



Field Day

Overview

Wrap up your year with a health. moves. minds. Field Day! Here are some activities, tips and tricks to holding a Mind & Body-themed field day at your school.

Tips

- **Choose what works for your school:** Choose the levels of competition. Classes can be all on the same team, always working together toward a common goal, or you can split up and make teams if you choose the competitive side.
- Print out these [mini posters](#) about Good Listening, Respect, and Teamwork, and post around the gym and field.
- Equipment mentioned in the activities below are just suggestions. Free feel to get creative and use similar items that you have at your school.
- Divide teams up equitably. Check out our [Ideas of Equitable Grouping Sheet](#) for guidance.
- Set up stations with a volunteer or teacher at each station and a printout of each activity in a laminated folder.
- Remind students at the start and end of the event to use supportive language during activities. Always be a good sport!
- Set up a healthy treat station in the cafeteria and make sure to have water stations outside on the field.

Acknowledgements

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Field Day Schedule

Team Name: _____

Grade/Class: _____

Scheduled Time	Field Day Event	Team Points/ Event
	Opening event: health. moves. minds. Hula Hoop Showdown	
	Station: Meet Me in the Middle	
	Station: It's so nice to greet you!	
	Station: Bucket Fillers	
	Station: Hungry Caterpillar Relay	
	Station: Gratitude Towers	
	Individual Student Challenges <i>(Individual student activities between lunch & recess waves)</i>	
	Station: Kind Obstacle Course	
	Station: Mindful & Respectful Listening Relay	
	Team Event: Our Team is So Flipping Awesome!	
		Total Points:



Activity: Bucket Fillers

- Equipment:

- One large tub of water
- Two-four small plastic water bottles (or plastic cups with small holes in the bottom)
- One, 2-5 gallon bucket per team
- Two-three small plastic cones per team

- **Set-Up:** Place the large tub of water in the center of the playing area. Place the team buckets or tubs equal-distance from the center bucket. Place the cones in a row behind the team bucket, and place a cup or water bottle next to each cone.
- **To Play:** Teams will form lines behind their cones. Upon the signal to go, the players at the front of each line will pick up their water bottle or cup and run to the tub of water and fill it. Cups will be held on top of players' heads to minimize the water leaking out. Water bottles will be turned upside down and held on top of players' heads. Some water will spill and/or leak out as players run back to their team, but they will try to bring back as much as they can while enjoying some cooling fun with the water. Players will return to the bucket, and before dumping the water into the bucket, they will say something nice to the person at the front of their line. Then they will pour their water into the bucket and hand the person at the front of their line a cup before going to the end OF A DIFFERENT LINE – this will hopefully facilitate players complimenting and saying kind things to different teammates. Having multiple lines also facilitates more turns by all players. Ideally there should be four-six players in each line.
- **Scoring:** Whichever team has the most water in their bucket when the game ends earns 100 points. The second-most water in the bucket earns 50 points, and the third earns 30 points.

Don't forget the all-important bonus points: Recognize good behavior and good sportsmanship when you see it (this is the real reason that we keep score). If a class is listening quietly, encouraging each other, keeping their hands to themselves, etc., reward them for their behavior by giving them 10 points. If a class is showing undesirable behavior, give 10 points to the other class(es) for not displaying that behavior.

Activity: Gratitude Towers

- Equipment:

- o One set of 100+ plastic cups per team (cups can be reused or messages added as new groups rotate into this game. There is plenty of room on each cup).
- o Five or more markers per team.
- o One clipboard/whiteboard or other flat surface per team (if this game is played on asphalt or concrete, this item is unnecessary).

- Set-Up: Place each team's items at least 10 yards apart from each other.

- To Play: Teams will sit in a circle around their cups and their markers. The first half of the playing time will be spent with players sharing what they are thankful for and writing those things onto the cups. The adults facilitating the game will keep an eye on the time, and draw this part of the activity to a close with at least five minutes left. At that point, teams will attempt to build the tallest structure they can.

- Scoring: When time is called, the team with the tallest structure earns 100 points. Second-highest structure earns 50 points, and the third-highest structure earns 30 points. Bonuses can also be awarded for creativity.

Inclusion: While some students may want to write their own messages on the cups, younger students or students who would find this difficult/slow/not enjoyable can have a teacher or someone else write on the cup.

- #Sportsmanship points can be awarded in increments each time the adults who are monitoring the activity witness good teamwork, kindness toward others, etc., so a team may potentially earn several bonuses. Do not subtract points, but if a class is doing the wrong thing, award bonuses to classes doing the right thing.





Field Day Teacher Kick-Off Activity: health + moves + minds Hula Hoop Showdown

- Equipment:

- o Five-six hula hoops for each team playing, plus one additional hoop, ideally larger than the others.
- o One set of blocks/bean bags/small plastic cones for each team.*
- o Cones in teams' colors.

Creating sets of items (blocks/bean bags/small plastic cones): If there are three teams playing, one team will have three items labeled **Health, another team's items will be labeled **Moves**, and the third team's items will be labeled **Minds**. If there are more than three teams, subsequent teams will have their own unique label (it could be a cartoon, animal, etc.), and all teams' number of items will need to equal the number of teams playing.*

- **Set-Up:** Place the larger/extra hoop in the center of the playing area. Place each team's hoops in a line leading away from the center hoop (like spokes on a wheel). Line each team's items up at the end of their line, and place each team's cone behind their items.

- **To Play:** As classes arrive, they will congregate behind their team's cone. To play the game, teachers will line up behind their cone. Upon the signal to go, the first teacher in each line will jump from hoop to hoop, down their line. Once they reach the center hoop, they can choose which other line to continue down.* When two teachers meet going in opposite directions, they face off in a rock, paper, scissors battle. The teacher who wins gets to continue, while the teacher who loses must step away from the hoops to clear the path. As soon as a teacher leaves the hoops, the next teacher in line for their team can begin jumping down their line of hoops.
 - o The object of the game is to collect one of each of the different labeled items.
 - o *Alternate rule: As soon as a team's line of hoops is clear, the next player can go.

- **Scoring:** Each class on the team that collects a complete set of items first earns 100 points. All other classes earn 20 points for each different item they have. For example, if all of their items are the same when the game ends, they earn 20 points. If they have two different items, they earn 40 points. If there are more than five teams playing, increase the winning team's points accordingly.



Field Day Station: It's so nice to greet you, teammate!

- **Equipment:** Two cones for each team
- **Set-Up:** Place each team's cones 10-20 yards apart from each other, and spaced at least 15-20 feet apart from other teams' cones.
- **To Play:** Teams will line up behind one of their cones facing the other cone. Upon the signal to go, the first player in each line will turn and give a double high-five to the player behind them. Then that player will turn and pass the double high-five to the next player and so on. Once the double high-five reaches the last player in line, that player will run down and around the far cone, and upon returning to their team, will go to the head of the line and start the chain of high-fives again. Teams are racing to get back into their original position with their original line leader at the front of the line. Game can be repeated with fist bumps, elbow taps, and whatever new greetings teams can invent.
- **Scoring:** Teams score 100 points for finishing first, 50 points for finishing second, and 30 points for finishing third. Bonus points can be awarded for creativity as teams invent their own greetings.

Inclusion: Players with mobility or cognitive issues that would make it difficult for them to travel all the way to the far cone and back can simply move from the end of the line to the front of the line when they receive their greetings.

#Sportsmanship points can be awarded in increments each time the adults who are monitoring the activity witness good teamwork, kindness towards others, etc., so a team may potentially earn several bonuses. We do not subtract points, but if a class is doing the wrong thing, award bonuses to classes doing the right thing



Field Day Station: Meet Me in the Middle

- **Equipment:** One parachute per team.*
- **Set-Up:** Spread the parachutes out with some room between them.
- **To Play:** Upon the signal to go, each team will raise the parachute above their heads and two players standing opposite to each other will let go, run under the parachute, greet each other in the middle, and then trade places on the parachute. As soon as they are both holding the parachute in their new spots, the team will raise the parachute again, and the next two players will go. Once a team makes it all the way around and gets back to where they started, they can begin the next challenge – Meet Me On the Mountaintop. This is the same game except that instead of raising the parachute above their heads, players will make a mountain with the parachute by raising it over their heads and then pulling it to the ground and kneeling or lying on the edge of the parachute to trap air inside. Players will take turns racing to the top of the mountain to greet their teammate coming up the other side.

*If you don't have multiple parachutes, this game can be played with students standing in a circle. The first two players, who are standing opposite one another, run around the outside of the circle in opposite directions and greet each other when they meet up before continuing on to each other's spot on the circle.

Inclusion: Players with mobility issues can stand/sit under the parachute or next to the parachute and greet each pair of their teammates as they go under or come down off the mountain. Players with cognitive challenges should have a turn after several of their classmates have taken a turn so that expected behavior has been modeled several times for them.

- **Scoring:** #Sportsmanship points can be awarded in increments each time the adults who are monitoring the activity witness good teamwork, kindness towards others, etc., so a team may potentially earn several bonuses. We do not subtract points, but if a class is doing the wrong thing, award bonuses to classes doing the right thing.



Activity: Hungry Caterpillar Relay

- Equipment:

- o Two-four tarps/sheets/towels/mats per team.
- o Dozens of assorted items for caterpillars to eat (foam or plastic balls, plastic “food”, noodle bits, etc.).
- o One basket or other receptacle per team.

- **Set-Up:** Scatter the “food” throughout the center of a large playing area. Place each team’s basket about 10-20 yards away from the center of the playing area spaced well apart from each other. Place each team’s tarps/sheets/towels/mats behind of their basket.

- **To Play:** Assign different point values to different items (certain colors, sizes, items will be worth more points). Upon the signal to go, each team spreads their first blanket/towel/mat out in front of their basket and fill it up with players who will stand on it. The team will then pass the next item forward to be spread in front of it. The players will spread the item out and transfer themselves onto it. Once they have vacated the first item, new team members can climb onto it and pass the next item forward. Teams will travel forward in this way to retrieve a food item. Once they have it, they will bring it back to their basket. Teams will continue to retrieve items until all items have been retrieved or time runs out. Teams will total and record their points.

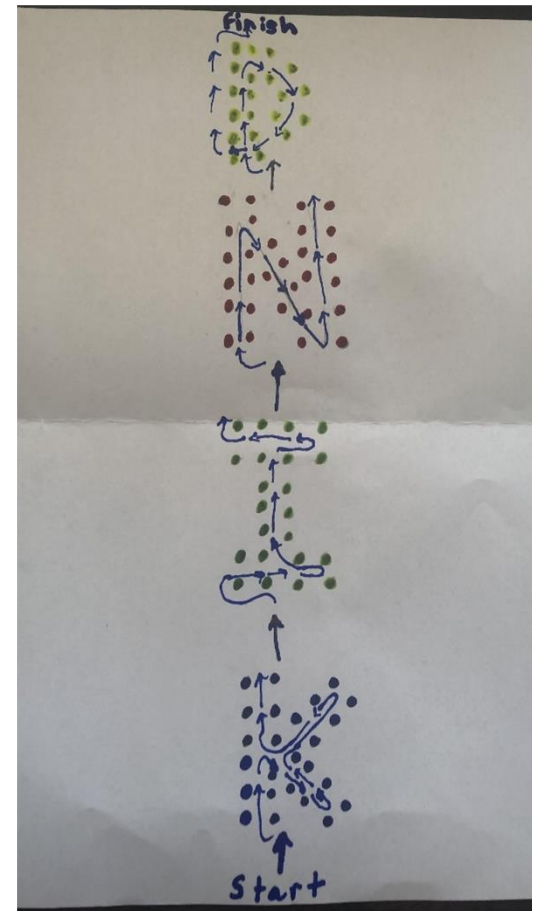
*Alternative style of play: Each team can have multiple smaller caterpillars working to collect food for their food basket instead of one large caterpillar.

Inclusion: Special consideration for students with disabilities should be given when choosing blankets/mats/tarps for teams to use that will be easiest for these students to navigate. Players with cognitive challenges and/or sensory issues should be paired with a buddy or two that will help them know when to move, where to go, and how to maintain appropriate personal space around them.

- **Scoring:** #Sportsmanship points can be awarded in increments each time the adults who are monitoring the activity witness good teamwork, kindness towards others, etc., so a team may potentially earn several bonuses. We do not subtract points, but if a class is doing the wrong thing, award bonuses to classes doing the right thing.

Field Day Activity: KIND Obstacle Course

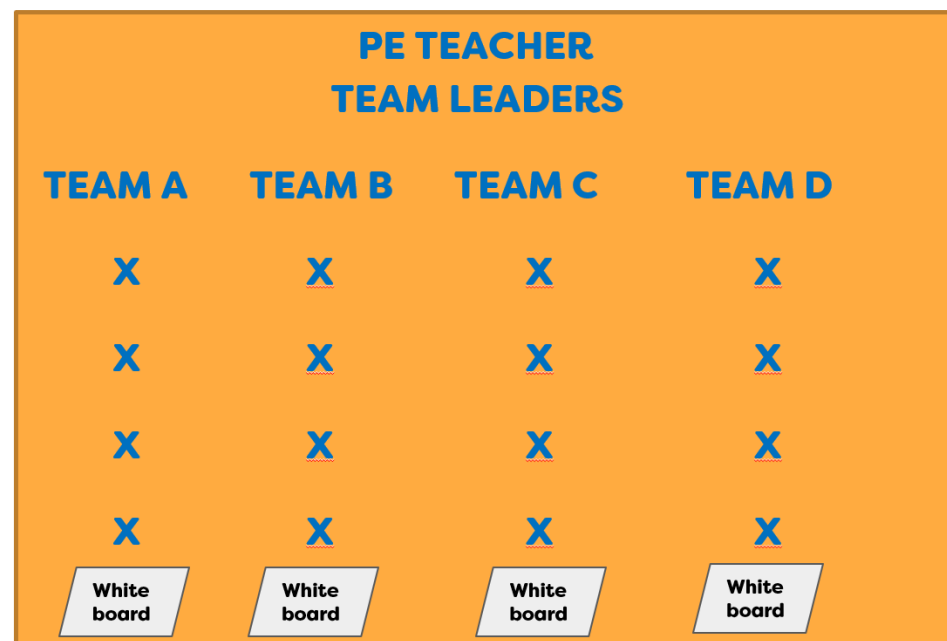
- **Equipment:**
 - o 30-50 multiple round dome cones or regular cones.
- **Set-Up: There are two ways to set up the course:**
 1. Set up one “KIND” obstacle course by setting up the cones in the shape of the word KIND. (Timed)
 2. Set up two “KIND” obstacle courses by setting up the cones in the shape of the word KIND, and students race each other.
- **To Play:** Line up students at the starting line. By turn, have each student run through the cones, make sure that they run through each letter. After running through the last letter (D), the student will hit the finish line.



Field Day Activity: Mindful & Respectful Listening Relay

- **Equipment:** 30- 50 multiple round dome cones or regular cones.
- **Set-Up & Play:** Have each class line up in a straight line on poly sports (one student on each). First student in each class gathers by PE teacher. PE teacher whispers sentence to the leaders who immediately run back to their line and whisper to the next student. Repeat with each person in line. The last person in line writes the sentence they heard onto a whiteboard. PE teacher reads the original sentence to all teams, then compares it to each team's final sentence. The team that wins is the team whose sentence most closely resembles the original sentence.
- **Follow-up Questions:** Explain the reasoning and importance behind the mindful and respectful listening. Share the definition of mindful and respectful listening. Ask the group the following question: Which team do you think exemplified the most mindful and respectful listening? If a team's sentence got lost in translation, why do you think that happened?

Relay Diagram





Field Day Activity: Our Team is So Flipping Awesome!

Whole school event where entire teams compete together

- **Equipment:**
 - o One water bottle per player, filled about ¼ full with water.
 - o 10-yard line markings (like on a football field – marked with paint, cones, ropes, spot markers, etc.).
- **Set-Up:** Have teams spread out in lines by class along the zero yard lines. Each player has a water bottle.
- **To Play:** Upon the signal to go, everyone at the front of their line (standing on the zero yard line) does three jumping jacks and then does two bottle flips. When they land a flip, they can move to the 10 yard line to continue doing three jumping jacks followed by two bottle flips, and the player behind them can begin. Every time a player lands their bottle they may move forward to the next line, OR bring a teammate that is on the line behind them forward to join them. If a player lands both of their flips, they may move forward two lines, move forward one line and bring one teammate along, or bring two teammates forward from the line behind them. The object of the game is to get your entire team to the end zone as quickly as possible.
- **Scoring:** First team to finish earns 1000 points, second place earns 500 points, and third place earns 300 points.