

## Mountaineer Care Day Main Event

1. Egg Relay - Each student carries an egg on a spoon from the starting line to a designated turning point and back, handing it to the next student in line. The first team to have all the students finish wins the race. (The eggs can be hard boiled or can be substituted for pennies or golf balls)
2. Over Sideways, Over Sideways - Students line up and then pass a bean bag (or small ball) over their head and then sideways until it reaches the end of the line. The last student runs (or wheeled) to the front of the line and they continue passing over and sideways until the student who started at the front of the line returns to the front.
3. Shoe Hunt (great for a large group) - Have everyone take off one shoe and put it in a large pile in the center. Then, have them line up in teams a certain distance from the pile. One at a time, have students run to the pile and find their shoe. The game is over when everyone from a team returns to their line.
4. Chicken Egg Drop - (Adaptable) You will need a tennis ball (or beach ball) to be the chicken egg and a box to represent the nest. Place the box at your designated turning point and have the student's line up at the starting line. One at a time, students will put the ball between their knees and race to the "nest" to drop their eggs. Then, they will pick the egg back up and race back to the starting line to pass it off to the next student. If they drop the egg, they must stop, put the ball back between their knees without moving forward and then continue to the nest. The first team to get everyone down to the nest and back wins.
5. Waiter Run - Each team gets a ping pong ball and a large dinner plate. They must carry the dinner plate "waiter-style" down to a designated spot, turn around, and carry the plate back to the next person. If they drop the ball, they must stop and put it back on without taking any steps before continuing on.
6. Penny Relay - One at a time, students carry a penny down on a spoon to a turning point and then race back to tag the next child in line. If they drop the penny, they must stop, pick up their penny and put it back on their spoon before continuing.
7. Pillow Soccer Relay - The first student picks up a pillow stick and uses it to control a soccer ball and strike into a small soccer goal. After scoring the goal, the student picks up the ball and brings it back to the next student in line.