

FIELD DAY ACTIVITIES



-Balancing Act equipment - paper cup and water

or lie down on your back while someone places a paper cup of water (half full) on your forehead. The goal is to sit up without spilling or using your hands.

-Combo Relays – short distances with silly activities

jumping jacks, somersault, hopping on one foot, log roll



-Sack race – using a pillow case jump from start to finish

Do with a partner and one partner jumps to the end, gets out of pillowcase and the other partners gets in and jumps back.

-Dress up relay equipment - a lot of different clothes

On go run to the pile of clothes put those on and run back take them off

-Water balloon toss – toss to a partner or toss to yourself and see how high you can throw and catch the water balloon without it breaking.

-Balloon stomp equipment - balloons yarn or string

Tie a balloon to your ankle try to pop other people's balloon by stomping on them.

-Spoon Race equipment - spoons and eggs

Balance an egg on a spoon and run to the finish line without splattering it. Make it a zig-zag course!



-Hula-hoop marathon – see who can hula hoop the longest.

-Drop and pop relay equipment - balloons and chair

Each person will get a balloon. On go carry your balloon to the chair, drops the balloon on the chair, and then sits on the balloon until it pops. After it pops run back to your team and tag the next person to go.



-Obstacle course – make up your own course and time yourself

-Cup to cup equipment - plastic cups, 2 buckets and water

Stand in a line – 1st person fills cup from bucket and puts it over their head to fill the next person's cup (you can't turn to the side to see the next person) the last person goes over their head and tries to fill the empty bucket.

-Paper plane corn hole equipment - paper airplanes, a bucket or laundry basket

Each person needs to make 3 paper airplanes. You throw your airplane to land in the bucket or laundry basket. See how many you make in 1 minute.

-Wind bowling equipment - balloons, 10 plastic cups and a table

Set cups on the edge of the table single file. Object of the game is to knock off the cups using only the air from the balloon. 1 min. to knock down as many as you can. (you can blow up your balloon as many times as you need).

-Socker-Skee-Ball equipment - 10 sock balls, 1 laundry basket, 1 bucket and 1 tupperware container

Stack the targets into skee-ball formation (laundry basket up and down, bucket inside the laundry basket and then the tupperware container in the bucket). Object is the score points by kicking the sock ball into the skee-ball targets. Scoring is: 1 point – laundry basket, 5 points for the bucket and 10 points for the Tupperware container. You get 10 chances.

-Milk jug relay equipment - milk jugs (half-gallon or gallon) and water

You have 1 minute to see how many times you can go from point A to point B and back. You get 1 point for each length you travel. Fill the milk jug $\frac{1}{4}$, $\frac{1}{2}$ or full. Use one or two milk jugs.

-Bowl Ball equipment - 6 bowls (bigger bowls are easier), sock ball, paper and pencil to tally the score

Set the bowls on the floor in an up side down triangle, 3 – 4 inches apart. Put a piece of paper in each bowl with the number of points on it. (you can decide how many points). Mark a throwing line 6-8 feet away and see how many points you can score in 1 minute. Toss the sock ball, retrieve the ball and if it landed in a bowl tally your score.



-Penguin Race equipment - 1 sock ball or tennis ball and 2 plastic cups

Set up the cups 15-20 feet apart. Place the ball between your knees and waddle back and forth from one cup to the other. When you get to the cup turn it over. If you drop the ball do 5 jumping jacks. One point for each cup you turn over. Set a time or have a race against someone else.



-If the shoe fits equipment - 1 tennis shoe, spacious area and clean feet

Put your foot partially into shoe, flip shoe into the air and see how it lands. Score as follows:

1 point – shoe lands on its side

2 points – shoe land right side up (sole of the shoe on the ground laces up)

3 points – shoe lands perfectly upside down – no sides touching the ground

See how many points you can score in 1 minute.

