

# FIELD DAY 2016

8:45

FIELD DAY PLEDGE

9:00

MINI MARATHON

9:30-12:15

STATIONS

1:30-2:15

TUG OF WAR

**FIELD DAY  
PLEDGE  
I PLEDGE TO:**

**TRY MY HARDEST  
DO MY BEST  
PLAY FAIR  
PLAY SAFE  
PLAY KIND  
AND  
HAVE FUN**

1.

## **Volleyball(Gym)**

2.

## **Adventure Activities(Gym)**

Rope Swing

High Jump

Hurdles

Long Jump

Take turns exploring all the adventure activities we have.

3.

## **Parachute Games**

### **Shipwreck**

4 balls(red, yellow, green, blue). Whichever color you are holding is the color ball you want to keep safe. Shake the parachute until all but 1 ball is left. Whatever color it is, that team, WINS!!!

### **Mountain**

1,2,3 up! When the parachute is at its peak, bring it down and kneel on it. If done correctly, there should be a "Mountain" in front of you. Teacher calls out a color to have them "climb" the mountain. Repeat until every color has been called.

### **Cat and Mouse**

Teacher chooses a Cat(on top of parachute), and 3 mice(under). Everyone shakes trying to "hide " mice. Cat must crawl on hands and knees to catch(tag) the mice. When tagged, the mice come out. Play multiple times.

### **Snake in the hole**

Place a "Snake"(jump rope) on top of the parachute, how long does it take to shake the parachute so the snake goes down the hole? Play multiple times.

### **Moon Shot**

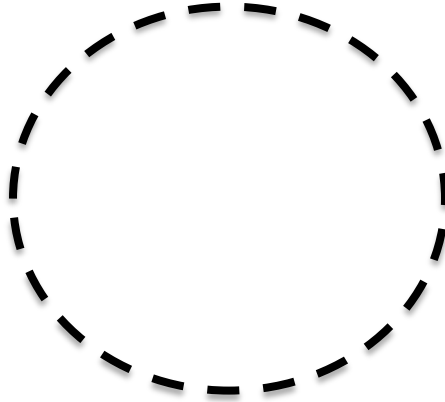
Try to "launch" the ball into the atmosphere

### **Moon Rock**

1 person is on the moon trying to catch the moon rock. The class must shake the parachute to make it difficult to catch the rock(ball) that has been thrown on to the parachute by another student. Choose new students as time allows

4.

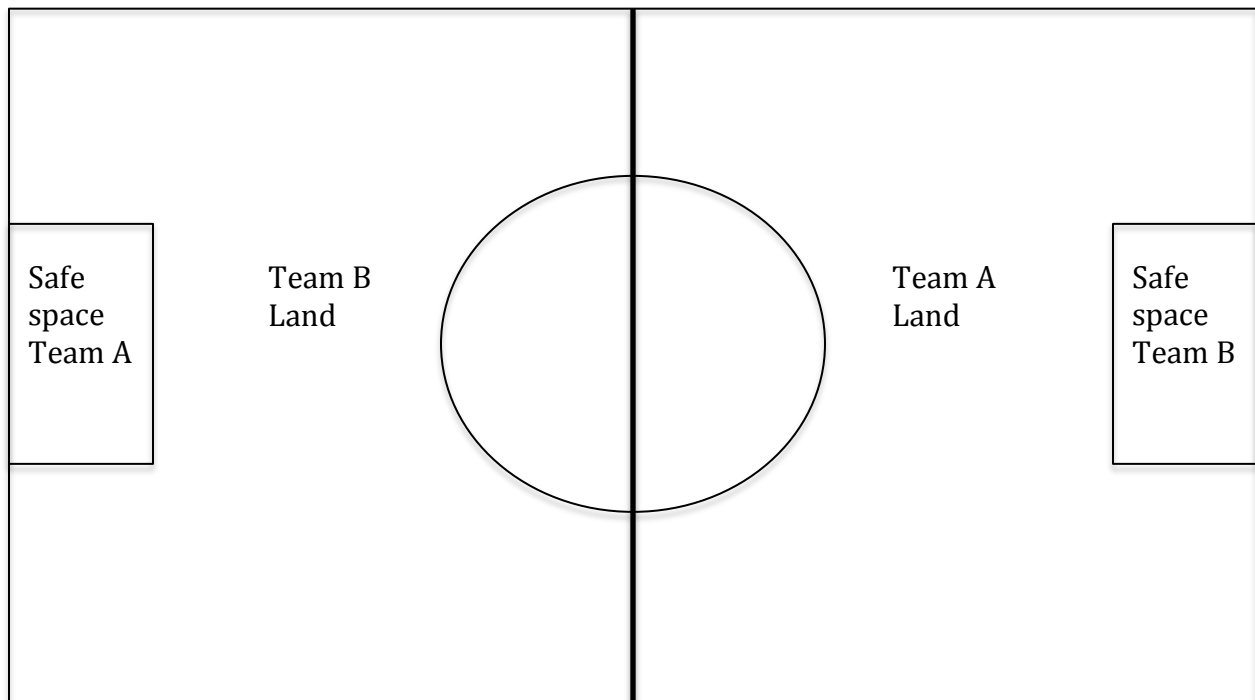
### Drip, Drip, Drench



Similar to “Duck, Duck, Goose”. However you use a spray bottle to “Drip” water on them or “Drench” them. Drip is the same as “Duck”, Drench is the same as “Goose”. When “Drenched”, chase them until you tag them or they get back to your spot on the circle. If you tag them, you are the new “Drencher”, if not- choose someone else to be the new “Drencher”.

5.

### Space Invaders



Part 1... Each team will try to cross the midline to invade the “Space” on the other teams land. When tagged on opponents land, player must go back to their own land before attempting again.

Part 2... Same rules as part 1, however, now a ball is included. Players can either run to a safe space or catch the ball for a free walk to safe space. Each team will try to invade the other teams “space”. In that space, there will be a ball. That team can now use that ball to throw to a teammate who is on their own land. If the ball is caught, that player gets a free walk to the safety space. If not, they will throw the ball back to the safety space and hope someone can throw it back so they can get a free walk.

6.

### **Tag Games**

#### **German Dodgeball**

Using 1(maybe 2) balls, you have 3 seconds to throw the ball. If hit by the ball, sit until the person who hit you gets hit themself.

#### **Sharks and Minnows**

2 Taggers. Everyone else is on an end line. When the taggers yell "Swim Fishies Swim", everyone runs to the other end line. Once safe, they wait to do it again. When tagged, they become "Poison Seaweed". Poison Seaweed now helps the taggers but are stuck in the spot they were tagged in. Game over when 1 last minnow is running. Repeat as needed/wanted

#### **Everybody's It**

When tagged have them perform a physical challenge(jumping jacks, sit ups, push ups, etc) or play elimination style.

#### **Pop Up Tag**

Combination of everybody's it and German Dodgeball.

No ball involved. When tagged, you sit until the person who tagged you has been tagged. Then you "pop up" back into the action.

7.

### **Relay Races**

Place the class into 4 teams. Using various equipment(or none at all), have them compete for the ultimate prize... PRIDE!!! Relays include- speed relay, crawling relay, skipping, hopping, wheel barrel, soccer, etc.

8.

### **Soccer or Handball**

Divide the class in half for a fun game of soccer or handball. If playing handball, remind them they must get rid of the ball in 3 seconds... Also, remind them they cannot go in the goalies crease.

9.

### **Water Break/ Play Structure**

10.

### **Dunk Tank(Outside Music room door)**

Throw the ball, hit the target and dunk your favorite teachers, and parents...

11.

### **Face Painting(Art Room)**

Choose a painting to wear as a personal work of art...  
(please, time is limited, **only 1 painting per person**)

