
CREATING Your Own “FAMILY FIELD DAY”



Since we will not be able to have our “Field Day” at school this year, your Challenge Activity for the final week of the school year is for you to CREATE a “Family Field Day” at your house.

This can be a LOT OF FUN and have Great Family Memories!

Plus, you will also have a lot of fun in the planning of this activity!!!

THE ACTIVITIES THAT YOU WILL BE DOING TO CREATE YOUR OWN FAMILY FIELD DAY:

- EXPLORE your available equipment and resources at home to use.
- INVOLVE your parents and siblings in the planning of the “Field Day”.
- DEVELOP your games, activities, and rules.
- SCHEDULE the list of activities and the date and times of events.
- INVITE siblings, parents, grandparents to participate.
- AWARD “fun prizes” for activities.
- And most importantly – HAVE FUN!!!



Steps to follow to Create an AWESOME Family Field Day:

1. Check with your parents first to **GET PERMISSION** to use equipment and other possible items from your home for your activities. Ask your parents where you can have the games and activities.
2. **INVOLVE your parents and siblings in the PLANNING of the “Field Day”.**
Will all activities be held outside? Where outside? What are the boundary lines? How far can you go in your yard?

Are there games and activities that you can have inside your home?

3. **DEVELOP your games, activities, and rules.**

You can find some fun activities to use for your “Family Field day” by doing a search on Google and also on YouTube for **“Minute to Win It”** games and activities.

4. **EXPLORE your available equipment and resources at home to use.**
Most Field days will use Pylon Cones for the markers for events. Since you won't have pylon cones, what else can you use to lay on the ground to mark starting and finish lines or boundaries? Examples” towels, water bottles, etc.
5. ***** INSTALL a “Stop Watch” APP on to your phone or iPad.** This will help if your activities and games need to be based on a time limit.
6. Determine your **SCHEDULE** for your “Family Field Day”.
Day and Date: It can be held all on one day or you can make it for more than one day.

7. **INVITE siblings, parents, grandparents to participate.**
Determine who will be participating. Will all the events be **INDIVIDUAL** competitions or will there be some **“TEAM”** events? What will the “Teams be?
8. **AWARD “fun prizes” for activities.**
What will your awards be for the winners of the games, races, and relays? Be **CREATIVE** and think of **UNIQUE FUN** prizes.
9. **And most importantly – HAVE FUN!!!**
This should be a **FUN** day filled with activities. It doesn't have to be too competitive.

You can CREATE your own Games and Activities.
I have listed some suggestions below.

EXAMPLES of POSSIBLE GAMES and ACTIVITIES FOR YOUR FIELD DAY:

These are some suggestions of possible activities that you can use. But also remember to be **CREATIVE** and create **YOUR OWN** based on what equipment and household items you may have available.

1. RACES or RELAYS.

You won't be able to do a “50 Yard dash, but could you have a shorter race? Or go a course that would have runners run in a straight line for 10 yards then around a “marker”, come back

Examples of Traditional Field day Activities:

- **50 Yard Dash** (You can determine your distance for your backyard)
- **Shuttle Relay** (passing an object like a “baton” to a teammate)

Also, involve the race be with specific **“Movement Skills”** – hopping on one foot, hopping on both feet, skipping, Galloping, running, “Speed Walking”.

2. **Sack Race or 3 legged race** (2 partners with a rope or jump rope tying one of their legs together)

Use “burlap bags if they are available for a traditional “Sack Race. If burlap bags or sacks are not available” try using string, rope, or jump ropes and with a partner tie the inside legs by the knee or ankle of each person together to make it a “3-legged race”.

Determine the distance of the race.

3. **Obstacle Course** – What could you use to create your own “Obstacle Course”?

The Obstacle course can be set up to include

- Jumping over “Hurdles” (be creative to design your “hurdle”,
- Climbing through “Tunnel” (or boxes
- Zig Zag diagonal running (using short Swimming Noodles standing up in ground.

This event will be run similar as “Shuttle Relay” but no “Baton” will be passed, students will slap hands for next runner to start.

Next runner will start when previous runner passes the cone when finished.

On the command “Ready – Go”, students will start running the obstacle course.

4. **Izzy-Dizzy Relay**

(Customize to fit your resources.) (also called “Bat Spin” Relay)

1. Izzy - Dizzy Relay Procedure: (Short Foam “Swimming Noodles” are used in place of bats to prevent possible injuries in case students would fling their bat after spinning when dizzy.
2. Distance of this relay is what you have available.
3. Starting line is placed in this Race only at one end.
4. Even up participant lines and determine if any students need to go twice to even out team numbers.
5. All students will start at one end on the starting line and be lined up in their teams.

6. Use this same line as the Starting Line and Finish Line for “Izzy - Dizzy Relay”.
7. Place Carpet Squares (or plastic grocery bag to mark where to place “batons”) approx. 10 yards away from “Starting Line”.
8. Have 3 small Foam “Swimming Noodles” placed on ground another 10 - 15 yards past Carpet Squares.
9. Have 3 cones set up at one end with the Team lines behind each cone.
10. On the command “Ready – Go”, students will run with their Batons out to the Carpet Squares and place their Baton on their carpet square.
11. Students will then run to the other end and pick up their short swimming noodle.
12. Student will place both hands on top of swimming noodle and then place their forehead on their own hands. (Do not have students place their forehead on top of swimming noodle to prevent swimming noodle to become wet with sweat.)
13. Student spins quickly in circle around swimming noodle 15 times (not 15 seconds). (have helpers count number of spins.
14. After completing 15 spins, student should be dizzy and then runs back toward their baton on the Carpet Squares, picks up their baton and runs back to their team line and passes baton to next student in line.
15. Have students sit down behind their line so that you can determine how many students are left to run in each line.
16. Equipment Needed: • items to mark “Start- Finish Line”, • 3 Batons, • 3 Carpet Squares, • 3 Short Swimming Noodles. Student Helpers Needed: 4-6, one or two at starting line and 3 students counting spins.

5. Tug-O-War if you have a Tug-O-War rope.



6. Water Relay

Customize based on your resources available.

“Water Relay” Procedure:

1. Water is filled into 2 (or 3) large buckets (use 2 or 3 lines depending on number of students in group).
2. A clear container is positioned away from the starting line for each line.
3. A team is lined up near the large bucket. The first person in line starts with a large sponge.
4. On the command “Ready – GO”, the first person in each line places the large sponge into the large bucket to soak the sponge.
5. The student then walks/run (the judge designates the movement skill to be used.) to the container positioned away from the starting line and squeezes the water into the clear container. The student then runs back and hands the sponge to the next person in line.
6. The next student in line repeats the same process of placing their sponge into the large bucket of water and then taking the sponge to the clear container and squeezing the water out.
7. The event continues until either the water level on the clear container reaches a certain line OR until each line has an equal number of turns.
8. FOUR different variations:
 1. Sponge Relay
 2. Bowl Relay
 3. Cup Relay
 4. Instead of one person going from the starting line to the pitcher, have students in each line up between the starting line to the pitcher and the sponge, bowl, or cup is passed OVER THE HEAD in line to the next student in line. The person at the end of the line near the pitcher will then run the the object back to the starting line to get more water as each person moves up in line.

Equipment Needed:

- Event is set up near the water supply
- 3 large buckets for water
- 3 sponges • 3 clear containers

7. Water Balloon Catching Contest

Water Balloon Catching Contest Procedure:

1. All students choose a partner. One partner starts on a South line and the other partner is positioned directly in front of them approx. 5-7 yards away to start competition. The partner starting on a South line remains at that spot during this contest. Only the partner near the North end moves when told to by the Judge to increase the throwing distance.
2. Helpers hand the partner at the Starting line a Water Balloon. After receiving a Water Balloon, whenever the Water Balloon breaks those partners are eliminated from the competition. EVEN if the Water Balloon breaks BEFORE the first throw. Stress this with all students.
3. On the command "Throw", the first student at the South line tosses their Water Balloon to their partner.
** Underhand throws are best, and cushioning their hands on the catch will help in not breaking the Water Balloon.
4. After the Water Balloon is tossed to the partner, the partner tries to catch the Water Balloon. If the Water Balloon breaks then both partners are eliminated.
5. If the partner catches the Water Balloon, the student WAITS before throwing it back.
6. All students that were eliminated leave the throwing area.
7. Now the Judge has the second partner (the student that just caught the Water Balloon) move back 3-4 yards. The student at the South line remains at the SAME position.
8. On the Judge's command "Throw", the second student at the North end tosses their Water Balloon back to their partner on the South line.
9. Throws continue in this procedure until there is one group remaining.
10. Stress once the Water Balloon breaks the students are eliminated. We will not have enough Water Balloons for second chances or balloons that are dropped accidentally.

8. "Jump The Creek"

"Jump The Creek" (Jumping over Long Swimming Noodles)

Procedure:

1. **STRESS SAFETY!!!!** Check the area for holes and ruts. Stress having students be careful how they land on the ground.
2. Have two cones or two lines set up at each end as "starting lines" where students begin their running on their approach to "Jump the Creek".

3. Have Swimming Noodles laying on the ground parallel to each other. This is our "creek".
4. After a running start, students one at a time, attempt to "Jump over the Creek" (swimming noodles).
5. If a student hits either one of the swimming noodles, or steps between the swimming noodles, then they are "out" and eliminated from the rest of the competition.
6. After the entire line has either "jumped the creek" or has been eliminated, the student helpers will then widen the distance between the swimming noodles and the line starts "jumping the creek" again.
7. The contest continues until there is one student remaining.
8. The first distance between swimming noodles should be based on grade level. Have a close distance for lower grades. Allow ALL students to make the first TWO jumps. Then spread the swimming noodles apart wider.
9. The entire contest needs to finish within 6 - 7 minutes.
- 10. STRESS Safety!!** Make sure students are doing this safely and correctly so that they do not land and injure their ankles or feet.
- 11. DO NOT have the FINAL distance between swimming noodles be too far.** This may increase the chances of a student landing on their foot wrong and suffering a foot or ankle injury.
12. If the distance at the end has just a few students, call it a "TIE" for First Place.

Equipment Needed: • 4 Long Swimming Noodles • Either Pylon cones or painted lines to mark "starting lines" to begin running approach before jumping.

10. Music Station - "Dancing With The Stars" Competition

Use the Dance Videos section from the "Compass PE website.

<http://www.spnpe.com/DanceVideos.html>

Every family member can dance and every family member can also be a judge. Judges will rate the dancing on points from 1-10 with a "10" being the highest score and a "1" being the lowest score.

11. Hula Hoop activity - Create your own Hula Hoop activity if you have a Hula hoop

12. Fleece Ball Toss into Hoops Relay

1. Students form 2 – 3 lines based on number of students in group.
2. Instead of bean bags use “fluffy cloth balls” since they will roll better or whatever you have available.
3. Three Hula Hoops are placed in front of each line as targets. A “ball” landing in the closest Hula Hoop is worth 1 point, the middle Hula Hoop is 2 points, and the farthest Hula Hoop is 3 points.
4. A game goes up to 10 total points. Each team keeps their own score by yelling out the TOTAL number of points they have scored whenever a ball lands inside a hula hoop.
5. Each student throws the ball one throw at a time. After throwing the ball, the same student needs to run out and get their ball and then run it back and hand it to the next person in line. Do NOT allow students to throw it back.
6. Play continues until one team has scored 10 total points. When reaching 10 points the team must sit down. The first team scoring 10 points AND sitting down is the winning team.

Equipment Needed: 6-9 Hula Hoops e. 3 fluffy cloth balls or bean bags or you customize an object to use.

Or a creative option would be to roll up socks representing a “ball” for some of the additional toss games listed below.

13. “Egg” and Spoon Race

Use spoons and place the “egg” on a spoon and race against other family members around a distance to the finish line. Use different “movement skills” such as: walking, running, hopping, or skipping.

The basic rule is if the “egg” falls off the spoon or if the person uses their other hand or thumb holding the “egg” down to keep the egg on the spoon, then that person is out.

14. Bocce Game.

Use whatever balls you have available.

If a family knows what “Bocce ball game” is then they can play “Easter Bocce Ball”. This is a very fun OUTSIDE game.

For additional rules on Bocce Ball click on YouTube link:
<https://www.youtube.com/watch?v=2hhN6S-1urM>

Basic Bocce rules are:

1. Divide into two teams.
2. Use two different colors of balls one color for each team.
3. Use a smaller ball called the “marker ball”.
4. To start the game, toss the “marker ball” out anywhere from 10 to 30 feet.
5. Each team takes turns trying to toss their color of ball as close as possible to the “marker ball”.
6. Points are awarded to the team that has their “ball” closest to the “marker ball”.

<https://www.youtube.com/watch?v=2hhN6S-1urM>

Try this FUN game!! It would be similar to “Horseshoes” or “Lawn Darts”.

15. Corn Hole Toss Game

(** use bean bags or rolled up socks for this activity!)

If you do not have a regular “Corn Hole Game”, then create one. You can use a cardboard box turned upside down and cut out a hole.

Scoring = A tossed bag in the hole is three points and a bag landing on the board/box is one point.

16. “Field Day” Tag

This is a regular tag game which is similar to most tag games except you can avoid being tagged momentarily, by yelling out a designated word to keep whoever is “it” from tagging you.

Make sure that you explain the boundary lines for the game. Use different movement skills to move during the game such as: walking, running, hopping, galloping, or skipping.

17. Plastic Easter Egg Clue Hunt

You will need the “plastic Easter Eggs that open in half” for this activity.

An older sibling, parent, or other family member writes out clues and places them inside the “Plastic Easter Eggs”.

Each clue leads the kids on a journey to discover where the “Special Prize” can be found.

The “Special Prize” could be a special treat or whatever you decide.

Don’t have the FIRST clue lead the person DIRECTLY to the “Special Prize”. Instead make it be a “journey and adventure” where you would have to find 5 or 6 clues that will eventually lead you to the FINAL “Special Prize”.

The “Clues” could be something like: “The place where you brush your teeth”, “Look in your favorite shoe”, “The place where you find your Favorite Snack”, etc.

When a person discovers and finds that particular clue it will lead them to the NEXT clue, then the NEXT clue, and the NEXT, and then finally the “Special Prize”.

These activities are just some examples to help you create LIFELONG MEMORIES FOR your FAMILY.

Have FUN with ALL these activities and have a Great FAMILY FIELD DAY!!

Mr. Lipovac