

# **SURVIVING AN INDOOR FIELD DAY**

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# **INDOOR FIELD DAY 101**

## **1. WHAT IS A “MAGIC NUMBER”?**

**THE MAGIC NUMBER IS THE NUMBER OF STUDENTS NEEDED PER CLASS TO EVEN OUT THE CLASSES.**

## **1. HOW LONG SHOULD YOUR FIELD DAY LAST?**

**IT DEPENDS HOW LONG YOUR ADMINISTRATION ALLOWS YOU TO DO IT FOR. SET UP YOUR STATIONS TO HAVE ENOUGH TIME FOR EACH CLASS TO PARTICIPATE IN ALL EVENTS**

## **1. MAKE SURE YOU HAVE PEOPLE SUPPORTING YOU DURING, AND THROUGH OUT THE DAY, BECAUSE YOU CANNOT DO IT ALONE.**

## **2. REMEMBER HAVE FUN!!!!**



# BULLSEYE

## EQUIPMENT NEEDED

- **FOUR DIFFERENT COLORED POLY-SPOTS**
- **FIVE BUCKETS. ONE BIG BUCKET AND FOUR SMALLER BUCKETS**
- **AN EVEN AMOUNT OF BEAN BAGS FOR EACH OF THE COLORS NEEDED**
- **4 DIFFERENT COLORED HULA-HOOPS**

**IT IS HELPFUL TO HAVE THE POLY-SPOTS, HULA-HOOPS, AND BEAN BAGS BE THE SAME COLOR**

## SET UP:

- **PLACE THE BIGGER BUCKET IN THE CENTER OF THE PLAYING AREA, WITH THE FOUR DIFFERENT COLORED HULA-HOOPS SURROUNDING IT. IN EACH OF THE FOUR HULA-HOOPS PLACE ONE OF THE SMALLER BUCKETS. PLACE THE POLY-SPOT IN LINE THAT MATCHES THE SAME COLOR HULA-HOOP AT A SET DISTANCE THAT YOU FEEL IS ADEQUATE FOR YOUR STUDENTS.**

## HOW TO PLAY:

- **HAVE THE STUDENTS FORM A SINGLE FILE LINE. WHEN IT IS THEIR TURN TO GO THE STUDENT WILL MOVE UP TO THE DESIGNATED THROWING AREA, AND THROW, OR TOSS THE BEAN BAG TOWARDS THEIR TARGET. THEN GO BACK TO THE LINE GIVE THE NEXT PERSON A HIGH FIVE ON THEIR WAY TO THE END OF THE LINE. THIS PATTERN CONTINUES UNTIL YOU RUN OUT OF BEAN BAGS AT WHICH TIME THE STUDENTS SHOULD SIT WITH THEIR TEAM UNTIL ALL THE GROUPS ARE FINISHED AND POINTS ARE ADDED UP. PLAY AS MANY ROUNDS AS YOU CAN UNTIL THE TIME IS UP FOR YOU TO SWITCH STATIONS.**

## SCORING:

- **10 POINTS FOR BULLS-EYE ( CENTER BUCKET)**
- **5 POINTS IF YOU GET IT IN YOUR OWN BUCKET**
- **3 INSIDE YOUR HULA-HOOP**

# **BUDDY WALKER TEAM CHALLENGE**

## **EQUIPMENT:**

- **TWO BUDDY WALKERS**
- **STOP WATCH OR APP ON CLASSROOM TEACHER'S PHONE**
- **SIX CONES**

## **SET UP:**

- **THE TEACHER WILL SET UP TWO LANES WITH CONES HAVING AN END LINE AT BOTH ENDS OF THE GYM. HAVE YOUR CLASS SPLIT INTO GROUPS OF 6 IF POSSIBLE. IF A GROUP DOES NOT HAVE 6 STUDENTS, HAVE STUDENTS WHO HAVE ALREADY GONE FILL IN THE EMPTY SPOTS ON THE WALKERS.**

**EXPLAIN TO THE CLASS THE IMPORTANCE OF CADENCE, AND HOW IT IS VITAL TO BE SUCCESSFUL IN THIS EVENT**

## **How To Play:**

- **HAVE THE FIRST SET OF 6 STUDENTS ON THE WALKERS FOR WHEN THE TEACHER BLOWS THE WHISTLE FOR THE RACE TO BEGIN**
- **SET UP YOUR CLASS SO THAT THE NEXT GROUP IS READY AND WAITING FOR THE STUDENTS TO CROSS OVER ONE OF THE END LINES, AT THIS POINT THE STUDENTS WILL SWITCH AND THE NEXT GROUP WILL GO ON. THIS WILL CONTINUE UNTIL ALL THE STUDENTS HAVE HAD A CHANCE TO GO.**
- **KEEP TRACK OF THE TOTAL TIME NEEDED FOR YOUR CLASS TO FINISH THE RACE**



# **PICKING UP THE TRASH: BEANBAG CHALLENGE**

## **EQUIPMENT:**

- 7 BEANBAGS OF 4 DIFFERENT COLORS
- 1 PAIR OF FOAM DICE
- 1 STOPWATCH
- 12 CONES LABELED 1-6
- 6 5-GALLON BUCKETS

**SET UP:** THE CONES ARE SET UP IN A STRAIGHT LINE, IN NUMBER ORDER WITH A BEAN-BAG NEXT TO EACH ONE. THERE SHOULD BE A STARTING LINE WHERE THE STUDENTS LINE UP AND AN END LINE WHERE YOU PLACE THE BUCKET. EACH GROUP SHOULD HAVE THEIR OWN FOAM DICE.

**HOW TO PLAY:** WITH THE ROLL OF THE DICE, THE FIRST STUDENT WILL RUN TO THE THAT NUMBER CONE AND PICK UP THE BEAN BAG AND RUN TO THE END TO DROP IT INTO THE BUCKET (TRASH), THEN TURN AND RUN BACK TO THE TEAM GIVING THE NEXT PERSON IN LINE A HIGH FIVE BEFORE THEY ARE ALLOWED TO GO. THEY MUST FOLLOW THE CORRECT PATTERN OR THEY WILL BE ELIMINATED. E.G. IF A 4 IS ROLLED, THE TEAM WILL FOLLOW THIS PATTERN: 4-5-6-7-1-2-3-.



# HOT SPOT BASKETBALL

## EQUIPMENT:

- BASKETBALL HOOP
- 2 BASKETBALLS
- 1 HULA-HOOP (K-1)
- 2 GATOR SKIN BALLS (K -1)

**SET UP:** THE POLY SPOTS ARE TOSSED AROUND THE PLAYING AREA WITH THE NUMBER FACING UP. LOWER NUMBERS SHOULD BE CLOSER TO THE BASKET.

**HOW TO PLAY:** THE FIRST PERSON IN EACH LINE TAKES THE BALL AND GOES TO A POLY SPOT AND ATTEMPTS TO SHOOT A BASKET. IF A BASKET IS MADE, THE PLAYER PICKS UP THE POLY SPOT AND RUNS BACK AND HANDS OFF THE BASKETBALL TO THE NEXT TEAMMATE, AND GOES TO THE END OF THE LINE. IF NOT MADE, HE/SHE JUST HANDS OFF THE BASKETBALL AND RETURNS TO THE END OF THE LINE. AFTER ALL THE SPOTS HAVE BEEN COLLECTED, OR TIME HAS EXPIRED, THE TEAMS WILL ADD UP THE NUMBERS FROM THE POLLY-SPOTS THEY HAVE EARNED. THE HIGHEST TOTAL WINS.



# OBSTACLE COURSE

## EQUIPMENT:

- 8 HURDLES (FOAM OR PLASTIC)
- 16 CONES
- 16 LARGER SIZE CONES
- 16 HULA HOOPS
- 2 BALANCE BEAMS
- 2 YOGA BALL

## How To PLAY:

1. GO THROUGH A STANDING HULA-HOOP.
2. HIGH-KNEE THROUGH SERIES OF HULA-HOOP.
3. SCOOTER-ZIGZAG THROUGH CONES.
4. DUCK THROUGH HULA-HOOP
5. WALK ALONG THE BALANCE BEAM
6. RUN AND ZIGZAG THROW THE CONES TO THE YOGA BALL
7. PUSH THE YOGA BALL DOWN TO THE END LINE WHERE THEY WILL GIVE IT TO THE NEXT PERSON WAITING IN LINE
8. THEIR TEAMMATE WILL THEN RUN THROUGH THE COURSE IN THE OPPOSITE DIRECTION RESETTING THE COURSE FOR THE NEXT PERSON.
9. THE CLASS WITH FASTEST TIME WINS.





# HOMERUN DERBY

## EQUIPMENT:

- 2 BASEBALL BATS
- 2 BASEBALL TEES
- 12 FOAM TRAINER TENNIS BALLS
- 1 ROLL BLUE/GREEN PAINTER'S TAPE
- 1 TAPE MEASURE

**SET UP:** WITH PAINTER'S TAPE MEASURE OFF THE DISTANCE FOR HOW FAR YOU WANT TO HIT OFF THE TEE AND MARK OFF HIGH WHERE YOU WANT HOMERUN TO BE ON THE WALL.

## HOW TO PLAY:

1. STUDENTS WAIT IN A SINGLE FILE LINE, A SAFE DISTANCE FROM THE BATTER.
2. EACH STUDENT IS PERMITTED TO TAKE TWO SWINGS EACH, BEFORE THE NEXT PERSON IS UP. PLAY CONTINUES UP TO THE POINT WHERE THE WHISTLE BLOWS TO STOP PLAY AND ADD UP YOUR TOTALS.
3. FOR EVERY HOMERUN GIVE YOUR CLASS A POINT.
4. 5 EXTRA BONUS POINTS IF BOTH HITS ARE HOMERUNS.
5. CLASS WITH HIGHEST TOTAL WINS.





# BEACH BUM RELAY

## EQUIPMENT:

- SUNGLASSES
- FLOWER LEI'S
- BEACH BALLS

**HOW TO PLAY:** THE STUDENTS WILL BE LINED UP FOR THIS RELAY IN A SINGLE FILE LINE ONE BEHIND THE OTHER. THE FIRST PERSON ON LINE WILL HAVE ON THE SUNGLASSES, FLOWER LEI AND BEACH BALL IN HIS/HER HANDS. THEY WILL RUN TO THEIR TEAM'S DESIGNATED COLORED CONE AND BACK. THEN THEY WILL HAND OFF ALL THE MATERIALS TO THEIR TEAMMATE, THIS WILL CONTINUE TILL THE CLASS IS DONE. THE FIRST CLASS WITH EVERYONE BACK AND SITTING DOWN WINS.



# **OVER HEAD RELAY**

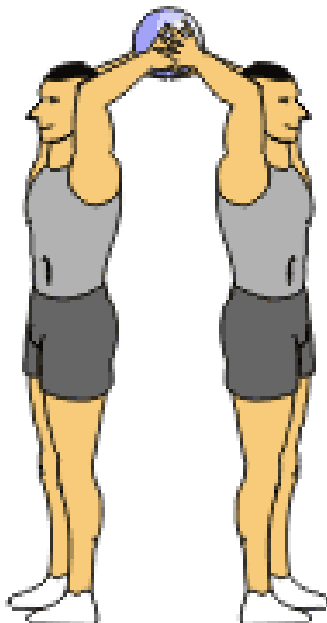
**(AKA: FEED THE HUNGRY SNOWMAN)**

## **EQUIPMENT:**

- **2 OVERSIZED BEACH BALLS OR YOGA BALLS**
- **2 JERSEYS**

## **HOW TO PLAY:**

- **THE CLASS WILL STAND IN A SINGLE FILE LINE ONE BEHIND THE OTHER.**
- **GIVE THE PERSON IN FRONT OF THE LINE THE JERSEY TO PUT ON, AND A BALL.**
- **THE FIRST PERSON PASSES THE BALL BACK OVER THEIR HEAD TO THE PERSON BEHIND THEM, THIS CONTINUES UNTIL THE LAST PERSON HAS THE BALL.**
- **THE LAST PERSON IN LINE WILL THEN RUN AND BECOME THE NEW FIRST PERSON IN LINE. EACH TIME YOU DO THIS THE CLASS SHOULD TAKE ONE STEP BACK SO THAT THEY ARE STAYING IN THE SAME SPOT THAT THE GROUP STARTED.**
- **EVER TIME THE PLAYER IN THE JERSEY MAKES IT BACK TO THE FRONT DURING THE ALLOTTED TIME, YOU SCORED ONE POINT FOR YOUR TEAM.**



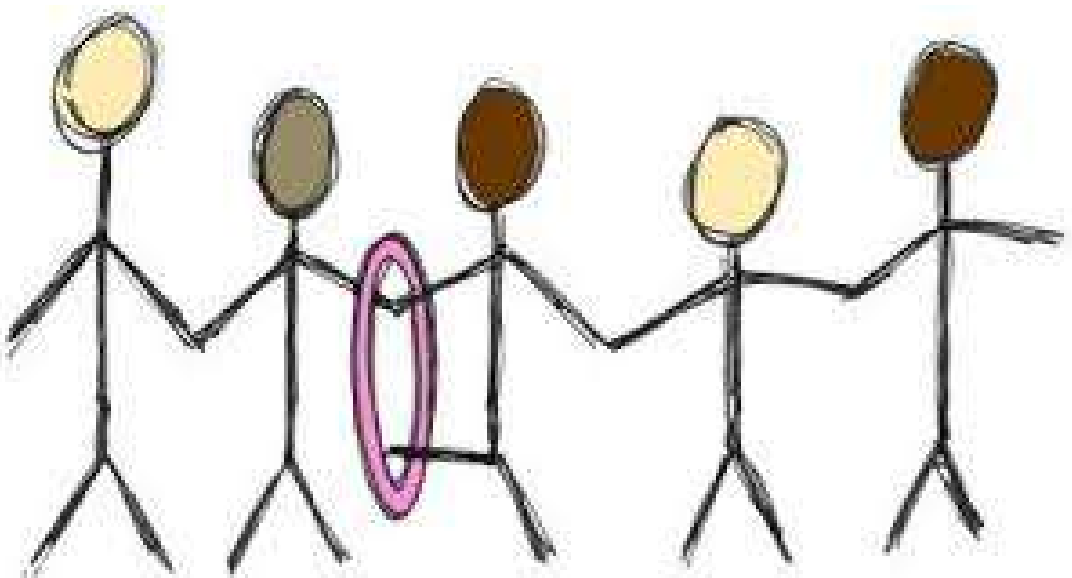
# **“CHAIN LINK” RELAY**

## **EQUIPMENT:**

- **4-6 HULA HOOPS (SMALL OR LARGE DEPENDING ON GRADE LEVEL)**
- **STOP WATCH**

## **HOW TO PLAY:**

- **THE STUDENTS WILL BE LINED UP FOR THIS RELAY IN SIZE ORDER FROM SMALLEST TO TALLEST.**
- **BEFORE YOU BEGIN PLAYING, EXPLAIN THESE SIMPLE RULES TO THE PARTICIPANTS: (1) THE HULA HOOP MUST NOT TOUCH THE GROUND AT ANY TIME AND (2) THE CIRCLE OF HANDS CANNOT BE BROKEN.**
- **HAVE EVERYONE JOIN HANDS IN A LINE.**
- **HAVE THE PERSON ON ONE END OF THE LINE PLACE THE HULA HOOP ON HER SHOULDER, THEN HAVE HER JOIN HANDS WITH THE PERSON AT THE OTHER END OF THE LINE TO FORM A CIRCLE.**
- **HAVE EACH PERSON WRIGGLE AND SQUIRM THROUGH THE HULA HOOP TO HELP MOVE IT AROUND THE CIRCLE UNTIL IT REACHES THE BEGINNING AGAIN. DON'T LET THE CIRCLE BREAK!**
- **ONCE EVERYONE GETS THE HANG OF THE GAME, INTRODUCE A SECOND, THIRD, OR FOURTH HULA HOOP INTO THE CIRCLE TO INCREASE THE DIFFICULTY**
- **TIME YOUR CLASS TO SEE HOW FAST THEY CAN GET THE HULA-HOOPS AROUND THE CIRCLE AND BACK TO THE BEGINNING. TIME EACH TRIAL AND RECORD YOUR FASTEST TIME**



# **SNAKE TRAIL BEAN BAG RELAY**

## **EQUIPMENT:**

- **20 MULTI-COLORED BEANBAGS**
- **4 5-GALLON BUCKETS**

## **HOW TO PLAY:**

- **THE STUDENTS WILL BE LINED UP STAGGERED PATTERN ALONG THE LINES OF THE GYM WITH ONE STUDENT ON ONE OF THE BASELINES WITH A BUCKET.**
- **THE STUDENTS WILL PASS THE BEANBAG THROUGH THE “SNAKE TRAIL’ UNTIL IT REACHES THE FINAL PERSON WHO HAS TO UNDERHAND TOSS IT TO THE STUDENT WITH BUCKET.**
- **IF THEY MAKE IT INTO THE BUCKET, ROTATE THE STUDENTS UP ONE SPOT AND START AGAIN**
- **IF THE TEAM DROPS THE BEANBAG, THAT BEANBAG IS THEN OUT OF PLAY FOR THE DURATION OF THE ROUND. THE TEAM MUST PICK UP THE NEXT BEANBAG AND START AGAIN.**

**PLEASE MAKE SURE THE NUMBERS OF BEANBAGS ARE EVEN FOR BOTH ALL TEAMS BEFORE STARTING THIS RELAY.**



# **CONE ON/CONE OFF RELAY**

## **EQUIPMENT:**

- **4 LARGE MULTI-COLOR CONES**
- **4 WHIFFLE BALL/FOAM TENNIS BALLS**

## **HOW TO PLAY:**

- **THE STUDENTS WILL LINE UP, THE FIRST PERSON ON LINE WILL HAVE THE BALL IN THEIR HAND AND RUN DOWN AND PLACE THE BALL ON TOP OF THE CONE.**
- **THEN, WILL RUN BACK TO THEIR TEAM AND GIVE THE NEXT PERSON IN LINE A HIGH FIVE. THE NEXT PERSON WILL RUN DOWN AND GRAB THE BALL OFF THE CONE AND BRING THE BALL BACK TO THE TEAM TO HAND OFF TO THE NEXT PERSON.**
- **THIS PATTERN WILL CONTINUE UNTIL THE MAGIC NUMBER IS REACHED FOR ALL CLASSES.**
- **THE MAGIC NUMBER IS THE EQUAL NUMBER OF STUDENTS PER CLASS TO EVEN OUT THE CLASSES.**



# TRIATHLON RELAY

## EQUIPMENT:

- 4 SCOOTERS
- 4 BATONS
- 20 MEDIUM SIZE CONES

## HOW TO PLAY:

1. BRAKE THE CLASS INTO TWO GROUPS. EACH GROUP LINED UP AT ONE OF THE END LINES OF THE GYMNASIUM. EACH GROUP WILL RESET THE STATIONS FOR THE NEXT ATHLETE, BY GOING IN OPPOSITE DIRECTION. MAKE SURE BOTH CLASSES HAVE THE MAGIC NUMBER OF STUDENTS.
2. THE COURSE IS BROKEN UP INTO THREE SECTIONS
3. 1 = SWIMMING (LAYING ON THEIR STOMACH ON THE SCOOTERS)  
2 = BICYCLE (GOING BACKWARDS ON THE SCOOTERS )  
3 = RUNNING (SPRINT TO THE END LINE AND HAND THE BATON TO THE NEXT PERSON IN LINE)
4. THE FIRST CLASS TO COMPLETE THE TRIATHLON WINS!!
5. THE MAGIC NUMBER IS THE EQUAL NUMBER OF STUDENTS PER CLASS TO EVEN OUT THE CLASSES.



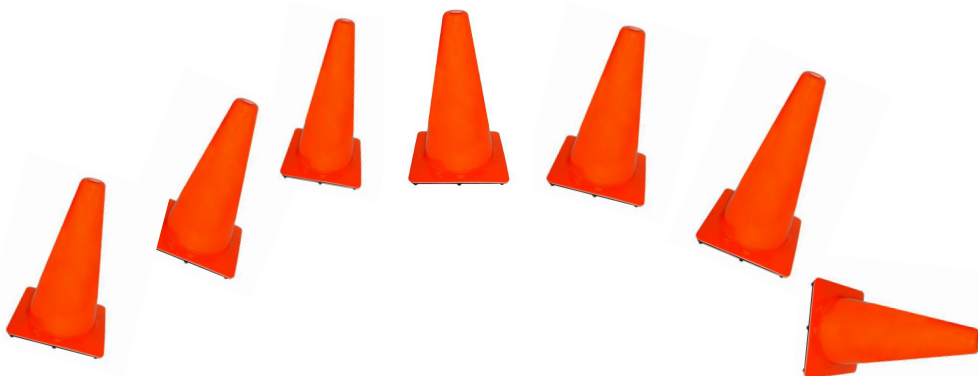
# **“FLIP THAT CONE” RELAY**

## **EQUIPMENT:**

- **4–6 MULTI-COLORED POLY SPOTS**
- **4–6 PLASTIC CONES**
- **4–6 LARGE MULTI-COLORED CONES**
- **STOP WATCH**

## **HOW TO PLAY:**

1. **THE CLASS WILL STAND IN A SINGLE FILE LINE, ONE BEHIND THE OTHER.**
2. **THE FIRST STUDENT WILL RUN TO THE CONE AND TRY TO FLIP IT AND HAVE IT LAND UP RIGHT.**
3. **EACH STUDENT HAS FIVE ATTEMPTS TO LAND THE CONE UP RIGHT. IF THEY LAND THE CONE UP RIGHT ON THEIR FIRST ATTEMPT THEY STOP AND RUN BACK, THEY DO NOT HAVE TO TAKE ALL FIVE ATTEMPTS.**
4. **ONCE DONE THEY WILL TURN AND SPRINT BACK TO THEIR TEAM AND GIVE THE NEXT PERSON IN LINE A HIGH FIVE SO THAT THEY CAN GO.**
5. **THE RELAY CONTINUES UNTIL YOUR CLASS REACHES THE MAGIC NUMBER**
6. **THE MAGIC NUMBER IS THE EQUAL NUMBER OF STUDENTS PER CLASS TO EVEN OUT THE CLASSES.**
7. **THIS EVENT IS SCORED IN TWO WAYS, BY TIME AND BY POINTS. A POINT IS EARNED FOR EACH STUDENT WHO IS SUCCESSFUL GETTING THE CONE TO LAND UP RIGHT**





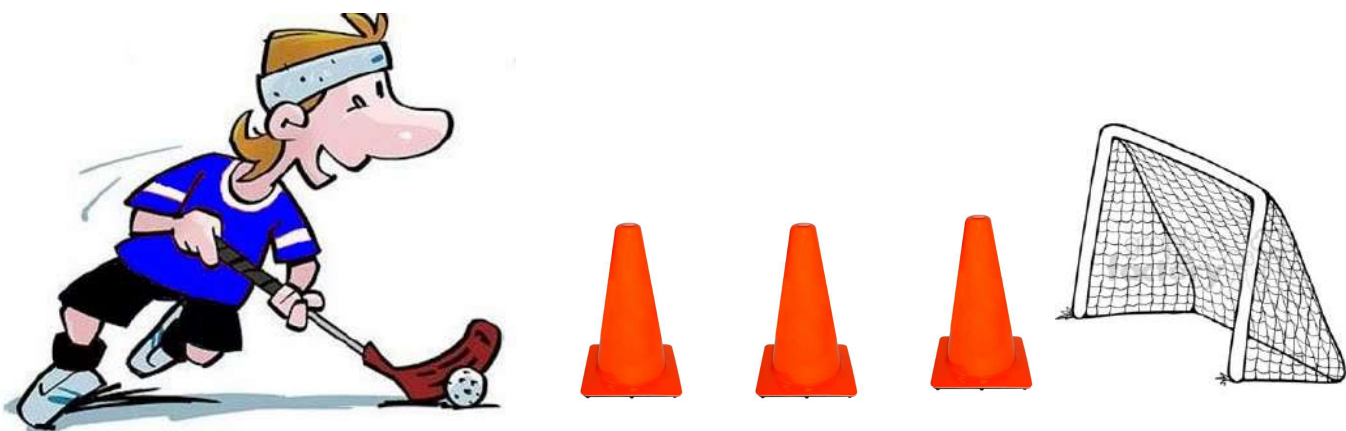
# **“FLOOR BALL FOR ALL RELAY”**

## **EQUIPMENT:**

- **4-6 FLOORBALL STICKS AND BALL**
- **24 SMALL CONES**

## **HOW TO PLAY:**

1. **HAVE THE CLASS STAND IN A SINGLE FILE LINE, ONE BEHIND THE OTHER. ESTABLISH A MAGIC NUMBER OF STUDENTS. YOU WILL BE DOING THIS EVENT THREE TIMES.**
2. **ONCE, THE RELAY BEGINS WHEN THE FIRST STUDENT WILL START WITH THE FLOOR BALL STICK AND BALL AND MANEUVER AROUND THE CONES AND ATTEMPT A SHOT ON A GOAL.**
3. **AFTER HIS/HER SHOT, EITHER SUCCESSFUL OR NOT, HE/SHE WILL RETURN BACK TO THE LINE TO HAND OFF THE EQUIPMENT.**
4. **THE CLASSROOM TEACHER WILL COUNT THE NUMBER OF GOALS THAT CLASS SCORES.**
5. **THE CLASS THAT HAS THE HIGHEST NUMBER OF GOALS WINS THE RELAY.**
6. **THE MAGIC NUMBER IS THE EQUAL NUMBER OF STUDENTS PER CLASS TO EVEN OUT THE CLASSES.**



# “CUP STACKING RELAY”

## EQUIPMENT:

- 4 CUP STACKING KITS OR 40 SOLO CUPS

## HOW TO PLAY:

1. HAVE THE STUDENTS LINE UP IN A SINGLE FILE LINE. ESTABLISH A MAGIC NUMBER OF STUDENTS. YOU WILL BE DOING THIS EVENT THREE TIMES.
2. THE FIRST STUDENT IN LINE WILL RUN DOWN TO THE CUPS AND STACK THE CUPS IN A PYRAMID IN THIS DESIGN 4-3-2-1.
3. THE STUDENT WILL THEN TAKE DOWN THE PYRAMID AND RUN BACK TO THE GROUP TO HIGH FIVE THE NEXT STUDENT IN LINE.
4. THE CLASS WILL CONTINUE UNTIL THE MAGIC NUMBER IS REACHED. THE FIRST CLASS SITTING QUIETLY WITH CUPS STANDING UP IN THE PYRAMAID POSITION DONE BY THE LAST PERSON.
5. THE LAST PERSON WILL JUST RUN BACK AND NOT BRING BACK THE CUPS.
6. THE MAGIC NUMBER IS THE EQUAL NUMBER OF STUDENTS PER CLASS TO EVEN OUT THE CLASSES.



# **“HULA HOOP CHALLENGE RELAY”**

## **EQUIPMENT:**

- **4-6 HULA HOOPS**

## **HOW TO PLAY:**

- 1. THIS IS ENTIRE A CLASS EVENT AND THEY WILL BE LINE UP IN TWO LINES (BOYS & GIRLS). ESTABLISH A MAGIC NUMBER OF STUDENTS. YOU WILL BE DOING THIS EVENT THREE TIMES.**
- 2. ONCE, THE RELAY BEGINS WHEN THE FIRST GIRL WILL START WITH HULA HOOP IN HER HAND.**
- 3. SHE WILL RUN DOWN TO THE FAR BASE LINE TO PERFORM THE FOLLOWING: 1<sup>ST</sup> ROUND -SPIN THE HULA HOOP THEN TURN IN A CIRCLE AND CATCH IT. 2<sup>ND</sup> ROUND — HOLD THE HULA HOOP WITH HAND LET GO TURN IN A CIRCLE AND CATCH IT AND 3<sup>RD</sup> ROUND HOLD THE HULA HOOP WITH ONE FINGER ,LET GO TURN IN A CIRCLE AND CATCH IT.**
- 4. THE CLASS WILL CONTINUE UNTIL THE MAGIC NUMBER IS REACHED WITH THE HULA HOOP ON THE GYM FLOOR NEXT TO THE FIRST GIRL ON LINE.**

