fills their bucket up to the line.
- For grades K-3 you will need to move the buckets closer as for their arm span is not as long as the older students.
- For grades 4-8 you will need to move the buckets farther away from the starting point.

4. **Water Bomb Toss**

The object of this station is to try to be the last 2 people still tossing a water bomb.

Directions

- Students will be split into pairs.
- Each set of students then toss the water bomb back and forth, taking one step back each time they toss until the drop the water bomb.
- While they are tossing the water bomb back and forth they need to count how many times in a row they can throw and catch the water bomb without dropping it. Once the water bomb drops or breaks that partner group is out of the game.
- The game continues until only two players are left.

5. **Relaxation**

Exactly what it says. Will try to have relaxing music for the room

6. **Wii**

Students will participate in a Wii activity game of Just Dance. List of specific songs which can and cannot be played will be supplied for the volunteers.

7. Obstacle Course

- Students will complete the obstacle course as fast as they possibly can
- This will be outside this year.
- (Maybe have them crab walk to make it harder)

8. Kickball

- Students will be split into 2 teams
- **Pitching:** Volunteer will pitch to the other team that is kicking.
- **Kicking:** All kicks must be made by foot.
- All players on one team will kick before switching sides.
- Volunteer will pitch the ball to the first kicker.
- Kicker will kick the ball and try and run to **2nd Base**
- If student makes it to 2nd base before the outfield team gets the ball back to the pitcher they score a point.
- If they are able to run to 2nd base back to homebase before the outfield gets the ball to the pitcher they get 2 points.
- A play ends when the pitcher has control of the ball and is near the mound/pitching circle.
- Volunteers may decide at the beginning of the game that players may or may not bunt. I've played both ways. Just as long as the kids know what the bunting rule is.
- The ball can be thrown at any player and must hit shoulder and below. The runner will be called safe if it hits their head unless they are sliding/ducking the ball. If a player is hit in the head they get the base they are running to. .No leading off or stealing is allowed. A runner off his/her base when the ball is kicked is out.
- Player must stay out of the baseline; otherwise the runner advancing to the base will be called safe. Students that are playing a base position should make every attempt to position their foot on the side of the base to leave room for the runner.
- Any player who deliberately crashes into a defensive player holding the ball, waiting to apply a tag, will have to sit out from the game.
- Absolutely NO WHINING ALLOWED. Umpires rulings are final!!!
- When the game is being played and is completed the students should always use good sportsmanship. I usually tell the kids to tell each other "Good Game".

9.) In the Bucket

- Throw to get ball in the cup to knock it out. First team to get all cups out is winner
- Once a ball lands in a cup, the cup is taken away
- If both teammates hit cups, the balls are rolled back and they get to shoot again.
- The team that successfully hits all of the opponent's cups wins the game.
- Twice per game, each team can request the cups to be rearranged at the start of their turn. This is known as re-racking, racking, or reforming. Racking may take place when you have remaining cups in the amount of 6, 4, 3, or 2. If you get balls back after making 2 in

a row, it is still considered your turn and you may not get a rack. If requested, Last cup may always be pulled back and centered.

- If a ball hits the flat surface and then goes into a cup (even by accident), the cup that the ball goes into is removed, as well as another cup of the defending player's choice. If there are only 2 cups remaining, the bounce only counts as one cup, so it's fairly useless to bounce on the last 2 cups....unless you're simply trying to be a tough guy.
- At any time in the game, a player may ask for the cups to be fixed. This is not to get confused with racking. This is simply putting the cups back to where they would have been had they not slid or been knocked out of position.

10.) Ping Pong Maze (Indoor activity with a classroom with high ceilings)

- Students will be divided into 4 groups (this may change based on the STEM building of the mazes).
- Each student will take a turn bouncing 2 balls at a time into the catch boxes on the top of the student built mazes. Each maze will lead to a different point value bucket at the bottom. Each maze will be configured differently.
- Each team will go until all balls are used up.
- The team with the highest score wins the round.
- If there is time left, you may play around round

11.) Musical Hoops - Think musical chairs with hoops. If and when two students end up hopping in the same hoop, the student who touched a foot in the hoop first can stay. If not sure they can do a game of rock, paper, scissors to decide who wins. Use this activity outside instead of musical chairs. More room to move and won't be so crazy as it is inside.

12.) 50 yard dash / Parachute

- Have hurdles
- Curve in and out of cones
- Run down and back
- Run down

K-6

- Students will be in four lines
- On volunteers signal the first person in each line will run down as fast as they can down to the cone.
- When they are done they need to walk back and get back in their line.
- Once everyone has had an opportunity to run you can switch to the parachute.

Parachute Games (K-6)

- **All Change:** Student lift up the parachute as high as they can. The Volunteer calls out birthday months, color of shoes, etc, and those children swap places under the chute before it falls, and run to an empty space.
- **Popcorn:** Volunteer will place a number of dodgeballs onto the parachute. Shake to make them pop up like "popcorn"
- **Dodgeball Blastoff:** Put dodgeball in middle of parachute. 1,2,3 lift parachute over head, immediately 1,2,3-pull parachute down to floor. The snap of the parachute shoots the ball into air.

7-8 Grade Students

- Students will be in four lines
- On volunteers signal the first person in each line will run down as fast as they can down to the cone.
- When they are done they need to walk back and get back in their line.
- Once everyone has gone once. You can have them do the next activity.
- On the volunteers signal the first person in each line will run down and they will have to weave in and out of cones
- When they are done they need to walk and get back in their line.

13. Moving On Up - INDOOR or OUTDOOR/ Flip cup

A game that asks player to try to be a little ambidextrous, as they alternate hands to hastily cycle through a tall stack of cups.

You will need:

- Lots of plastic cups! 40 per player, in fact.
- One cup of each 40 should be a different colour to the others. If you don't have multiple colours of cup, you could simply colour one of the cups with marker pen.

(To save on plastic cups, instead of having everyone play simultaneously, you could use only one stack of 40 cups and time each player when it is their turn.)

Set Up

For each player, stack all 40 cups with the differently colored odd-cup on the bottom. Give one stack to each player to hold at the bottom with one hand.

Rules

Players will take the cup from the top of the stack and move it to the bottom of the stack. With their other hand, they will now reach again to the top of the stack and move that cup to the bottom. This continues, with players alternating hands with each cup moved, and the odd-cup slowly moving up the stack.

The winner is the first player to get the odd-cup to the top of the stack and move it back to the bottom, completing the cycle.

Older student, maybe blindfold? Behind the back?

20.) 3. Flip Your Lid / Cup Ballet - INDOOR

Here's a challenge with a plastic cup and a bottle that is very satisfying to pull off.

You will need:

- One bottle (glass or plastic) per team
- One plastic cup per player.

Set up

1. Place the bottles about 30cm away from the edge of the table.
2. Turn the plastic cup upside down and place it over the edge of the table, so about one third of the opening hangs over the edge. Each player should have a plastic cup set up in this way facing their bottle.

Rules

Use your fingers to flip the plastic cup into the air towards the bottle. The first player to get their cup on top of the bottle (upside down) wins!

You can also play in teams. Have one player *hold* the bottle. They will stand on the opposite side of the table. The player flipping the plastic cup will now have further to flip it, but their teammate will actively move the bottle to try to "catch" the cup. The first team to do so, wins!

14.) Hip Hops Relay



- Students will be split into 4 different teams.
- Line students up at the starting line.
- On your word, students will sit on hip hop and hop down to the end line, turn around and hop back.
- Students then will pass the hip hop to the next person in line and they will go down and back.
- This continues till all students in the team have completed down and back.

- First team done is the winner. If there is an odd number of students in the team than the first person will have to go twice.
- If a student falls off the hip hop, they just get back on and continue from where they fell off.

15.) Cornhole

Asking for borrowing of equipment to have several of these going on at the same time

Setup

The boxes are placed 30 feet apart from the center of the hole to the center of the other hole.

Game Rules

The game can be played with either 2 or 4 players; depends on the class size.

Each team has 4 bags to throw.

When 4 players are playing, one member from each team stands at both ends of the boxes.

Each player must throw from behind the front of the box. This is the foul line. The player must not pass the foul line or the player's throw does not count and the bag is removed.

Each team alternates shots beginning with the team that scored the last point

Scoring

Points are scored when a player has a bag on the board or in the hole.

Only one team can score points per round because points cancel each other out.

A bag put on the board = 1 point

A bag put in the hole = 3 points

The maximum amount of points scored in a single round is 12 points. (4 bags from the same team in the hole) An example of cancellation of points is if one team has 1 bag in the hole and 3 bags on the board and the other team has 2 bags in the hole and none on the board. $3 + 1 + 1 + 1 = 3 + 3 + 0 + 0$. If this were to happen in a game the resulting round would be called a wash and the first team to throw in the last round would throw again in the next round.

The game is over when one team scores 21 points, but the winning team must win by 2 points.

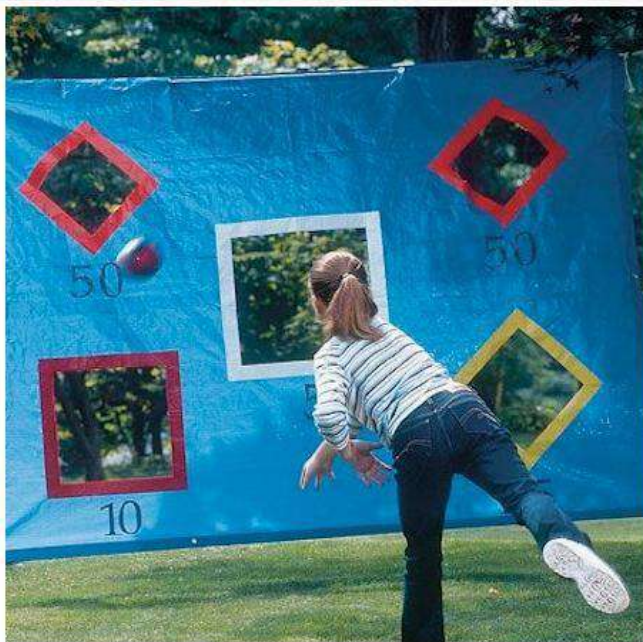
A bag that hits another player's bag or any other bag is legal and still in play. If a player throws a bag and the result is that it hits the other player's bag in the hole, the bag in the hole counts as such. If a player knocks another player's bag off of the board, that bag stays off of the board.

A bag that hits the ground for any reason is considered dead. If a bag bounces and lands on the board it is dead and must be removed from the board before play may continue.

16. 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.)

17.) Frisbee/Football Throw - Participants must throw Frisbees through hula hoops set up at varying distances and positions.



18.) Four Corners is popular with teachers *and* students. Number the corners of the classroom from 1 to 4. Select one student to be "It." That person closes his or her eyes while the rest of the students go to one of the four corners in the classroom. When all students are settled in a corner, It calls out a number. All the kids who chose the corner with that number are out of the game and must sit down. It closes his or her eyes again, calls out a number, and more students sit down. When the game gets down to four people or fewer, each must choose a different corner. If It calls out a corner where nobody is standing, It must choose again. The game continues until only one student is left. That student becomes It.

19.) Parachute

Splloosh (Have two games using badminton poles)

Set-up a Volleyball net and court. Place a 5 gallon bucket of water at the end of each half of the court. You will also need 4-8 large sponges for this game, which will start off in the bucket. On the signal, players will begin throwing their water soaked sponges over the net to the opposing team. Players will then attempt to catch the sponges that are thrown to their side. After a catch, or a drop, the player will run the sponge to the water, where they will dunk the sponge and throw it back over the net.

The object of the game is to have the fewest strikes against your team. A strike occurs each time a sponge lands in bounds on your side of the net or each time your team throws a sponge that lands out of bounds. The activity of this game can be varied by the number of sponges that are in use. After the start of the game, there is no signal to throw, players just toss them as they receive and refill them. Scoring can be done in different ways. You can play with a time limit and the team with the lowest score at the end of the time is the winner. You could also play to a certain number, where the first team to reach a predetermined number ends the game.

Or can just use a beachball and play volleyball?

Human Ring Toss



1. Tic Tac Toe Relay

- The object of Tic Tac Toe is to get three in a row. You play on a three by three game board, in this case it will be 3 x 3 hula hoops to be large enough to see.
- The first team is known as one color and the second team is known as another color. Players alternate placing their color bean bags or towels on the game board until either opponent has three in a row.
- Grades K-2
 - The first person in the line goes down and places their color into a hoop. From there the second person comes down and places their color into another hoop. The third person in line comes down and places their color into another hoop, hoping to make three in a row. The fourth person

comes down and places their color into a hoop, hoping to make three in a row. If needed, the fifth person in line will go down and try to make three in a row. If this does not happen, start all over with the next person in line and have the teams try again.

- Grades 3-8
 - The first person in the line goes down and places their color into a hoop and run down and **MUST** tag the next person in line in order for them to go down. No tagging = no moving from starting line. From there the second person comes down and places their color into another hoop. The third person in line comes down and places their color into another hoop, hoping to make three in a row. If this does not happen, the next person runs down and moves **ONE** of **THEIR** color into another empty hoop in hopes to make three in a row. This continues with the next few students until one team gets three in a row.
- Make sure all students are able to participate by starting a new relay with the first person who is left in line after the three in a row is completed.
- Videos: <https://youtu.be/IRDp5HcZyVA>

Freeze Dance (Grades K-3)

- Choose one person to be in charge of the music.
- When the music starts, everyone else dances, the crazier the better.
- When the music stops, the dancers must freeze in their position.
- Anyone caught moving after that is out.
- Play continues until there is one person left, the winner.

Football/Frisbee Bowling (Need 3-4 volunteers)

- Divide into 2 teams
- Setup 2 bowling areas. Place pins in a triangle pattern
- Using a football/frisbee have students throw football/frisbee to knock down pins within 2 tries per person.
- After 2 tries set pins back up into triangle pattern.
- Will do for 10 frames just like bowling

Gum Ball Jiggle Relay

Set up the game: Fill two of the bottles half-way up with gumballs. Place an empty bottle on top of each filled one and tape them together securely at the necks. Place the bottle stacks on the table.

Directions:

Students will be divided up into ___ teams.

On your mark one students will perform a task to get down to the table with the gumball containers on them.

Once they have made it to the table they have 5 shakes to try to get the gum balls into the other side.

After their 5th shake, they must lay down on the table and run back to their team. They **MUST** tag the next person in order for them to go down.

Do this until the first group gets all the gumballs down into what was the empty side.

THE RULES

- Players must start the game with arms and hands at their sides. You can only touch the bottles once the timer begins.
- You may not take the bottles apart or bang them on any surface, including your own body, in order to move the gumballs.
- The gumballs must be completely transferred and bottles replaced on the table, with your hands back at your sides, to end the game.

Balloon Relay

1. Students will be divided into 4 teams.
2. Using a spoon, students will have to balance a balloon on their spoon to the chair.
3. Students will have to maneuver around obstacles to get to the chair.
4. If they balloon falls off, they will to pick it up and start from the place where the balloon fell off.
5. Once at the chair, they must pop their balloon by sitting on it, then run back to their team and hand off the spoon to the next person in line.
6. First team to finish in the winner.
7. If windy may use other hand to hold balloon on spoon.
8. Before students are able to run down and pop their balloon they will need to answer a math question. There are flash cards that are divided into grade levels.
9. Note: If there is an uneven number on a team, the first person in that team needs to go twice.

Potato Sack Relay

1. Students will be divided into 4 teams.
2. Line up each team on the starting line.
3. Hand first person in line a potato sack and gloves if they wish.
4. On your word, tells student to “hop” down to the end line and return back.
5. Student will then give the next person in line the sack and so forth.
6. First team to complete is the winner.
7. Note: If there is an uneven number on a team, the first person in that team needs to go twice.

GAGA BALL

When the students arrive, have them stand outside the Ga-Ga boards to explain the activity. The object of the game is to eliminate other players by hitting them in the leg with the ball. The ball must remain on the ground and can only be hit with an open hand(s). If a player is hit in the legs or feet, they are out. If a student hits the ball out of the Ga-Ga boards, they are out. If a player jumps off the ground to avoid being hit, they are out. And last, if a player touches their knees on the floor, they are out. If a student gets out, they must get out of the Ga-Ga boards, stand in a hula hoop and toss the koosh ball 30 times before they return to the game. Players who were out must wait until the game has stopped before they may step back into the Ga-Ga boards.

Beach Ball Carry:

You and a partner must carry the beach ball across the field without using your hands

Dizzy Bat Spoon Relay

Students need to be split into 4 even groups. One at a time students grab their bat/polo stick place on forehead and begin moving in a circle. K-3 will need to spin 4 times and 4-8 will need to spin 8 times. When they've taken their spins they need to grab their spoon with the egg run down to the cone and back and wait till the next person is done with their spins and they do the same thing. First team to have all teammates complete the challenge they are the winners.

Wet Torch Relay

- Students will be split into their pods, and students will be lined up on the spot markers. The spot markers will move so please do your best to have the students stand behind them.
- The teacher will hand each student a cup.
- The teacher will hand the first person in each team a plunger.
- On the teachers' "GO" signal, the first person in line has a plunger and takes their cup, and fills it with water from the bucket in front of them. They take the cup and pour the water into the plunger, which is upside down.
- The student will need to hold on to their cup and plunger as they run down to the container on the chair and dumps the water in the bucket.
- When finished they run back and hands the next person in line the plunger.
- The following person in line does the same thing.
- The team with the most water in the end container, after all, has gone through 3 times, will win.
- May complete the activity more than once if there is extra time.