

# Field Day Activity Guide



**Cooperative games, individual challenges, and strategies for a highly active and fun Field Day for grades K-5.**

- 24 activities
- Tips to organizing a successful Field Day
- Strategies to provide inclusive and active games
- Recommended equipment from Sportime®

**SAVE**  
on Field Day Supplies at  
[SchoolSpecialty.com/  
physical-education](https://SchoolSpecialty.com/physical-education)

# Introduction

## Welcome to the Sportime Field Day Activity Guide!

This guide is designed to be a practical aid for elementary school teachers and volunteers who organize field days for their school.

Field Days are the spring celebrations that students look forward to all year long. Students rotate to different stations monitored by volunteers and engage in physical activity, collaborate with their peers, and participate in challenging and fun activities. These activities are usually different than those they may have played during their physical education class and recess time throughout the year.

Sportime has provided 24 activities to help create a fun, inclusive and challenging environment for all grade levels K-5. The activities are organized into four different themes that allow you to mix and match to create a list of stations you will use for your Field Day. The themes are Relays and Races, Parachute Games, Catching and Throwing Activities and Cooperative Games.

Each activity is designed to last about 10 minutes and includes variations if you want to extend the activity time or provide increasing challenges for the students. The challenges also allow you to differentiate between grade levels so you are able to use the same activities for your younger students as well as your older students.

**The Field Day Activities are written in the Ready, Set, GO! format.**

**Ready** lists the materials needed to teach the activity including the type and quantity of equipment needed. We have recommended Sportime equipment as examples of items you can use and have provided the quantity you would need per student because your group sizes will vary from class to class.

**Set** explains how to organize the activity including setting up and distributing equipment, grouping students and recommended size for the activity area.

**GO!** provides information for how to play the activity. This includes the instructions as well as challenges and variations to differentiate learning.

The next page provides strategies for organizing a successful field day, giving you step by step suggestions for planning and implementing the activities. We hope you and your students enjoy the activities provided in this guide and use it year after year to engage students in a fun, active environment to celebrate their achievements from the school year!

"They call me A.C.  
Let's see how fun being active can be." ~



## Creating the Best Field Day Possible

Planning a field day is a fun and rewarding experience, but it can be challenging to coordinate all of the people and events so organization is critical to success. Here are some things to consider when planning your field day.

### Preparation

- Plan as far in advance as possible. It takes time to get approval from administration, create materials, and communicate with staff, volunteers, parents and students about the event.
- Set-up as much as you can the day before to make the event day a little easier. Have backup plans for what to do if it rains, volunteers don't show up, if you need to modify your activities, or any other foreseeable scenarios.
- Consider how long you want your event to last as well as how much time students should spend at each station. One option is to break up the day into 2 different events for grades K-2 and 3-5 to have smaller groups at each activity.
- Use student volunteers to help you prepare materials.

### Volunteers

- Decide what to have volunteers sign up for, the amount of time you will need them, and procedures for being approved as a volunteer.
- It is best to have 2 volunteers per activity to help manage students and facilitate the activity.
- In addition to the activities, volunteers can help you direct traffic, escort students to the bathroom, deliver water and supplies to stations.
- Provide class management suggestions and explain the activity to the volunteers. Keep in mind that most volunteers do not have experience leading activities or managing large groups of kids.
- Consider using student volunteers for your event. They can come from your local middle school or high school or train your 5<sup>th</sup> graders to help run the activities when the younger students are participating in their field day.



## School Staff

- Be sure to notify your school staff of your field day plans. Teachers will need to modify their schedules and you will need help from your administration and custodial staff to help prepare and manage the event.
- Specify the date for your field day and explain the schedule, plan for volunteers, what assistance you need from them and any other important information.
- It is best if teachers travel with their students through the activities. This helps provide support for the volunteers as they know their students the best.

## Activities

- Choose a variety of activities that use a variety of skills, different sized groups and unique equipment to make it fun and exciting. Sportime has provided 24 activities to choose from or include your own!
- Plan out the location of your stations. Make sure there is enough space for the activity and between each station, also alternate similar types of activities (ex. avoid having 2 relay stations in row).
- Provide a map and signage so volunteers and students know exactly where the next activity is located.

## Equipment

- Provide enough equipment to maximize participation. Use the largest size class to determine how much you need for each station.
- Use baskets or bins to store equipment and carry equipment to each station.
- For each station, provide water, a first aid kit, station instructions, and chairs for volunteers.
- Emphasize that students should not pick up the equipment until instructed to do so by the volunteers.

## Schedule

- Station times and rotation are very important to the flow of your field day. Try to allow enough time for students hear instructions and participate in the activity but not too much time where they will get bored.
- Have a signal to notify students when it is time to switch activities, as volunteers may not be checking the time.
- Include breaks and lunch times for volunteers.

## Non-Participants

- For students who are physically unable to participate in field day, provide a task for them to assist with at the event. Or let them volunteer at one of the stations.
- Students should keep in mind that it is a privilege to participate in field day. Have protocols set up for students who misbehave so that the rest of the class can enjoy the event.

**Have fun planning your field day event and providing an experience your students will be sure to remember for the rest of their lives!**





# RACES & RELAYS



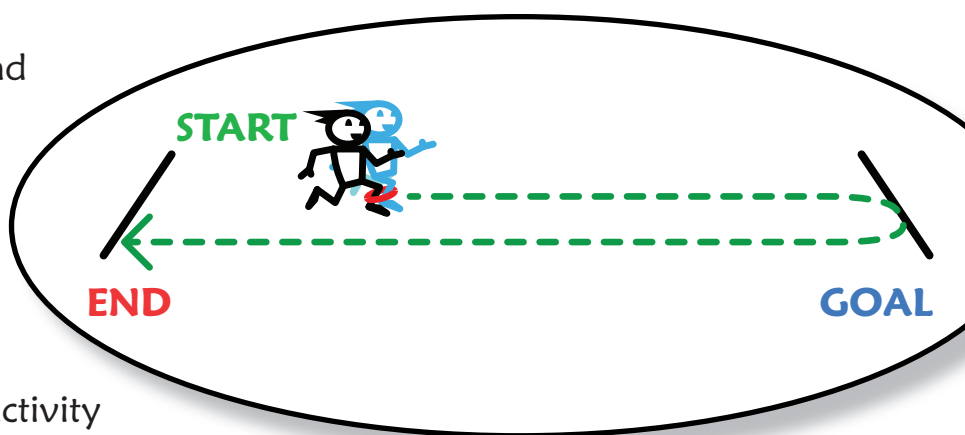
## 3-Legged Race

### Ready

- ☑ 1 Sportime® 3-Legged Race Band per 2 students
- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ Whistle (optional)

### Set

- Create a large (30X30 paces) activity area
- Use cones to mark the starting line and the goal line
- Pair students, and have them stand shoulder to shoulder on the starting line
- Pairs will wrap the band around their inner two legs at the ankle



### GO!

1. The object of the 3-Legged Race is for students to move together from the starting line to the goal line and back as quickly as possible.
2. On the signal, students will run as quickly as possible down towards the goal line.
3. Partners need to work as a team, so it helps if they move at the same time and the same speed. Communication and coordination are important to success.
4. Before returning to the starting line one foot must touch or go over the goal line.
5. If the band comes off, students must stop and put it back on before continuing.

### Variations:

- Set up an obstacle course with cones, hula-hoops, or other equipment for pairs to navigate through.
- For large groups, create a relay race with multiple pairs forming one team. When students return to the starting line they will give their band to the next pair.

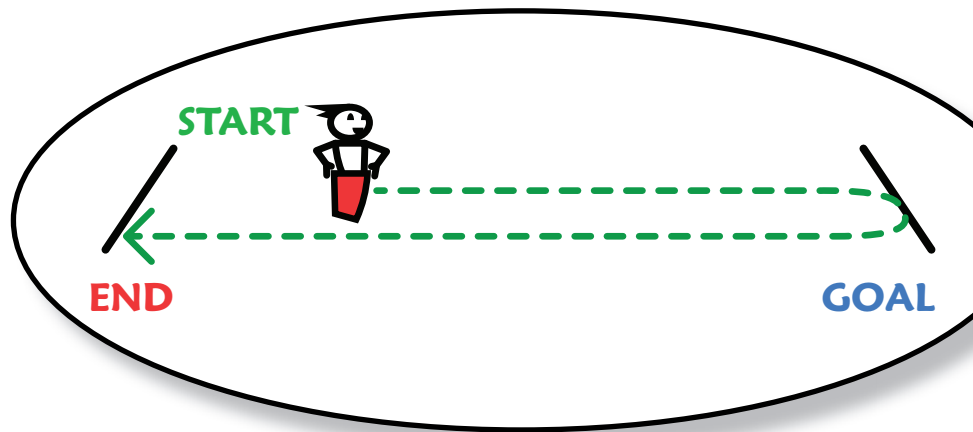
## Sack Race

### Ready

- ☑ 1 Sportime® Hopsacker™ per 3 students
- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ Whistle (optional)

### Set

- Create a large (30X30 paces) activity area
- Use cones to mark the starting line and the goal line
- Form groups of 3
- Scatter groups to stand at starting line in single-file lines facing the goal line
- Place 1 Hopsacker on the starting line next to the first person in line



### GO!

1. The object of the *Sack Race* is for students to hop from the starting line to the goal line and back as quickly as possible while keeping both feet in the sack.
2. On the signal, the first student in line will put both feet into the sack and hop as quickly as possible down towards the goal line.
3. Once the student returns to the starting line they will get out of the sack and the next student will put their feet in and then hop toward the goal line.
4. Students must have both feet in the sack and one hand holding the sack at all times. If one or both feet come out they must stop, fix the problem, then continue the race.
5. Before returning to the starting line students must touch or hop over the goal line. Once all 3 students from the team have completed the race they are done and can cheer on others as they finish.

### Variations:

- Set up an obstacle course with cones, hula-hoops, or other equipment for students to navigate through or hop over.
- For large groups, create teams of 4-6 and place half of the students on the starting line and the other half on the goal line. Instead of racing down and back each student will only race one length of the course.



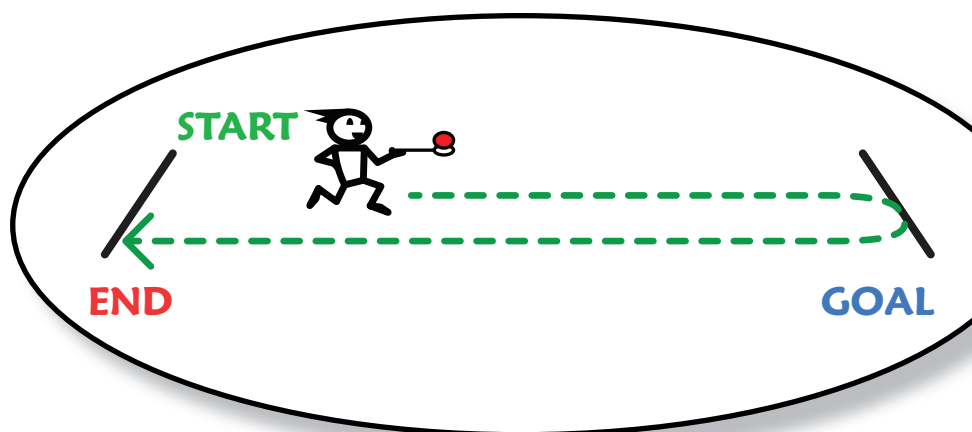
## Spoon Race

### Ready

- ☑ 1 Sportime® Rainbow Egg and Spoon Set per 2 students
- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ Whistle (optional)

### Set

- Create a large (30X30 paces) activity area
- Use cones to mark the starting line and the goal line
- Pair students, and have them stand single file on the starting line
- Give the first player in line a spoon and an egg



### GO!

1. The object of the *Spoon Race* is for students to move to the goal line and back as quickly as possible without letting the egg drop from their spoon.
2. The first student in line will hold the spoon by the handle with the egg in it and put one hand behind their back.
3. On the signal, students may walk or run down towards the goal line.
4. Students should keep in mind that the faster they go the more difficult it is to keep the egg on the spoon.
5. Students may not use their opposite hand to keep the egg in place. If the egg drops out of the spoon, the student must stop, pick it up, put it back in the spoon immediately before taking another step, and then they can continue.
6. Before returning to the starting line one foot must touch or go over the goal line.

### Variations:

- Set up an obstacle course with cones, hula-hoops, or other equipment for pairs to navigate through.
- For large groups, create teams of 4-6 and place half of the students on the starting line and the other half on the goal line. Instead of racing down and back each student will only race one length of the course.

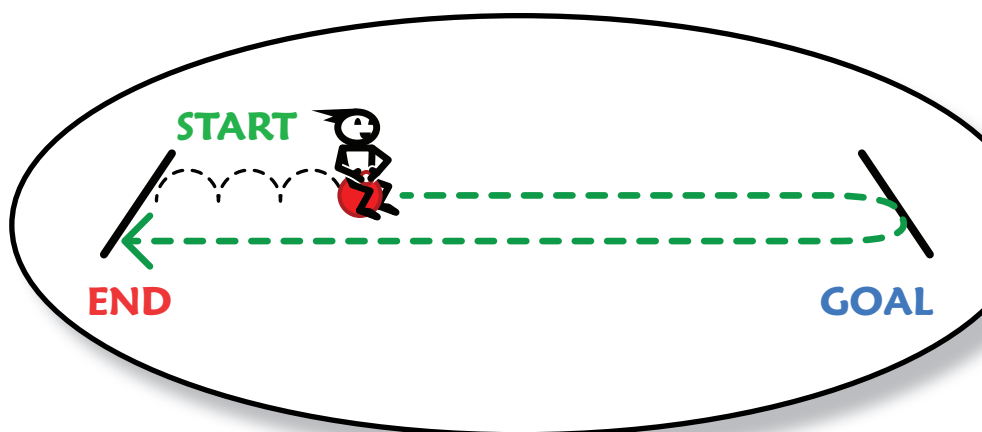
## Hippity Hop Race

### Ready

- ☑ 1 Gymnic® Spring Ball per 3 students
- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ Whistle (optional)

### Set

- Create a large (30X30 paces) activity area
- Use cones to mark the starting line and the goal line
- Form groups of 3
- Scatter groups to stand at starting line in single-file lines facing the goal line
- Place 1 Gymnic® Spring Ball on the starting line next to the first person in line



### GO!

1. The object of the *Hippity Hop Race* is for students to hop from the starting line to the goal line and back as quickly as possible while staying on top of the ball.
2. On the signal, the first student in line will put both feet into the sack and hop as quickly as possible down to the goal line and back to the starting line.
3. Once the student returns to the starting line they will give the ball to the next student in line and then hop towards the goal line.
4. Students must be sitting on the ball as they hop. If they fall off they must get back on the ball before continuing the race.
5. Before returning to the starting line students must touch or hop over the goal line with their ball.
6. Once all 3 students from the team have completed the race they are done and can cheer on others as they finish.

### Variations:

- Set up an obstacle course with cones, hula-hoops, or other equipment for students to navigate through or hop over.
- For large groups, create teams of 4-6 and place half of the students on the starting line and the other half on the goal line. Instead of racing down and back each student will only race one length of the course.

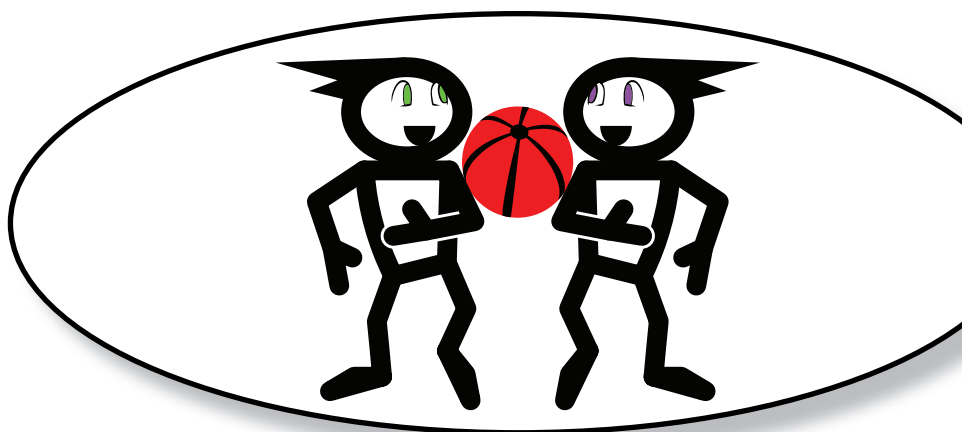
## Beach Ball Relay

### Ready

- ☑ 1 Sportime® Heavy Duty Beach Ball (10" or 16") per 2 students
- ☑ 4 Sportime® Yellow Game Cones (for boundaries)
- ☑ Whistle (optional)

### Set

- Create a large (30X30 paces) activity area
- Use cones to mark the starting line and the goal line
- Form groups of 4, split into 2 pairs
- Have the first pair stand shoulder to shoulder on the starting line
- Give the first pair in line 1 Beach Ball.



### GO!

1. The object of the *Beach Ball Relay* is for students to move together with a ball between them from the starting line to the goal line and back as quickly as possible.
2. Students place the ball between their shoulders and on the signal move as quickly as possible down towards the goal line.
3. Partners need to work as a team, so it helps if they move at the same time and the same speed. Communication and coordination are important to success.
4. Before returning to the starting line one student's foot must touch or go over the line.
5. Students may not use their hands to keep the ball in place. If they use their hand to hold it they must return to the previous line they touched.
6. If the ball drops to the ground, the students must stop, pick it up, put it back between their shoulders immediately before taking another step, then continue the race.
7. Once the first pair returns to the starting line they give their ball to the next pair.
8. When both pairs have completed the relay, they can cheer on others as they finish.

### Variations:

- Choose a different challenge for students to do as they race. They could place the ball between their elbows, head, or hips.
- Set up an obstacle course with cones, hula-hoops, or other equipment for pairs to navigate through.



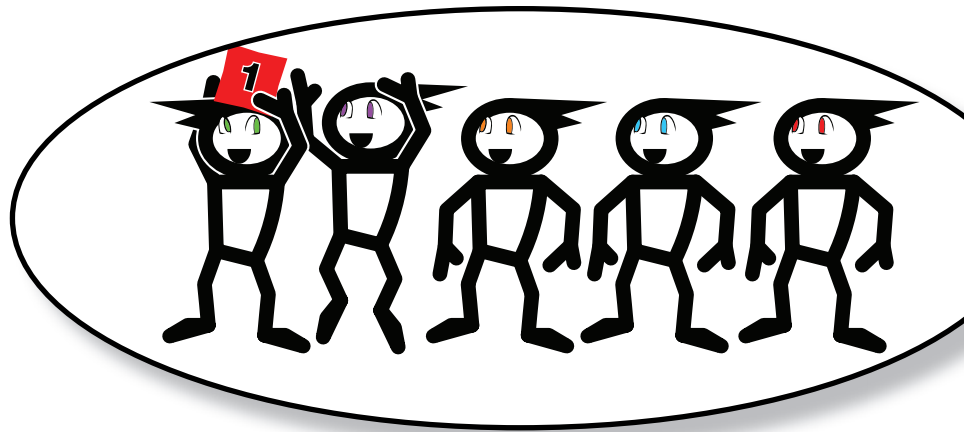
## Bean Bag Relay

### Ready

- ☑ 1 Sportime® Utility Sequencing Bean Bag (5") per 5 students
- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ Music and player (optional)

### Set

- Create medium (20X20 paces) activity area.
- Create groups of 5 in a single-file line, standing 1 arm distance apart.
- Place 1 beanbag with the leader of each line.



### GO!

1. The object of the *Bean Bag Relay* is for each group to move their beanbag down the line and see how quickly they can get all 5 students to the front of the line.
2. Students use a different challenge each time they pass the beanbag down the line.
3. To pass the beanbag, each student reaches overhead and hands the beanbag to the person behind them with both hands. They continue until it reaches the end of the line then the last student in line runs the beanbag back to the front.
4. Remind students not to let go until they feel the person behind them grab the beanbag. Cooperation and communication will help the group to be successful.
5. On the signal the first person in line will pass the bean bag back using the challenge given. When the person who started first returns to the front then the team is done and can cheer on others as they finish. If they drop it, they pick it up and keep going.
6. **Challenges-** Here are examples of ways to pass the beanbag:
  - o Pass it with the right hand only, then left hand only
  - o Pass it with right hand over left shoulder, left hand over right shoulder
  - o Pass it alternating over, under, over, under.
  - o Pass it alternating sides of the body, pass it left then right then left, etc.
  - o Last student in line weaves in and out of others on their way to front

### Variations:

- Change the object that is being passed (ex. larger ball, pool noodle or wet sponge).
- Students can walk or jog around the perimeter of the activity area in their line and toss the beanbag slightly over their head to the next student.

# Cooperative Games



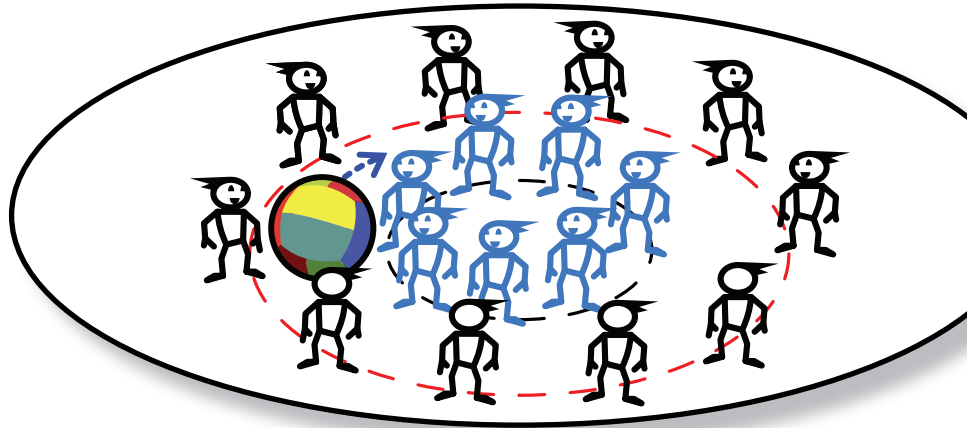
## Boulder Runner

### Ready

- ☑ 1 Omnikin® ball (33" – 72")

### Set

- Arrange students to form 1 larger outer circle and a smaller inner circle. Students in both circles stand and face each other.
- Place the Omnikin® ball in the pathway between the 2 circles; pathway should be about the same size as the Omnikin® ball.



### GO!

1. The first activity is a *Boulder Runner* warm-up where the object is to practice pushing the Omnikin® ball around the pathway between the circles.
2. **Cues**
  - o Keep your hands up and open.
  - o Meet the ball with palms and fingers ready.
  - o Bend knees slightly, feet shoulder-width.
  - o Work together.
3. **Challenges**
  - o See how many times they can move the ball around the circle in 1 minute. Start slowly and get faster.
  - o See how many loops the ball can make in 1 minute, switching directions after every loop.
4. **Boulder Runner Game**
  - o Now that students can move the ball around the pathway, choose a volunteer to be the Boulder Runner.
  - o The Boulder Runner begins on the opposite side of the circle from the Omnikin® ball.
  - o On signal, students move the ball to chase the Boulder Runner by striking the it with their hand.
  - o Both runner and ball can change directions at any time.
  - o When the student gets tagged, choose another player to be Boulder Runner.
5. **Cues**
  - o Runner needs to keep moving and be aware of where the ball is at all
  - o Ball pushers work together to tag the Boulder Runner.

### Variation:

- ➔ Have the runner tag the ball while the students in the circle try to keep it away from the runner.



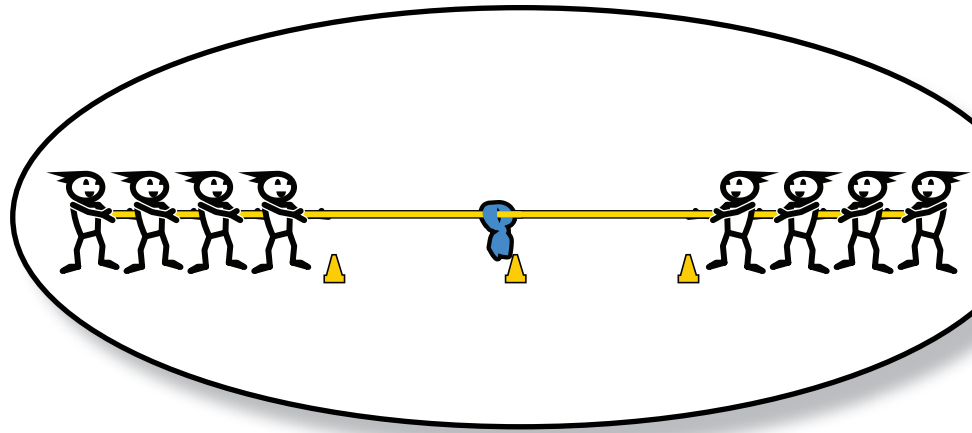
## Tug-of-war

### Ready

- ☑ 1 Champion Sports 50' Tug-Of-War Rope
- ☑ 3 Sportime® 12" Yeller Game Cones
- ☑ Scarf or bandana

### Set

- Create a large (30X30 paces) activity area
- Place 2 cones about 15 feet apart, set the third cone halfway between the two cones.
- Divide students into 2 teams who go to opposite ends of the rope.
- Tie the scarf half way down the Tug-of-War rope.



### GO!

1. The object of the game is to be the first team to get the part of the rope with the scarf tied to it past their cone.
2. Have teams form a line and place two hands on the rope.
3. Straighten the rope until there is a slight strain.
4. Position the center indicator halfway between the two cones, above the third cone.
5. Once the teams are lined up and ready, give the signal, and the teams will attempt to pull the center indicator past the team's cone.
6. Student may not intentionally let go of the rope once the tugging has begun.
7. The team that pulls the center point of the rope past the cone wins. If, after a certain amount of time, no one has won, then the team that has the center point closer to the team's cone is the winner.
8. Repeat the game several times so both teams have the opportunity to be successful.

### Variation:

- ➔ Have teams throw one foam volleyball back and forth as they pull the rope. Throwers must call out a name, throw the ball to that person, and the catcher must let go to catch the ball and throw again to the other team. The throw can then rejoin the game.

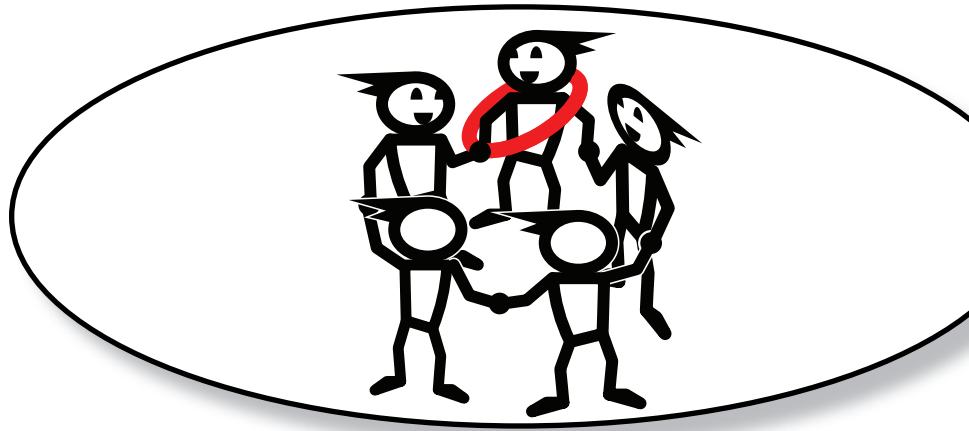
## Houdini Hoops

### Ready

- ☑ 3 Pull Buoy No-Kink Hoops (30" or 36") per 5 students
- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ Whistle (or music and player)

### Set

- Create a large (30X30 paces) activity area
- Form groups of 5; send them to stand in circles.
- Give each group 1 hoop



### GO!

1. The object of *Houdini Hoops* is to see how quickly students can move a hoop around their circle without letting go of their hands.
2. When the group is ready, place a hoop over 1 person's wrist so it dangles like a bracelet.
3. On the signal, ask students to move the hoop around their circle (clockwise or counterclockwise) by stepping and ducking through it. (Provide a demonstration if necessary.)
4. Students can bend, twist, turn, and work together to move their hoop.
5. Allow students time to explore and practice before providing challenges.
6. **Challenges**
  - o Say "Switch" and have students pass the hoops in the opposite direction.
  - o How quickly can the group pass their hoop around the circle 2X?
  - o How quickly can you 10 students through the hoop? 15 students?
  - o How many times can the group move the hoop around the circle before the signal?
  - o How many students can pass through the hoop before the signal?

### Variations:

- Add a second hoop for each group, start the 2 hoops on opposite sides of the circle.
- Combine 2 groups and add more hoops (2, then 3, then 4).
- Make a giant circle with all of the students and pass several hoops around the circle.

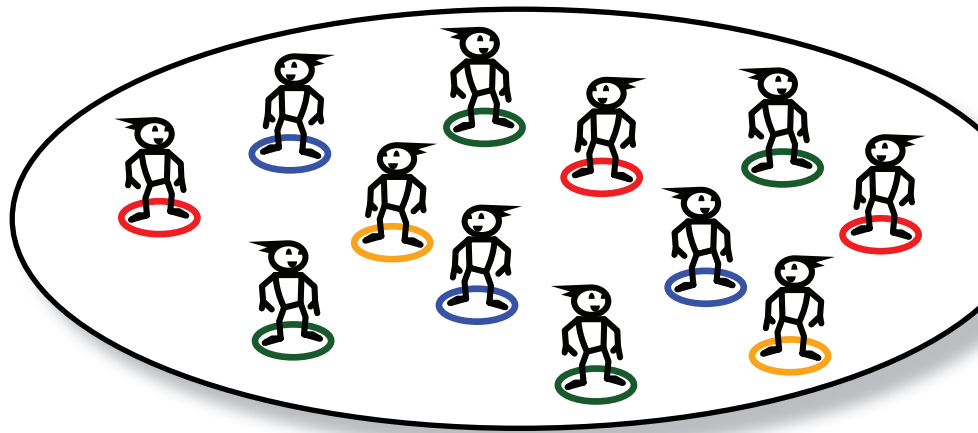
## Musical Hoops

### Ready

- ☑ 1 Pull Buoy No-Kink Hoop (30" or 36") per student
- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ Music and player (or whistle)

### Set

- Create a large (30X30 paces) activity area
- Place 4 cones at the corners of the perimeter (for boundaries)
- Scatter hoops throughout area and place 1 student in each hoop.



### GO!

1. The object of the game is to enter a hoop as quickly as possible when the music stops.
2. On the signal, students leave their hoop and move throughout the activity area, outside of the hoops.
3. When music stops, they need to find a hoop to stand inside. (Play several rounds.)
4. Next, remove 2-3 of the hoops. Explain that this time when the music is off, they need to find a hoop and if there are no empty hoops, they must share a hoop with a friend. If the hoop is crowded, they only need to fit 1 foot inside the hoop.
5. Play until players are squeezed into the fewest number of hoops that safety allows.

### Variations:

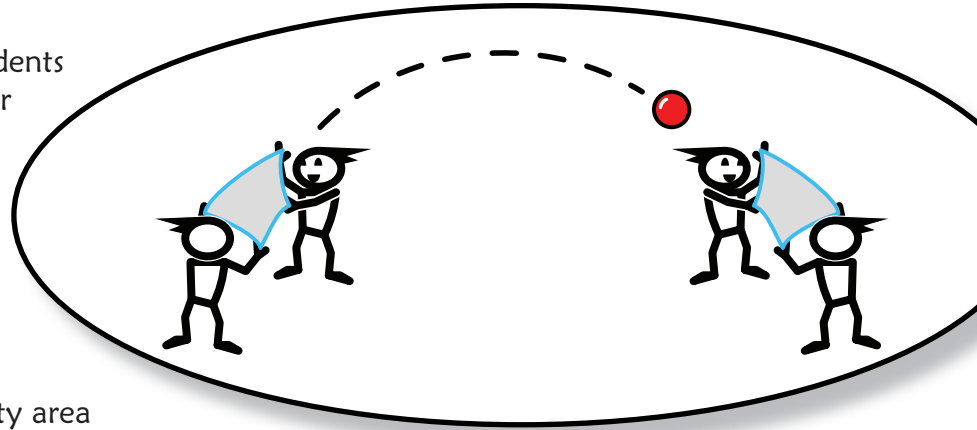
- Change the movements students use to move through the area. Choose a locomotor skill, animal walk, or other creative movement.
- To allow more room inside the activity area, have students move around the perimeter of the activity area while the music is playing instead of inside of it.



## Fling It

### Ready

- ☑ 2 Sportime® Fling It Nets per 4 students
- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ 1 Sportime® 3" Multi-Purpose Inflatable All-Ball per 4 students
- ☑ 1 Pull Buoy No-Kink Hoop (30" or 36") per 2 students (optional)



### Set

- Create a large (50x50 paces) activity area
- Use cones to mark boundaries
- Form groups of 4, 1 pair on boundary line and the other pair 10 paces away
- Give each group 2 Fling It Nets

### GO!

1. The object of *Fling It* is to encourage and challenge students to communicate, cooperate and coordinate their efforts in tossing and catching a ball with their net.
2. Pairs stand 10 paces apart and fling the ball with an upward trajectory to the other pair. Opposite pair works together to catch the ball in their net as it comes down.
3. **Challenges**
  - o How many consecutive catches can the group get?
  - o How quickly can the groups get 6 catches?
  - o How many catches in 1 minute?
4. **Partner Step Back**
  - o Pairs fling the ball back and forth stepping back 2 steps after each successful catch. Pairs begin 5 paces apart, see how far they can get before the signal.
5. **Double Fly**
  - o Each pair has a ball and both fling their ball at the same time and attempt to both catch the other pair's ball.
6. **Go for Distance**
  - o Start students behind same boundary line. Pairs fling the ball for the greatest distance. Students must wait until everyone throws before retrieving their ball.

### Variations:

- Have pairs aim for a target. Scatter hula hoops throughout activity area. Scoring: 3 points for hitting inside of a hoop, 2 points for hitting the edge of the hoop and 1 point for landing within 2 feet of a target.
- For large groups, create groups of 4 students per Fling It and have each student hold one corner of the net.

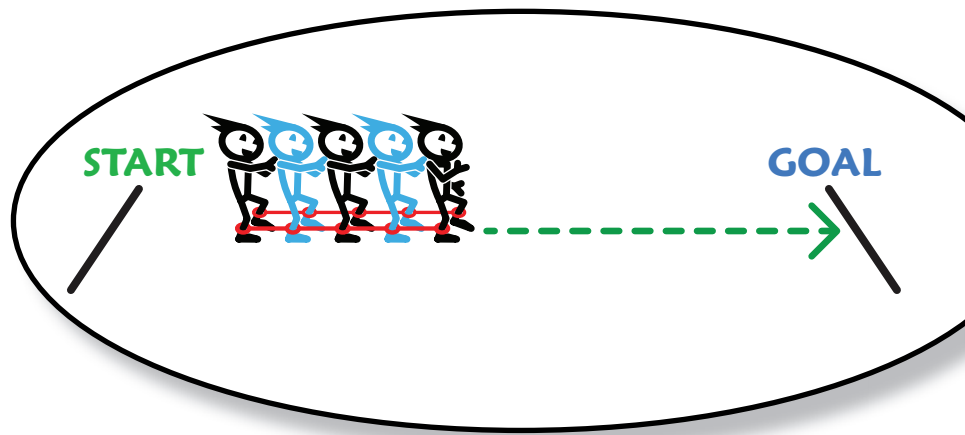
## Cooperative Bands Walk

### Ready

- ☑ 1 set of Sportime® Cooperative Band Walkers per 5 students
- ☑ 4 Sportime Yeller Game Cones (for boundaries)
- ☑ Whistle (optional)

### Set

- Create a large (30X30 paces) activity area
- Use cones to mark the starting line and the goal line
- Form groups of 5
- Give each group a set of 2 Cooperative Bands.



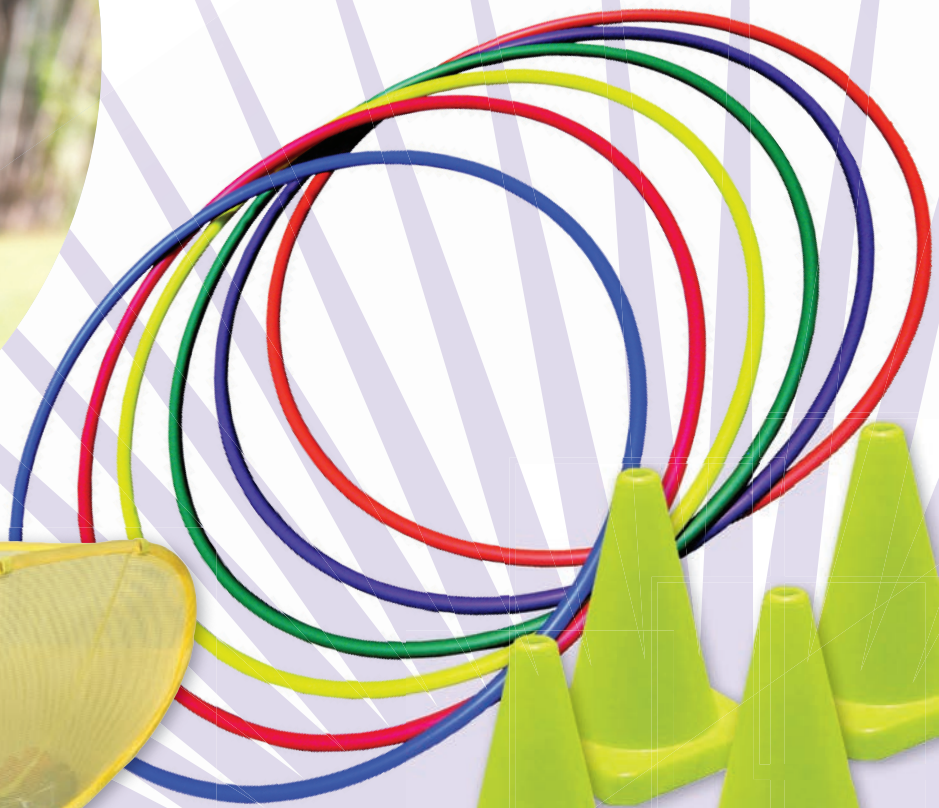
### GO!

1. The object of the *Cooperative Bands Walk* is for groups to use cooperation, coordination and communication to move from the starting line to the goal line.
2. Students stand single file behind the starting line and place their feet inside of the loops.
3. On the signal students move together towards the goal line.
4. Groups need to work as a team, so it helps if they move at the same time and the same speed. Communication and coordination are important to success.
5. If a student falls or becomes detached from the Cooperative Bands, the entire group must stop and help the student back up before continuing to the goal line.
6. Once the entire group makes past the goal line they are done and can cheer on others as they finish.

### Variations:

- Once groups reach the goal line have them turn their line and come back to the starting line (without stopping or getting out of the bands).
- Set up an obstacle course with cones, hula-hoops, or other equipment for groups to navigate through.
- For large groups, create a relay with teams of 10. Place 5 students on the starting line and the other 5 on the goal line. Once the first group reaches the goal line they give the bands to the other group who then return to the starting line as quickly as possible.

# Catching & Throwing





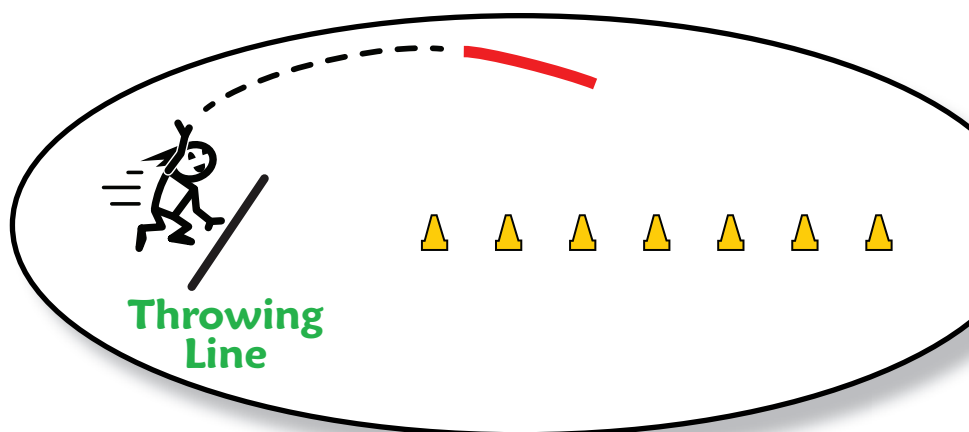
## Javelin Throw

### Ready

- ☑ 10 Sportime® 12" Yeller Game Cones
- ☑ 20 Fabrication Enterprises CanDo Exercise Noodles

### Set

- Create large (30X30 paces) activity area.
- Place several cones 5 paces apart down the length of the activity area to measure the distance of the thrown javelins (pool noodle).
- Have the first 10 students to stand on the designated starting line with their javelin.



### GO!

1. The object of the *Javelin Throw* is for students to throw their javelin (noodles) as far as possible.
2. On the signal, the first 10 students stand behind the line and throw their javelins. They are to wait until all 10 have gone before they can retrieve their noodle, run to the throwing line.
3. Allow students to throw their javelins any way they wish to encourage success.
4. As the first set of ten retrieve their javelins, have the next 10 students step up to the line and wait for the signal. Repeat the process until all students have had a turn.
5. Points can be tallied based on how many cones their javelin passes.

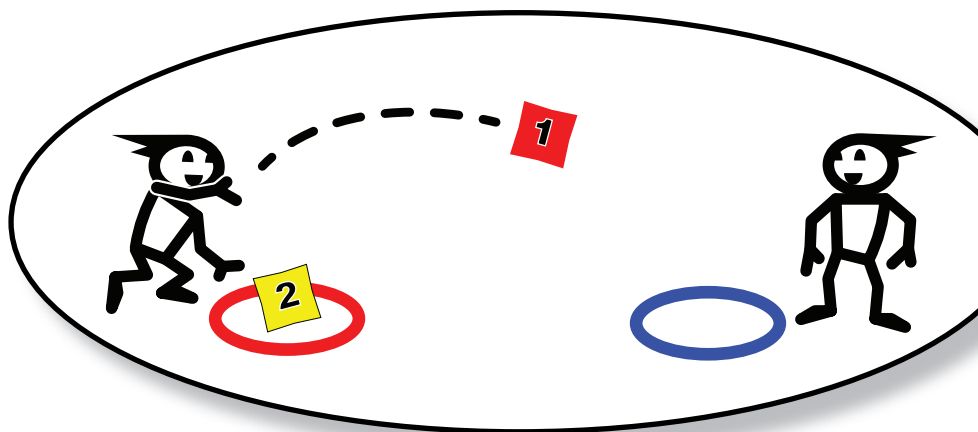
### Variations:

- Make it a team event and add the distances together for all members of the team.
- Attach hula hoops to a goal or pole at various heights, and have students try to throw their javelins through the target. The lower hula hoops are worth 3 points, and the higher hula hoops are worth 5 points. Tally each team's points after 2 throws person, or after a designated time.

## Corn Toss

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ 1 Pull Buoy No-Kink Hoop (30" or 36") per student
- ☑ 2 Sportime® Utility Sequencing Bean Bags (5") per 2 students



### Set

- Create 2 parallel lines of hoops 5-10 paces apart. Hoops in the same line are 2-3 paces apart (to allow for throwing inaccuracies).
- Place 2 beanbags (corn) in each hoop (barrel) for 1 of the 2 lines.
- Pair students and have them face-off; each standing behind a hoop.

### GO!

1. This object of the activity is to toss your “corn” (beanbags) one at a time into the “barrel” (opposite hoop).
2. The partner with the corn in their barrel throws first.
3. When one student has tossed both pieces of corn, it is their partner’s turn to do the corn toss.
4. Students take turns back and forth with you’re their partner.
5. If the corn lands in the barrel, the student gets 2 points. If the corn touches the barrel, they get 1 point. Students play until they hear the stop signal. (Or, to a set number of points - e.g., to 20 points.)

### Variations:

- ➡ Use different objects to toss instead of a beanbag. Try yarn balls, rubber chickens or something else fun!
- ➡ Let students choose the distance between their hoops.

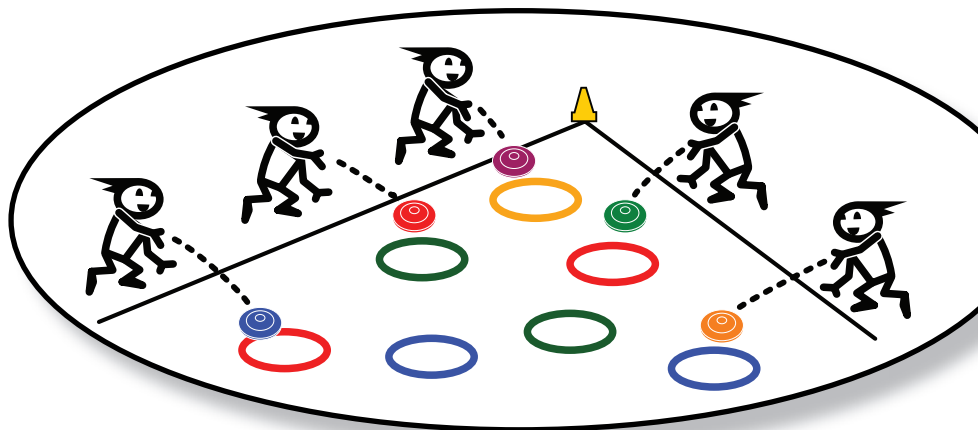
## Flying Disc Throw

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ 1 Pull Buoy No-Kink Hoops (30" or 36") per 2 students
- ☑ 1 Sportime® 9" Flying Disc per student

### Set

- Create large (20X20 paces) activity area
- Scatter hoops in area.
- Scatter students on perimeter; each student with a disc.



### GO!

1. The object is to throw the flying disc into the hula hoop targets.
2. On signal, students move around the perimeter clockwise.
3. On "Throw!" students stop moving, and aim at a hoop and throw their disc toward a hoop.
4. On "Go!" students run to retrieve their own disc. They are to return quickly to move around the perimeter and continue the activity.
5. Scoring:
  - o 5 points if disc is totally inside hoop.
  - o 3 points if disc touches hoop.
  - o 1 point if disc rolled through hoop, but didn't land in or on it.

### Variations:

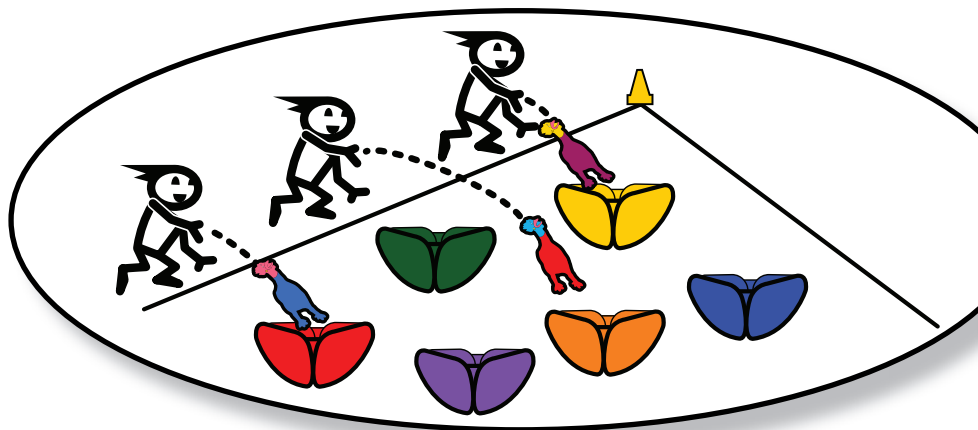
- **Colored Targets: (Grade K-2)** Use hoops of various colors. Place 1 color toward the center of the area, a 2nd color in the middle ground, and a 3rd color closest to the perimeter. Give point values based on difficulty, 5 for the furthest, 3 for the middle, and 1 for the closest.
- **Spot Marker Targets: (Grades 3-5.)** Smaller targets will provide more of a challenge.



## Chicken Soup

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ 6 Sportime® Tote-N-Target Fold Up Baskets (for the soup pots)
- ☑ 1 Sportime® Rubberlike Chicken per student



### Set

- Create large (30X30 paces) activity area.
- Place the tote-n-target fold up baskets randomly throughout the playing area.
- Direct the first 5 students to stand on the designated starting line.
- Each student standing on the line will have a Rubber Chicken.

### GO!

1. The object of this activity is for students to toss their chicken into the soup pots (baskets) to make chicken soup.
2. On the signal, the first 10 students stand behind the line, and throw their chickens into one of the soup pots. Each soup pot (basket) is worth the points written on it (i.e. Yellow = 2, Orange = 6, etc.).
3. They are to wait until all 10 students have gone before they can retrieve their chicken and return to the throwing line.
4. Students get three throws to total as many points as possible.

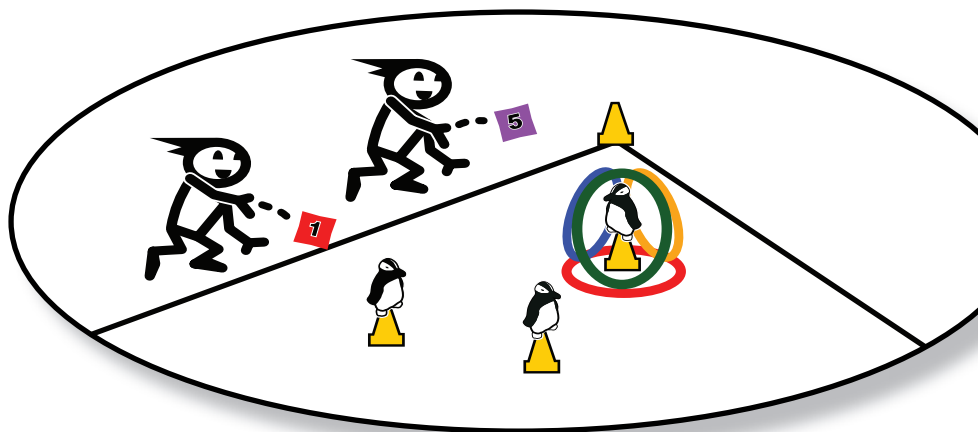
### Variation:

- Students are paired up. The object is for each team to score a total of 30 points. Pairs work together to combine their points from each throw to total 30. The activity starts with steps 1-4 as listed above, but instead of retrieving the chicken and running back to their line, they hand the chicken off to their partner. The partner waits for the signal before they throw.

## Penguin Knock Off

### Ready

- ☑ 5 Sportime® 12" Yeller Game Cones per 4 students
- ☑ 4 Pull Buoy No-Kink Hoops (30" or 36") per 4 students
- ☑ 2 Sportime® Rubberlike Penguins per 4 students
- ☑ 10 Sportime® Utility Sequencing Bean Bags (5") per 4 students



### Set

- Create medium grids (15X15 paces) enough for each group of 4.
- Spread out 1 penguin igloo and two penguin icebergs in each playing area. To create the penguin igloo place one hula hoop on the ground, and lean the other three against each other in the center. Put one penguin inside each "igloo." To create the "penguin iceberg" place one cone on the ground with a penguin balanced on top.
- Place students into groups of 4 and direct each team to stand on the designated starting lines across from the icebergs and igloos.
- Place 10 beanbags at each playing area.

### GO!

1. The object of this activity is to knock over the icebergs and igloos in the playing area before the time runs out.
2. Each student starts on the throwing line. On the signal, students begin picking up their beanbag and throwing them at the igloo and icebergs trying to knock them down.
3. Give a designated time (2-3 minutes) to complete this task.
4. If a team has knocked over all their icebergs and igloo before the time has run out, they can move into their playing area, set up the objects and continue the activity.
5. **Challenge-** How many icebergs and igloos can they knock over in 2 minutes? 3 minutes?

### Variations:

- Each target is worth a point. Knocking over an igloo is worth 2 points and knocking over an iceberg is 3 points. If students can knock the penguin off the iceberg without knocking down the iceberg they get 5 points. After knocking everything down teams can reset the game and keep playing. How many points can the team get before the signal?
- Teams can use the Fling-It set to knock over the penguins. If they knock over a penguin and the igloo they get 2 points and if they knock over a penguin on an iceberg they get 5 points. Continue play until the signal.

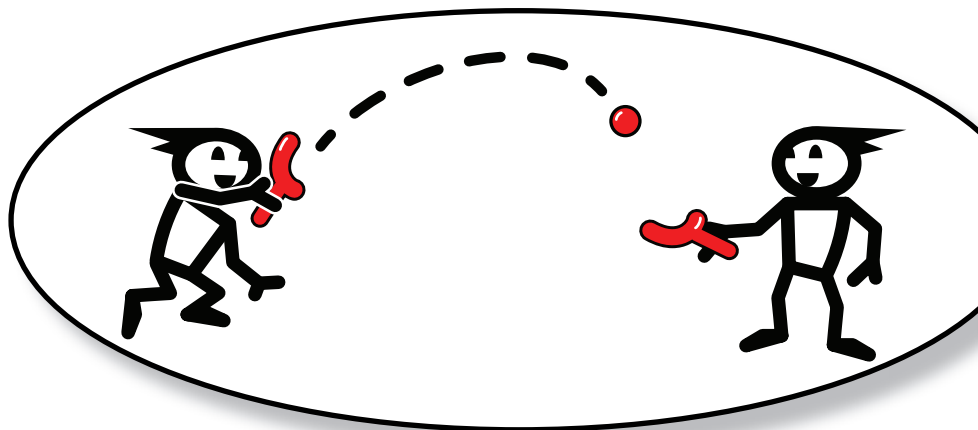
## Scoop Catch and Toss

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ 1 Champion Scoop and Ball per pair

### Set

- Create large (40X40 paces) activity area.
- Pair students, send pairs to select 2 scoops and 1 ball.
- Scatter pairs within area.



### GO!

1. The object of the activity is to participate in challenges using the scoop and ball set.
2. Each pair should have at least 10 paces between themselves and the next pair. (*Check how students are arranged and adjust accordingly.*)
3. When students hear the start signal they can begin tossing and catching the ball, counting the number of catches out loud. If they drop the ball, they continue to count from where they left off.
4. When students hear the stop signal, they can place the ball in their scoop; then put them down.
5. **Challenges**
  - o How many catches can they make in 1 minute?
  - o How quickly can they get 10 catches?
  - o Can they throw and catch with the opposite hand?
  - o Can they catch it below the waist? Above the waist?

### Variations:

- **Partner Step Back-** students play catch and after the partners catch 2 consecutive throws, they stop and both will take 1 step back. The challenge is to see how far back they can go before they hear the signal.
- **Color Toss-** place different colored hoops around the activity area. Make each colored hoop worth a certain amount of points (red = 1 point, blue = 2 points, yellow = 3 points, etc). Teams need to get 11 points (or other total) by tossing their balls into the hoops that make up that total number.



# Parachute Activities



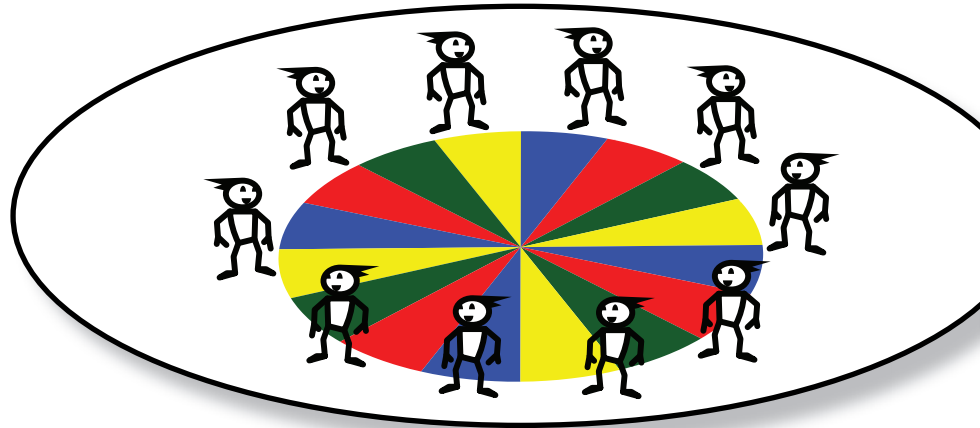
## Parachute Shapes

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ School Smart 24' parachute
- ☑ 1 Sportime® Utility Sequencing Beanbag 5" (optional)
- ☑ 1 School Smart 7 1/2" Foam Volleyball (optional)

### Set

- Create medium (20X20 paces) activity area.
- Lay parachute within area.
- Have students to stand near edge of chute.



### GO!

The object of this activity is for teams to create multiple shapes using the parachute.

#### Low Dome

1. Have students use an overhand grip (*palms down*) and in a lunge position with their back knee resting on the ground.
2. When the teacher says “Up,” everyone stands; then they pull the chute up and overhead to make a Dome.
3. When the teacher says “Down,” slowly everyone will pull the chute down to the ground in front of them to create a Low Dome.

#### Clubhouse

1. When the teacher says “Up,” students create a Dome.
2. When the dome peaks, students take 1 step forward, pull the chute behind their back, pull it down, and sit on the inside edge of the chute.

#### Mushroom

1. When the teacher says “Up,” students create a Dome.
2. On the teacher’s count, students step forward under the chute until it deflates. Step 1, 2, 3, 4. It looks like a giant mushroom.
3. Make sure students do not let go of the chute. On the signal have students walk back out before the chute comes down on top of them.

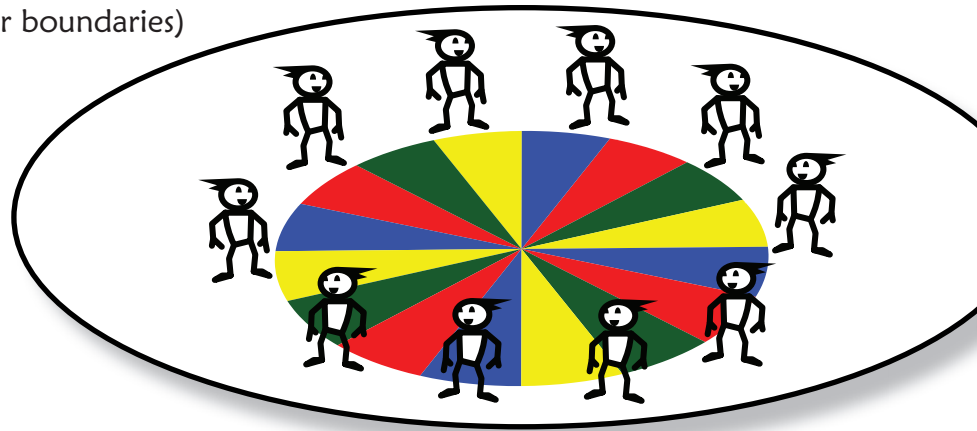
## Changing Places

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ School Smart 24' parachute

### Set

- Create medium (20X20 paces) activity area.
- Lay parachute within area.
- Have students stand near edge of chute.



### GO!

#### Color Change Around

1. Students move from 1 color panel to another moving around the chute.
2. Students hold the chute with their right hand. They should take note of which color they are touching. When they hear their color called they run forward until they get to the next panel with their same color.

#### Running Colors

1. Students move to the next panel of their color while the parachute is moving.
2. On the teacher's signal the students begin walking. When their color is called, they are to let go of the chute and run forward to the next open section. If their color is not called, they keep holding and moving the chute.

#### Color Exchange Under

1. Students will exchange places with those holding the same color as them. This time they will move under the chute. Every student must have their own color.
2. On the teacher's signal the students begin walking. When it peaks, the teacher calls a color. Students whose color is called move safely under the chute to another panel of the same color.

#### Animal Exchange Under

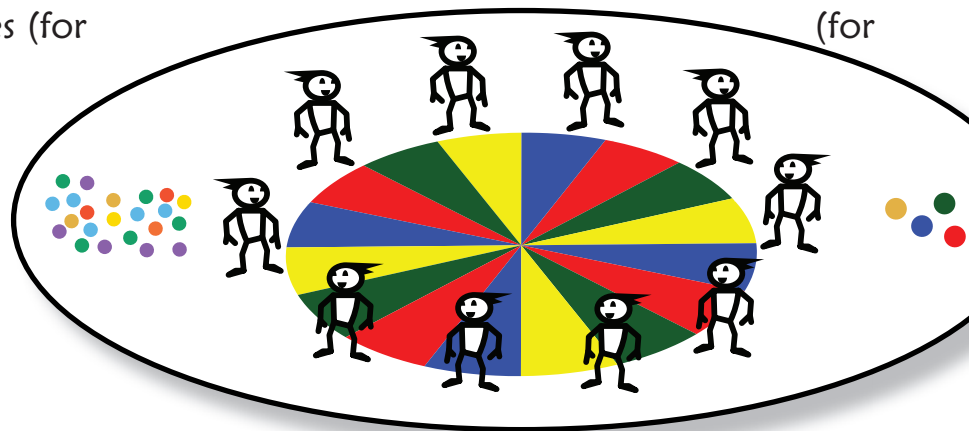
1. Students safely exchange places with other "animals" under the chute. The teacher will tell the students which animal to be. (*Crabs, puppies, kangaroos, or bears.*)
2. On the teacher's signal the students begin walking. When the parachute peaks, the teacher will call an animal. When a student's animal is called, they exchange places by going under the parachute moving like their animal.
  - o Crabs – Walk on their hands and feet tummy up. They can walk sideways, forward, or back.
  - o Puppies – Run on their hands and feet, keeping their knees bent.
  - o Kangaroos – Squat, then jump forward holding their hands in front of their chest.
  - o Bears – Walk on their hands and feet, facing down.



## Popcorn

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ School Smart 24' parachute
- ☑ 12-20+ Chenille Kraft 3 1/2" FluffBalls
- ☑ 4 School Smart 7 1/2" Foam Volleyballs



### Set

- Create medium (20X20 paces) activity area.
- Lay parachute within area.
- Direct students to stand near edge of chute.
- Keep yarnballs and foamballs (popcorn) to the side until needed.

### GO!

1. The object of *Popcorn* is to make the kernels of popcorn (balls) pop high into the air like popcorn being popped in a pan.
2. Place 5 balls onto the parachute one at a time.
3. When the 5th kernel hits the parachute, the students should shake it harder to pop the popcorn. Count together as a group. *(Toss 1 at a time slowly as students count aloud until the 5th ball. Then toss them onto the chute quickly and watch them fly!)*

### Variations:

- Students will try to pop the popcorn (balls) off the chute as fast as they can. The teacher can time each group every round to see what their best time is.
- The teacher will divide the chute in half. Students on the right side are group "X" and students on the left side are group "Z." The object is to pop popcorn off the other group's side of the chute. Play until all the balls (use only 6-10) are off, then count how many are on each side.

## Space Mountain

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ School Smart 24' parachute
- ☑ 1 Sportime® Utility Sequencing Beanbag 5" per student (optional)
- ☑ 12-20 Chenille Kraft 3 1/2" FluffBalls or fruit and veggie beanbags (optional)



### Set

- Create medium (20X20 paces) activity area.
- Lay parachute within area.
- Direct students to stand near edge of chute.

### GO!

1. The object of *Space Mountain* is for students to move toward the center of the chute and back to the edge when their color is called.
2. When the teacher says “Up,” everyone stands at the same time, pulling the chute up and overhead to make a Dome.
3. When the teacher says “Down,” students slowly pull the chute down to the ground.
4. The teacher will call out a color, and the students who have that color will climb the “mountain of air” by crawling on their hands and knees towards the center of the chute.
5. Students can touch the center with their hand, then return to the outside edge by crawling backward.

### Variations:

- Each student is given a beanbag. They are to push it with their nose to the center of the chute. If they make it, place the beanbag on their back between their shoulders, and try to balance it there until they crawl backward to their starting place.
- Toss fruit/veggie beanbags or colored fluffballs into the center of the chute. The teacher will name a fruit/veggie type (or a fluffball color). When the teacher calls a color students crawl to the center to “harvest” (pick up) that type of beanbag (or ball color), then they crawl back to the perimeter.

## Shark Attack

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ School Smart 24' parachute

### Set

- Create medium (20X20 paces) activity area.
- Lay parachute within area.
- Direct students to stand near edge of chute.



### GO!

1. Students should pretend the parachute is the ocean. Hold it waist-high, and make small waves by shaking it gently.
2. The teacher will select 5 people to be the 1st “Sharks.” Sharks, put on their fins by putting a hand on top of their head.
3. On the teacher’s signal of “Go,” Sharks “swim” under the ocean (move under the chute so they cannot be seen).
4. On “Shark attack,” Sharks “bite” (gently touch) an ankle of someone standing on the outside.
5. A swimmer bitten by a Shark becomes a Shark, and the old Shark becomes part of the ocean by holding onto the chute.
6. Once students have been a Shark, they should stand on 1 foot so new Sharks know not to “bite” them.
7. New Sharks swim underneath and keep the game going.

### Variations:

- New Sharks “swim” (*jog, skip, gallop, side-slide, etc.*) 1 time around the outside of the chute, before they go underneath for a swim.
- Students hold the chute at waist level, and lean back to lower their body. They use their legs to bend low like a water skier. Sharks play as before. If students are “bitten” by a Shark, they switch positions.



## Capture the Orb

### Ready

- ☑ 4 Sportime® Yeller Game Cones (for boundaries)
- ☑ 1 6' parachute per 6-8 students
- ☑ 1 School Smart 7 1/2" Foam Volleyball (orb) per 6-8 students
- ☑ 1 Pull Buoy No-Kink Hoop per 6-8 students
- ☑ 20+ Sportime® Utility Sequencing Beanbags 5" (optional)



### Set

- Create large (30X30 paces) activity area.
- Lay parachute within area.
- Direct students to stand near edge of chute.
- Select 3 students to hold the hoop and be the “Orb Capturer.”
- Keep balls off the chute until needed.

### GO!

1. The students “capture” their “orb” by catching the ball that is tossed in the air using the parachute through their hoop.
2. The Orb Capturer stands away from the chute, and holds the hoop out and in front. They should be ready to move to catch the ball through the hoop.
3. Chute holders move their chute up and down together, and make an accurate toss towards the hoop.
4. If the ball does not go through the hoop, the Orb Capturer throws it back onto the chute, and everyone tries again until it does.
5. Once the orb is captured, student gives the hoop to a different player in the group.

### Variations:

- Orb Catchers use hands to catch the orb in the air.
- Place 20 or more beanbags in a hoop in the center of the playing area. On signal, the 1st player from the group runs to the center, selects a beanbag, runs back to the group, and places it onto the parachute. Chute holders move the chute to toss the orb. When the orb is captured, place it on the floor near the group, and the next player takes a turn with a new beanbag from the center. Play continues until all beanbags are gone from center hoop.

# **Save on Field Day Supplies at Sportime!**

**SchoolSpecialty.com/  
physical-education**

**Phone  
888-388-3224**

