

# **Fantastic Field Day Flings**

Michael G. England  
Southwestern Adventist University  
Keene, TX 76059

c. 1990; Northwest Educational Press  
#Txu 436-971

# Table of Contents

Organization of Field Days.....	3-4
Field Day Options.....	5-11
Indoor-Outdoor Events.....	12-14
Fitness and Endurance Events.....	15-19
Field Day Events.....	20-26
Spirit Day.....	27-30
Pentathlon.....	31
Optional Activities for Stations.....	32-34



# Organization of Field Days

This is only a sample outline. It will have to be varied according to the type of field day being used.

## Approximately one to two months before:

1. Designate one person (Usually the physical education teacher) to plan and lead out in the Field Day. Teachers and volunteers will be asked to help with different grade levels, K-2, 3-5, 6-8.
2. Send memo to teachers explaining the field day event, including a tentative time schedule, treats, participation and award distribution. Give choices for day events, types of events and allow for constructive criticism and suggestions.
3. Ask teachers for at least two parent volunteers per room. Receive parent names and telephone numbers.
4. Begin preparing students for fitness field day activities.
5. Send a brief letter to volunteers and/or parents to explain the field day.
6. Post a volunteer list in the faculty room.

Example:

K-2

Name & Telephone #

1. Event
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
2. Event
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

3-5

Name & Telephone #

1. Event
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
2. Event
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

7. Select and reproduce a participation award to be handed out after the field day.

### **Two Weeks Before:**

1. Choose, make and organize equipment to be used for the events.
2. Decide where the equipment will be placed outside and how many stations will exist. Make signs for the stations.
3. Draw a map of the outdoor stations and type an explanation list of each station along with the equipment to be used at each station.
4. Give a set of school participation awards to each teacher and ask them to type or print each student's name.

### **One Week Before:**

1. Make copies of the explanation list of each station for volunteers.
2. Call one volunteer for each station giving them the information necessary for their station. Ask that volunteer to call the other volunteer working that same station.
3. Send a memo to the teachers explaining the field day event, the time of the event, an alternative date in case of rain, treats and rewards.
4. For each classroom send out copies of the map of the outdoor stations and the explanations of each station.
5. Construct a score card for students to keep track of their scores for the day.

### **One or two days before:**

1. Prepare each equipment bag. Include volunteers name, station description, map, equipment and ribbons.
2. Prepare any unusual items such as water balloons.

### **Day of the Event:**

1. Set up the stations with equipment bags. (Volunteers are to clean up their stations and bring in the bags.)
2. Students participate in the format you've chosen.
3. At the end of the field day, the principal distributes the treats in each classroom and the teachers give the participation awards.

# Field Day Options



# Sticker Field

(Primarily for the lower elementary grades)

## **Format:**

Ten activity stations are selected based on their fitness, fun and appealing values. A “Field Day Scorecard” can be designed for the students to wear around their necks. As the students visit the 10 stations, parent volunteers award each student by coloring the circles with markers or by using small, colored label circles.

## **Preparation:**

The “Scorecard” shows the 10 (or more) events and has 3 small circles under each event. (See sample). Scorecards are printed on 8 ½ X 11” card stock and then cut into smaller 8 ½ X 5 ½ sheets. Events are all listed on one side. GREEN is the entry level score. Red is “better” and BLUE is the top level score.

## **Setting Norms:**

For each station you must decide on standards for each of the three colors. Listed below is an example using the shoe kick. Students would loosen a shoe and take one kick for distance.

<b>Norms</b>	<b><u>1<sup>st</sup> Grade</u></b>	<b><u>2<sup>nd</sup> Grade</u></b>	<b><u>3<sup>rd</sup> Grade</u></b>
Blue	31'+	41' +	51' +
Red	16-30'	21-40'	26-50'
Green	1-15'	1-20'	1-25'

## **Time Allotment:**

Allow 3-4 hours for the children to move around the field with a partner or in a small group. The students can go to the various stations and take as many turns as they have energy for.

## **Advantages/Disadvantages:**

One advantage of this type of field day is that it is more skill-oriented, yet non-competitive. It is also very easy to record the student’s attainments and give awards at the same time. The disadvantages are the number of adult supervisors needed and the time required to plan events and divide responsibilities with the adult supervisors.













## **Remember:**

**Do not emphasize competition for the most “blues” but rather a self-challenge for doing their very best.**

**Sample Score Card:**

<p><b>Marble Grab</b></p> <p>○ ○ ○</p>	<p><b>Shuttle Transfer</b></p> <p>○ ○ ○</p>	<p><b>Spoon &amp; Ball Race</b></p> <p>○ ○ ○</p>
<p><b>Tire Pull</b></p> <p>○ ○ ○</p>	<p><b>Field Day 20__</b></p> <p>_____</p> <p>Name</p>	<p><b>Pole Grab</b></p> <p>○ ○ ○</p>
<p><b>Soccer Scramble</b></p> <p>○ ○ ○</p>		<p><b>Obstacle Course</b></p> <p>○ ○ ○</p>
<p><b>Tire Toss</b></p> <p>○ ○ ○</p>	<p>○ ○ ○</p>	<p><b>Frisbee Target Toss</b></p> <p>○ ○ ○</p>
<p>○ ○ ○</p>		<p>○ ○ ○</p>

**Blank Score Card:**

		
	<p>Field Day 20__</p>	
		
	<hr/> <p>Name</p>	
		



# Team vs. Team Field Day

## **Format:**

All students are on a single field day site together. Each team is made up of an equal number of students from each grade level. The field day involves teams competing against each other in various relays and contests.

## **Preparation:**

1. Prior to event, divide the group into 6 - 8 teams (number will depend on size of school). These teams should be evenly distributed with athletic talent.
2. The 6th grade will be their coaches or team captains. Assign 6<sup>th</sup> graders (in pairs) to help coach a team. If possible, use a couple of P.E. periods before the event to let them "peer coach."
3. Each teacher will also have a 6th grader who will be a scorekeeper recording the points of a team. Another 6th grader will be a judge to let you know what place the team finished.
4. Scoring: For 6 teams it can be as follows:

1st place-	6 pts.	4 <sup>th</sup> place-	3 pts.
2nd place-	5 pts.	5 <sup>th</sup> place-	2 pts.

The group with the HIGHEST number of points at the end of the field day will be the winner. Each student will receive a ribbon after the points have been compiled.

**Advantages/Disadvantages:** An advantage of Team vs. Team Field Day is the "camaraderie" building that goes on when teams are formed across grade levels. The 6th (or 5th) graders also benefit from the responsibility of serving as captains and judges for their teams. This field day can also run effectively with little help on the part of parents and teachers. The disadvantages are managing students when they are not directly involved in a relay or game.

# **ELECTIVE FIELD DAY**

## **Format:**

Individual stations are set up in various locations on the field day site. Adult supervisors in the form of teachers, aides and parents, are required to run each station. Students are free to move from station to station, provided they participate in a specified number of activities during the day.

## **Preparation:**

1. See "Organization of Field Day" for basic set up prior to event.
2. Select 10 colors of construction paper and cut each color in 3" X 1" strips or smaller to represent ribbons. Be sure to cut enough for each student participating. These strips are then stapled onto the bottom of the medallion as the student visits the stations, provided they do the event at the station to the best of their abilities.
3. OPTIONAL: You may write the event on the ribbon before photocopying.
4. Design a 4" diameter medallion (using 80# or 100# paper) with your school logo, name and year and send to the print shop.
5. Have a participation award to distribute to each student.
6. Prepare each equipment bag as usual and include the 10 color strips (ribbons), stapler and extra staples.
7. Collect staplers from teachers who have their staplers labeled.

## **Advantages/Disadvantages:**

An immediate benefit of the Elective Field Day is that the students are encouraged to choose the activities they enjoy. The disadvantages are the number of supervisors needed and the time required to plan events and divide responsibilities with adult supervisors.

# **MINI OLYMPICS**

(Grades 4-6)

## Opening Ceremony:

1. Select a respected athlete from each grade and have him/her carry a torch, passing it to each other in a course around the school, and ultimately, to a spot where it will be displayed throughout the games.
2. Parade of athletes representing the various countries participating. Each one will carry a flag made in the classroom (excellent Social Studies project).
3. Release of doves (usually represented by balloons).
4. The principal, superintendent or invited dignitary declares the games open.

## Local Organizing Committee:

Two weeks before the event is to take place, have each teacher select 2 responsible students from the room. These students, along with the P.E. teacher, will make up the Local Organizing Committee. Rules and regulations as to how many events may be entered, the training involved and points awarded must all be decided by this committee. Students who cannot participate are encouraged to participate as officials, judges, timekeepers, scorekeepers, etc.

## Closing Ceremony:

1. Awards Ceremony.
2. The torch is run out of the area by students. Games declared over. Invitation to next games.

# **Indoor- Outdoor Events**



# LOLLYPOP LOLLY CARNIVAL

## **Format:**

Use Elective Field Day format with the exception that indoor stations will be used. As the students travel to the various stations they spend tickets to participate in the events and will receive more tickets if they do the event at the station successfully. Suckers and lollipops will be used for rewards instead of ribbons or certificates. They may trade in their tickets for the purchase of suckers, and other items, at the "Carnival Store." (Another treat or incentive may be considered other than candy.)

## **Preparation:**

1. Follow the guide for organization of field days.
2. Use 6th graders to man the stations.
3. Have teachers contact several parents in their room to donate suckers or if you have the money in your budget, buy them.
4. Purchase a roll of tickets. You will also need a container at each station for the tickets.
5. Give 10 tickets to each student before arriving at the carnival (teachers hand out in classroom). The student will receive no more tickets unless they "earn" them by doing the various events successfully.
6. Example of an event: ROPE CLIMB - Student pays 1 ticket to climb the rope. If they make it to the top successfully, they receive 2 tickets back. If they go to the top without using their feet, they receive 4 tickets. They can then go to the "Carnival Store" and purchase an average sucker for 5 tickets (Blow Pops go for 7 tickets).

## **Special Instructions:**

1. Even though students can participate at the station as many times as they wish, it is imperative that you limit the number of trips at some stations (otherwise you will run out of suckers!). The rope climb is an example. Some students could do this 10 times and amass a bundle of tickets. Use mostly events that require fine motor coordination.
2. A sample schedule for the school is as follows:  
Day 1 - Grades K - 1 - 10:00 – 11:30  
Grades 2 - 3 - 1 :00 - 2:30  
Day 2 - Grades 4 - 5 - 10:00 - 11:30  
12:30- 2:45 - Clean up and put away equipment. After clean up, plan a special event for the 6<sup>th</sup> grade students who helped run the stations.
3. Close the event 20 minutes early so the students can cash in their tickets for the "goodies."
4. Have teachers take turns running the "Carnival Store."
5. Encourage students that have amassed a bundle of tickets to share them with others who haven't been as successful.

# JELLYBEAN CARNIVAL

**Format:**

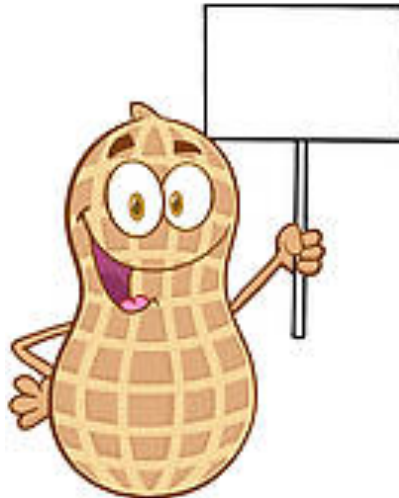
Same as Lollypop Lolly except stations can be either outdoors or indoors. After successfully completing the event at the station, the student receives jellybeans. The jellybeans can be distributed based on set levels of performance (like the Sticker Field Day norms).

# PEANUT CARNIVAL

**Format:**

Same as Lollypop Lolly except the stations can be either outdoors or indoors.

1. Give students a bag of peanuts (25 +). They may spend these at the various stations or eat them!
2. If the student has exhausted their supply of peanuts they may return to a "Fitness Station" and do various fitness exercises to receive additional peanuts.
3. At the end, distribute peanuts all over the field and have the students hunt for them!



# **Fitness**

# **And**

# **Endurance**

# **Events**



# FEARSOME FOURSOME FEATURE FROLIC

(Grades 4 -6)

## **Format:**

Students are in groups of four doing various activities and scoring points as a group. All can participate.

## **Preparation:**

1. Let the students divide themselves into groups of four. Groups must consist of 2 boys and 2 girls.
2. A list of the groups must be ready at each station along with scoring sheets. Teachers and/or volunteers can score the events at the stations.

## **Examples of Sample Events:**

1. 400 METER HURDLES - Each of the four in the group runs 100 meters and hands off the baton. Record the total time.
2. FRISBEE THROW THROUGH GOALPOSTS - Each of the four students gets 3 throws. Record the total number of throws made by each team.
3. STANDING LONG JUMP - First, measure the student's height on the wall (pre-measured using masking tape). Second, have the student jump. Score total number of inches the student jumps beyond their own height. If the student doesn't jump their height, subtract the inches from the team total.

Example # 1: Student is 4' - 3 "  
Jumps 4'-7"     Add - 4 inches

Example # 2: Student is 4' - 0"  
Jumps 3' - 1 0"     Subtract - 2 inches

4. BASKETBALL SHOOT - Each student shoots 5 shots (distance based on age level). Record total number of free throws made by the team.
5. HOCKEY PUCK SHOOT - Each student stands 30 • from the hockey goal and tries scoring a goal (3 tries). Record total number of shots made by the team.

## **Special Instructions:**

1. Assign the groups to a teacher volunteer prior to starting.
2. At a designated signal, groups move to next station



# RAMBO RENDEVOUS

(Grades 4-6)

## **Format:**

Students pair up and are taped together at the palms. They then move through a designated circuit doing various events.

1. Students can pair up as follows: boy/boy; girl/girl; or boy/girl. These are the three categories for awards in each grade. Using athletic or masking tape connect the hands back to back and tape around the palms. Taping at the wrist could be dangerous if they fall. A right hand/left hand person combination is the best.
2. Number the stations they must go through and have little pieces of paper (1" x 1" coupons) ready that the volunteer/teacher hands to the student after completing the required task at the station. The pairs must present the coupons from each station, signifying they completed the task, or they are disqualified.
3. Divide the pairs into heats. Heats should be approximately 10 minutes apart and should not include more than 10 pairs.

## **Sample Course:**

1. Run one lap around the track.
2. Climb over some playground equipment.
3. Shoot a basket (stay until basket is made).
4. Dribble a soccer ball around pylons.
5. Throw a frisbee into a hula hoop 15' away.
6. Run through car tires.
7. Complete another lap around the track.

# BIATHLON

(grades 4 - 6)

## **Format:**

This consists of a run - bike - run format. Almost everyone can participate because those who don't run well can bike.

## **Preparation:**

1. Have the students sign up as follows:

Three Team Category: One runs, one bikes, one runs

Two Team Category: One runs, one bikes, first person runs again

Ironman Category: One person does all three events

2. Secure permission from the local police if you are using city streets that pose a traffic problem.
3. Get many volunteers. You can never have enough. Design and measure the course, drawing a map for the volunteers and students. Station 2 volunteers at each turn in the course. It is a good idea to take the students over the course during a prior P.E. class.
4. Teach kids proper bicycle etiquette and that safety is of utmost importance.
5. Brief volunteers of any problem areas, if any, along the course.
6. Set up pylons and signs to let community know you are sponsoring this event so they can take precautions as they travel in the area.
7. Some local running shops may have extra numbers (from races they have sponsored) for the students to wear, which makes it look "official." They also may donate Gatorade or other drink mixes.
8. Contact the local newspaper and tell them of the event.
9. Encourage/require the students to wear helmets.

## **DAY OF THE RACE:**

1. Before the race begins, invite a local bicycle shop mechanic to come and inspect the bikes for safety and service.  
(This is good PR for their shop). The local bicycle shop may also donate prizes.
2. Have a mass start of runners.
3. Be sure to have a designated area where bicycles are to remain until tagged by runner. The reason being that it makes for a traffic free area and better transition between the events.
4. Start a couple of stop watches to ensure correct time.
5. Record finisher's time on the prepared sheet of all entrants.

**Sample courses:** ½ mile run; 4 mile bicycle; ½ mile run OR  
1 mile run; 5-6 mile bicycle; 1 mile run

# BICYCLE DUAL-ATHON

**Format:**

Two students race together. One rides the bicycle, the other runs along side of his partner. When one tires of running, he or she mounts the bicycle while the other runs. They continue in this manner until the distance is completed. Preparation: Follow same plan as biathlon.

# BMX RACES

**Format:** Students bring their BMX bicycles to race. Since these bicycles are designed to race on grass or dirt, this event can be held on campus. Create a course on campus that includes jumps and obstacles to ride around such as pylons or trees. Encourage students to wear helmets.

**Special Considerations:**

Students in grades 5-6 would do more laps around the course than grades 1-2. This is a great event to end a field day.



# Field

# Day

# Events



## **WILD, WILD WEST ROUND UP**

Have students get into this theme of "Western Days" by dressing the part on the field day.

Many different formats can be used for this field day. \* TEAM VS. TEAM format can be used where the students are divided into groups of 12-15 players and rotate through the activity stations where they either earn points or are involved in a relay-type game.

ELECTIVE FIELD DAY format can also be used where the students go from station to station in small groups and participate for the fun of it with no points or rewards given.

A STICKER FIELD DAY card can be designed with the Wild, Wild West Round Up events listed. Norms would have to be established for each event.

\* See beginning of book for organization of various field day formats.



# **WILD, WILD WE'T ROUND UP ACTIVITIES**

## **1. BALLOON BATTLE ROYALE**

Equipment: Inflated balloons with a 3 foot piece of string tied to it, newspaper rolled into a club (masking tape on outside), cones for boundaries.

Object: Burst each other's balloons with newspaper swatters.

HOW TO PLAY: Six to eight players tie a balloon to their ankle and are given a newspaper swatter. At a signal, players try to pop opponent's balloon by swatting with the rolled up newspaper. Establish a square or rectangular area that players must stay within.

## **2. BOOT KICKIN'**

Equipment: Measuring tape.

Object: To see how far one can kick their shoe off their foot.

HOW TO PLAY: Students start on a line with their shoe unlaced and dangling from their toes. At a signal, they kick their shoe as far as they can. Toward the end of the field day have the top "boot kickers" participate in a "kick off."

## **3. BUCKIN' BRONCO**

Equipment: Cones for boundary markers, four car tire inner tubes.

Object: To buck or hit as many other Broncos as possible in 45 sec.

HOW TO PLAY: Set up cones in a square or rectangular area for boundaries. Players have inner tubes around their waist. At a signal, the Broncos play "bumper cars" with each other for 45 seconds.

## **4. GOLD RUSH**

Equipment: A bucket of small rocks, gold spray paint, cones to mark boundaries, bathroom scale, stopwatch.

Object: To find as much "gold" as possible in the "gold field."

HOW TO PLAY: Several days before the field day, collect a large bucket of small rocks, spread them out on newspaper and spray paint them gold. Take the bucket of "gold" and scatter the rocks in a large, designated playing area. Students get together in teams of 4-6. The team lines up behind a designated starting line, then on the signal, run to the gold field, gather up no more than four pieces of gold, and run back to the starting line where the gold is deposited into an empty bucket. The students can run

back into the gold field to get more gold. Time the team for 1 1/2 – 2 minutes. After time has expired, weigh the gold collected on the scale. Volunteers will then have to scatter the rocks in the field for the next group.

## 5. WATER FIGHT AT THE OK CORRAL

Equipment: Four squirt guns, cones for boundaries.

Object: Four students with squirt guns try to get each other as wet as possible.

HOW TO PLAY: Set up cones to form a square area of play and to designate boundaries. Four players are standing in each corner. Each are given a squirt gun. At a signal, they come out of their corner and begin shooting one another. Game is over when all water is gone from the guns.

## 6. HANGMAN'S LIFE SAVER

Equipment: String, lifesavers.

Object: To draw lifesaver (on end of string) to mouth without using hands.

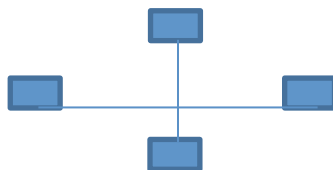
HOW TO PLAY: Prior to field day, cut pieces of string 2 ft. long and tie to a lifesaver. Make enough for all participating. When students come to the station have several participate at once. Give each a piece of string with the lifesaver. The children place the end of the string between their teeth leaving the candy dangling at the other end. At a signal, they put their hands behind their backs and try to draw the string up into their mouths.

## 7. LASSO LARIAT

Equipment: Four milk crates and two ropes (at least 15 feet long).

Object: To make your opponent lose his/her balance and fall off their crate.

HOW TO PLAY: Set crates 8 feet apart in the following format:



The two opponents squat down on the upside down milk crates as each holds onto one end of the rope (as 10 tug-o-war fashion). The other two opponents do likewise as shown in the above format. The excess rope lies coiled between them --but not for long. At the starting signal, the players begin reeling in. The object is to unbalance your

opponent by tightening or slackening the rope. The players cannot let go of the rope or stand up.

## **8. MARBLE COUNT WATER HOLE REST STATION**

Equipment: One gold fish bowl filled with marbles, cold water and cups, pencils and paper.

Object: To refresh and quench. Students also get to guess number of marbles in fish bowl.

HOW TO PLAY: After the students get their bodies recharged with fluid they can guess the number of marbles in the gold fish bowl. They write their name, grade and their guess on the paper. At the end of the day, the students who are closest to the correct number receive a prize.

## **9. PANNING FOR GOLD**

Equipment: Small wading pool, a couple hundred pennies, four small buckets, sand.

Object: To collect as many pennies out of the water in 30-45 seconds.

HOW TO PLAY: Fill wading pool with water and several large buckets of sand. Mix a couple hundred pennies into the sand and water. Four players can race at once. Each player has a small pail to collect the pennies they have collected. At a starting signal, the four players start "panning" to see how many pennies they can collect into their pails in 30-45 seconds.

## **10. WESTWARD HO**

Equipment: Several 26-27" old bicycle tires, stopwatch.

Object: Two people are inside one tire (which is around their waists) running in a 100 yard dash race.

HOW TO PLAY: Two players get inside one bicycle tire and hold around their waist. Several teams of two can race at one time. At the signal, players race 100 yards. Towards the end of the field day have a championship race between the top running teams.



# MINI DECATHLON FIELD DAY

Similar to Sticker Field Day format in that the students carry an event card around their necks. The exception is that the event distance, time or score is written on the card instead of a sticker placed on the card.

Students visit the stations in any order they wish but may not participate more than once at any given station. The finished cards with scores written on make an excellent item for the students to take home.

A disadvantage with these types of events is that it can be difficult placing all the stations in a general area.

## 1. STANDING LONG JUMP

Students stand behind a line and jump forward as far as they can. Measurement is where the back foot lands and from the back of the heel. A measuring tape is needed or a marked mat, if one is available.

## 2. DISCUS

Students throw a mini frisbee (4") from a given line. Distance is measured from the line thrown to the place where the disc first lands.

## 3. 100 YARD HURDLES

Set up 12 hurdles (6 side by side) over the distance of a football field approximately 15 yards apart. Run two at a time. **If** you don't have hurdles, they are easy to make.

## 4. SIT· UPS

Students are timed for one minute. They must do this in pairs – one holds the legs, then switch after one minute. Legs must be bent and arms crossed at chest with hands grabbing opposite shoulder.

## 8. 800 METER/YARD RELAY

Students get into teams of four. Each one runs a half of lap then hands off the baton to the next runner on their team. Several teams can run at once. A stopwatch will be needed.

## 9. PULL UPS

Students go to pull up bar station. They can use either palms-away grip or palms-toward grip.

## 10. VERTICAL JUMP

Use goal post which is pre-marked using masking tape. Students are first measured with an arm extended upward overhead. They jump vertically off both feet and where they touch is visually marked. Subtract the original reach from where they jumped and you will have their vertical jump

<p>Standing Long Jump</p> <hr/>	<p>Discus</p> <hr/>	<p>100 Yard Hurdles</p> <hr/>
<p>Sit ups</p> <hr/>	<p style="text-align: center;"> <b>Mini Decathlon Field Day</b> </p> <hr/> <p style="text-align: center;">Name</p> <hr/> <p style="text-align: center;">Grade</p>	<p>Push ups</p> <hr/>
<p>Shuttle Run</p> <hr/>		<p>Shot Put</p> <hr/>
<p>800 Meter/Yard Relay</p> <hr/>		<p>Pull Ups</p> <hr/>
<p>Vertical Jump</p> <hr/>		

# SPIRIT DAY

This event theme is self-explanatory--school spirit. This event is usually held at the beginning of the school year to get students united in a common purpose and to start the year off with a bang! If your school is fairly large (several rooms per grade) you would want to have room vs. room competition. Another alternative, especially for smaller schools, would be to follow the TEAM VS. TEAM format for field days (explained in the front of the book).

A big advantage of this is that you have, for the most part, whole rooms participating at once. This leaves the other classes to cheer and get their team strategy ready for when it comes their turn. Discipline problems are usually at a minimum.



# Spirit Day Events

## 1. HOLEY MOLEY

Equipment needed: 2 plastic 30 gallon garbage cans, water source.

Preparation: Drill at least 60 holes about 1/4" in diameter around the perimeter of the cans.

How to play: Two teams race to see which one can fill up the garbage cans first. The problem is that the cans leak. Team members not carrying water must surround the containers and plug the holes with their fingers. This is a real favorite!

## 2. HOOP PASS

Equipment needed: At least 6 hoops.

How to play: A line is formed holding hands. The hoops (at least 6) are placed at the head of the line. The first person picks up a hoop and puts it over his/her head and steps through it, passing the hoop with his "body" to the next person. Hands must be held at all times as the hoops are moved down the line.

\*\* Large bicycle tires can also be used instead of hoops because you don't have to worry about the bicycle tires being stretched and kinked.

## 3. MAT PASS

Equipment needed: Tumbling mat or large cage balls

How to play: All team members lay on their backs in a "dead cockroach" position, in a straight line. A folded tumbling mat is started at the head of the line and passed down the line using only the hands and feet. Large cage balls (36") can also be used.

## 4. PARACHUTE RACE

Equipment Needed: At least two parachutes.

How to play: The whole team (class) lines up behind a starting line. On "GO," everyone races to a parachute 20 - 30 yards away and scrambles underneath the chute. No body parts can be sticking out, not even a toenail. This is timed with a stopwatch.

Variation:

Have the teams do different parachute activities that they have learned in P.E. class.

## 5. PYRAMIDS

Equipment needed: Tumbling mats, stopwatch

How to play: Pyramids are timed to see how quickly a 10 person pyramid can be built. Once built, they must be held for a 3 second count before the watch is stopped. The team races from a starting line 10 yards away to a tumbling mat. For the younger students you may want to use 6 person teams.

X  
XX  
XXX  
XXXX

## 6. SHOE SCRAMBLE

Equipment Needed: Shoes

How to Play: Each team member places both shoes in a designated area on the field and returns to the starting line. The instructor then mixes up the shoes (for added excitement, tie laces of different shoes together).

## 7. SHUTTLE RELAY RACE

Equipment needed: Baton

How to play: Each team "shuttles" a baton back and forth between them. Race is over when each person has run once (the groups will just change places).

## 8. TIRE TUG

Equipment needed: 25-35 car tires

How to play: Teams gather at each end of an open area. 25-35 car tires are spread and piled in the middle of the playing area. At a starting signal, team members rush out and start carrying tires back to their home base. If everyone rushes out and the opponent's area is left unguarded, tires may be taken. Play for "X" amount of time and then count number of tires collected by each team.

Variations of tire tug:

1. No stealing tires once collected.
2. Adding more teams and tires.
3. Play until "X" amount of tires are collected by a team.

## **9. TUG-O- WAR**

Equipment needed: a long rope (75 - 100 feet)

How to play: A single elimination bracket is drawn up. A large rope is used. Classes tug against each other. First round losers tug for 3<sup>rd</sup> and 4th places.

Option: Place a sprinkler in the middle.

## **10. WATER RELAY**

Equipment Needed: A paper cup for participants, at least 4 milk carton jugs, at least 4 pails filled with water.

How to play: Each team member stands in a straight line, side by side, with a paper cup in their hands. At the head of the line is a bucket filled with water. At "GO," the first team member dips into the bucket and then pours his cup into the person's cup standing next to them, and so on down the line. The end person then pours what he gets in his cup into a gallon milk container. This goes on for at least 3 minutes. Whoever has collected the most water in their gallon container is the winner.

Things to consider:

1. Have the teams save their cups so they can be used for the upcoming groups.
2. Give the teams no more than a minute to practice the relay before starting.

## **11. 100 YARD DASH**

Equipment needed: stopwatch

How to play: The whole team or class runs in a group for 100 yards. When everyone crosses the finish line, the time is stopped. The team with the fastest time wins.

•• Thanks to Ron Cronk of Loma Linda Adventist Academy for many of the Spirit Day ideas.

# Pentathlon

(Grades 4-6)

## Event

## Scoring

**LONG JUMP**

25 points per foot  
2 points for each extra inch  
1 point for each 1/2 inch

**DISCUS**

4 points per foot  
1 point for every 3 inches

**100 METER HURDLES**

Start with 500 points  
Take 10 points off for every second  
Take 1 point off for every 1/2 second

**SHOT PUT**

12 points per foot  
1 point for every extra inch

**800 METER RUN**

Start with 500 points  
Take off 60 points for every minute run  
Take off 1 point for every second

# Optional Activities for Stations





## **1. AMOEBA RACE**

Equipment needed: None

How to Play: You'll need a lot of protoplasm, a cell wall and a nucleus. Six to eight people face outwards and hook elbows. Someone with good eyesight and the ability to keep on top of things should be the nucleus, seated on some shoulders of the protoplasm. Students race from one line to another with all the groups.

## **2. ARCH BOWLING**

Equipment needed: Metal wickets, croquet or baseballs

How to Play: Set up metal wickets (similar to ones used in croquet) 20-25 feet away from the starting line. Contestants roll croquet balls (or baseballs) through the hoops. Several hoops can be set up behind one another for a greater level of difficulty.

## **3. BALLOON BLOWING CONTEST**

Equipment Needed: Balloons

How to Play: At word "blow," all contestants blow up their balloons. The one who bursts his first wins.

## **4. BANG THE BEAR**

Equipment needed: Wooden peg or volleyball standard, two ropes at least 11 feet long, blindfolds, rattlers.

A wooden peg is driven into the ground or a volleyball standard is used in the gym. Two 11 foot long ropes are hooked to the pole.

How to Play: Players are placed on opposite sides of the peg and blindfolded. Each player holds a handloop in the left hand. The ropes must be taut at all times. The "Hunter" is given a soda can (filled with beans--or anything that rattles). When the "Bear" says, "Chase," the Bear must shake his rattle 3 or 4 times and from then on at regular intervals. The game is over when the Hunter tags the Bear.

## **5. EGG TOSS**

Equipment needed: eggs

How to Play: Students pair up and at a given signal toss the egg to each other. They keep moving back on a cue until everyone is eliminated by their egg breaking.

## **6. FRISBEE T-R-C**

Equipment needed: Frisbees

How to Play: Commonly known as the frisbee throw-run-catch. Student stands behind a given line and tosses the frisbee, then runs out and tries catching it. Distance is measured from throwing line to point where it was caught.

## **7. SCRAMBLES**

Equipment needed: Sandbox, pennies

How to Play: Bury 25 pennies in a sandbox and turn the kids loose to dig for them.

## **8. SQUIRT DOWN**

Equipment needed: Ping pong balls, golf tees, water guns

How to Play: Set several ping pong balls on golf tees. Have contestants lie on their stomachs six to ten feet away (depending on the pressure of the guns) and try to knock the ping pong balls off the tees with only a squirt gun.

## **9. TEAM SKI**

Equipment needed: Old water skis or design your own using boards 1" X 6" X 5'.

How to Play: Have several footholds so that at least three people can be on the skis at the same time racing.

## **10. TETHER BALL HOOP TOSS**

Equipment needed: Hula hoops, tether ball poles

How to Play: Same as a ring toss except players try tossing hula hoops over the tether ball poles.

## **11. TWEEZLI- WHOP**

Equipment needed: Balance beam, crash pad(s), two burlap sacks filled with hay or straw.

How to Play: Fill burlap sacks with hay or straw. You and your partner straddle the rail face-to-face and have a go at "whopping" each other with the sacks until one (and frequently both) fall off.

Variation: Try it with one hand behind the back.

## **12. WATER BALLOON SHOOT**

Equipment needed: Old leather football, surgical tubing

How to Play: Cut open an old leather football. This will be used as the pocket to hold the water balloons. Attach five feet of surgical tubing to each end of the football. Attach the other ends of the surgical tubing to stakes in the ground. You now have a giant slingshot capable of shooting water balloons.