

# **FIELD DAY AT HOME**

Hi!! Field Day is my favorite activity of the year. I have listed some activities that you can create at home. I will show you how I set them up in my backyard during the video. They also are great party games for this age group.

## **Sack Race**

Materials: Enough pillowcases or grocery bags with handles for each participant. A starting and ending line or marker, ie. rope, 2 bottles or pool noodle.

Activity: Participant step into sacks holding the handles or the pillowcase and wait for ready, set, go cue. They race to marker and back. Children are sensitive at this age so everyone is a winner if they try!

## **Balloon Bop**

Materials: Balloons or punch balls with strings attached. Suspend these from trees or other structure at a height where your child can reach it with his bopper.

Balloon bopper: paper plates with paint stirrer glued to it.

Activity: Participant hits balloons with bopper. You can adjust heights. First easy to reach height then jump up and hit height. Seems so simple but they really enjoy this activity.

## **Pirate ship sink game**

Materials: Small pool with small amount of water (please remember to only allow this with parent supervision)

Small plastic bowls (pirate ships) to float in water. Little people toys(pirates) to float in bowls.

Bucket of balls. Tennis or rubber hand balls work well but use whatever small balls you have.

Activity: On the cue ready, set, go! Children stand around pool and begin to throw balls and hit the pirate ships(bowls) to sink them or to knock the pirates (small toys) out. Remember there will be a lot of splashing so it is a good activity on a sunny day. When all the balls are used, have the children return the balls to a bucket outside the pool. They can help float the ships and put the pirates back in. Then repeat!

### **Superhero Rescue**

Materials: Pictures of your child's favorite superhero or cartoon character in a plastic bag. Fasten this on a surface outside at a height that your child can spray it with shaving cream then water.

Shaving cream

Spray bottle with water

Activity: Ask your child if he would like to rescue a superhero or cartoon character. Spray the character with shaving cream and explain that he is being slimed and needs your child to rescue him. Enthusiastically cheer your child on. When he cleans all the slime your child is a superhero too!

### **Water Race**

Materials: 1 bucket (spackle bucket or bowl) filled with water, 2 small plastic cups that can be filled from the bucket, 2 containers to fill to line.

Activity: Place bucket with water with 2 cups at one end. Place 2 containers to be filled about 15 feet away. Only have 2 children race at

a time this will help eliminate crashes. The object of the race is to fill your container first.

On the cue ready, set, go! Each child fills his cup in the large bucket and runs to his container to fill it to the line. Adjust fill line to the child's interest level. Again, we are all winners at this age. Winner#1 and Winner#2. Also this water activity is only to be done with adult supervision to prevent the chance of drowning.

### **Obstacle Course**

Materials: 3 hoops to jump in (belts made into circles are good substitutes for hoops)

Tunnel to crawl through (blanket and chairs can make tunnel)

Basketball hoop (box to throw ball into is fine)

Activity: On the cue: ready, set, go! your child jumps into hoops, crawls through the tunnel then makes a basket then turns around and goes back. Repeat!

### **Monster Throw**

Materials: bucket of balls or sock balls. 3 monster pictures attached to a chair or wall at child's height or 3 empty water bottles to use as targets.

Activity: on the cue: ready, set, go! Your child throws balls at the targets while singing, "Go away all you monsters go away. Go away all you monsters go away! Go away all you monsters. Go away all you monsters, go away all you monsters, go away! Go a-way!!!" This song helps children know how long to keep throwing. Pick up balls before moving to next activity.

