

Fabulous Field Day



Let's make Field Day-Fabulous!

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Introduction:

Welcome to Fabulous Field Day (FD)! AKA the most difficult day(s) of the physical educator's year.

I fondly remember my first FD. The principal told to plan one? “*What’s a FD?*” My first PE panic attack. Fortunately, he was very supportive and formed a FD committee and each teacher/staff member gave me kind and supportive suggestions. I made it through... barely...



Fabulous Field section poses a few questions and offers a few suggestions to assist you on your FD quest. This is a new concept, approach, system being introduced to many of you.

If you are a new PE teacher, there are many factors to consider for FD, and that may be the way to approach it; presenting the information through questions and suggestions and honoring the PE teacher with wise choices to make. My goal throughout this website, is that you maybe acquire one idea from this section. Okay, time is short, let's buckle down and get going!



Largest School Event?



FD for virtually all schools, is the largest student and staff participation event of the year. Nothing else compares. No field trip, the band / strings, and chorus concert is close. FD involves every student, teachers, staff and many volunteers. And the kids are active participants, not spectators, like a school zoo trip. *Wow, they saw a monkey...* With deference to the cute primate, it is important to share (your principal will not be aware) of this perspective, so that you get respect and assistance. It is not just a PE thing, it is an entire school and community event.

Funds for fun?



Speaking of respect, nothing comes free, especially money. FD expenses are not funded by the PE teachers' enormous salary. It is important to communicate with your PTA and start receiving yearly funds for FD. PTA's are willing to assist, but you need to campaign for your yearly expenses. I found PTA's supportive over the years. Save your receipts.

Date?



Set your date(s) as early as possible and lock them in. In fact, book your dates the previous year if possible.

Fall or spring season? Both seasons have their advantages.

- **Fall:** For many schools the weather is fantastic, the grass is cut, allergies are lower, and we are not competing with other school events, like testing, field trips, band and strings concerts, star shows and promotions.
- **Spring:** Offers the wonderful opportunity to celebrate the end of the school year and summer break with a final showcasing of the students. It is a highly motivating time.

Session times?



Do you have one long session, for example 8:30 to noon? This works better for smaller schools, all the students out at one time. Or two sessions, split between grades. Works better for larger schools.

- Grades K-2 9:00-11:00 AM
- Grades 3-5 12:00-2:00 PM

AM FD: Another option, two morning sessions. Works well if it gets hot in the afternoon.

- Day 1: Grades K-2 9:00-10:30 AM
- Day 2: Grades 3-5 9:00-11:00 AM

Rain date?



Every PE teacher has a strong opinion of FD rain dates, and for good reason, there is no perfect back-up plan. Mother Nature wreaks havoc on our FD event. Now what?

- **Same day:** Change to an inside FD, and it becomes ***Play Day***. Have a back-up plan ready to go, and switch-up to the inside schedule/activities. All your volunteers and staff have made plans for FD. It is difficult at the last moment to switch dates. We have done the inside rain FD and it goes well. See a couple ideas at the end of this section.



- **Back up date:** Plan and schedule a back-up date, and make all parties are aware of it. The next day, or next week, etc. Logistics like volunteers are more of an issue, but plan and prepare on the potentiality of a cancelled FD and it works out just fine.

What structure/style of FD?



There are multiple styles and structures of FD, and the implemented method represents the personality of the PE teacher and school. What door do we walk through?

The two main styles:

1. **Classic stations with rotations:** This is how most PE teachers do it. For the number of classes, there are that many stations. Each class rotates to a station; 20 classes, 20 rotations, in an orderly timed method, escorted by the CR teacher. The school uses a set time, like 10 or 15 minutes at each station. $120 \text{ minutes} / 12 \text{ classes} = 10 \text{ minute per station}$.



2. **Mini activities/challenges:** Individual students are free to run and play at a bunch of informal type of activities, games, events, etc. This is more like an arcade approach. Children run around and go to little games individually or with a buddy. Lots of volunteers are needed, and many tiny, very simple stations are used. I have visited (and volunteered) at multiple schools with this FD style. Some teachers dig this approach.

Sarratt System Field Day (SS FD)?

Introducing the SS FD or **hybrid approach**. I was disappointed with the above two classic FD styles finding the 1st style kind of boring with poor rotations. And, for the 2nd style, my principal(s) instantly shot down the idea of hundreds of kids running around unmanaged for a couple hours.

Therefore, with soul searching, I created the **hybrid approach** and have used it with complete satisfaction for several decades. I also introduced it to several part-time schools, and they have successfully adopted it. It has the advantages of both above styles and few of the negative. It's a fundamental FD game changer.



A new FD idea...

The SS FD plan?

If you to remember anything in the FD section, here it is. Keep the class approach. The kids have earned the privilege to enjoy FD with classmates, their teacher and parent volunteers. Teachers consistently report they want to do FD with their classes.

However, now classes don't rotate station to station, in a prescheduled / timed fashion.

It doesn't work well. I tried it for a few years and worked at various PT FD at other schools with the system. Here's the problem, some stations are more complex, and they need more play time. These are the FD **anchor stations**. No worries. Some stations are quite simple, drop in for just a couple minutes of play time. No worries.

Let's be honest, with classic station rotation, its monotonous being at a simple station for the full time, waiting and wondering when you get to rotate. The kids (teacher/volunteers) become bored and restless. That's why the classic 10 or 15 minute rotations don't work well. For example, the football station takes longer than, let's say, the jump rope or hula hoop station does. JR and HH is just a fun, simple drop in for a few minutes. The volunteer, teacher and kids decide how long to stay and play. It gives the CR teacher, kids and volunteer's agency, the time control, not clock controlled.

A new mindset shift?



Yes, with the SS FD, there is more relaxed and casual approach; the CR teachers and kids are out for a stroll, and exploratory journey to search and find fun play stations. There is no rush, only station discovery. The stations are more spread out, and some are inside. When the class finds an open station, they jump in and play it. When done, immediately move on to find your next one. Also, they are free to revisit / repeat any station.

Teachers and pupils report the walk and search is an important and integral part of the process; it is enjoyable and relaxing. Not standing around and waiting for the next station.

Key:



Extra stations is the golden key to unlocking the success to the SS FD. For example, if you have 20 classes, then a few extra stations are needed. Just a couple more-two or so. The station volunteers also get a nice little break from time to time, which they fully appreciate. I call it the *FD volunteer planning period!*

Water and restroom breaks?



With the SS FD, the classroom teacher is free to bring his/her class inside for the restroom breaks and to fill up water bottles, they do not “lose” their turn in the classic station approach.

Any theme?

A theme add tremendous impact and connections to FD.

Popular themes are:

- **Olympics:** Summer Olympic events/stations.
- **Kids’ stuff:** popular movies, books, stories, poems
- **Track and Field:** competitive events.
- **Summer break/beach:** fun beach style stations/events.
- **Survivor TV Show:** A before and after tribal council may be used. The theme is to survive FD with a Survivor style kid friendly stations/challenges.
- **School mascot:** for example, *Eagle Flight*, tied in with school theme.
- **Social skills/school behavior concepts/integration:** code of conduct, *Being Kind*, etc.

What reward system, if any? Several options.

- **Ribbons:** after each station.
- **Team scoring:** Break classes into 4 teams, which team earns the most points wins.
- **Individual/class punch card:** Each class carries a FD punch card. Upon a positive visit, the card is punched. Motivating. Each station needs a hole punch.



- **Sprinkler:** Tied in with above, class earns a sprinkler run through after ____ punches. Very motivating! They love to run through the sprinkler!



- **Trophy:** Each grade, or one class wins.
- **Pizza party:** for the winning team(s):

Ice Treat?



Do you want a treat? One of our school annual PTA budget items is funding *Rita's Ice Custard* for all students, staff and volunteers. Everyone looked forward to it and enjoyed a little break from all the action. It adds extra fun to FD!



- Schedule and lock in your Ice Treat vendor early in the year, they book up fast!
- Schedule a time slot per grade.
- Rita's is fast and can serve a whole grade of students in a flash.
- Thank you Rita's for many years of tasty treats!

Student prep?



Preparing the students for FD helps create an organized and positive event. However, I don't think it is necessary to spend many weeks on it. One or two PE classes seems to do well. Each CR teacher also covers relevant material. Therefore, several important factors should be previewed by the physical educator and classroom teachers.

A couple considerations are:

- **Student dress:** How are the students expected to dress out on FD? Keep it simple. Shorts, tee shirt, and athletic shoes. Also, a hat is handy.
- **Water bottle:** Most kids bring these to school. **Pro Tip:** Write student name and include teacher initial & grade. *Billy Bob - 5 S.* The CR teacher/volunteer writes it on masking tape, places on the water bottle the morning of FD. Kids leave them everywhere...
- **Sunscreen:** Check with your health room, but most schools allow it.
- **Behavior goals and expectations for FD?** Playing for fun, competition or making friends. I can't emphasize it enough, FD showcases positive attitudes and behavior. Be clear that positive attitudes and good behavior is displayed by your students. In PE class, students have been working on it all year. They will do great!
- **Practice relays?** Yep, there are lots of relays and races on FD. We don't do them in PE, (N. Williams) but for FD there are tons and need to be practiced prior to FD. Teach and practice a few relays, and your expectations, so they perform them well on FD. Have them practice running over to you, and getting in relay lines as fast as possible. Rotating in new line leaders after each race is required. All this needs practice.
- **Teams?** Some PE teachers do this exceptionally well. You can pre-divide every class into 4 teams and use a color system set-up. **Blue, green, red and yellow.** Each student is preassigned to the team. During FD each team knows where to line-up according to colored cones at the station. Personally I never used this system. I like the fact that at various stations, there may be two, three, four or even six lines. For many stations, there are no lines/numbers needed; parachute, jump rope, hula hoops, baby pools, etc. Kids can play with different classmates. Therefore, the kids know and are expected to jump into different lines or play places at various stations. The station volunteers do a great job of this.
- **Hello and thank you!** Last, but not the least important prep step, is the students greeting and thanking the station volunteers at every station. When the class arrives, the students call out, smile and wave to the station volunteers. *Hi! How are you?* Also, during the station, students are expected to use *please* and *thank you* and with a positive/friendly tone with all station volunteers. *"May I please... Thank you..."* Remind your classes that the volunteers are there to help the children. They are giving up their valuable free time. Finally, upon exiting the station, youngsters are expected to thank the volunteer with a simple positive comment like, *"Thanks, that was fun!"*
- **Role play:** I would not hesitate for the kids practicing and role playing the greeting, positive polite words and salutation during FD relay prep. Make it fun, pretending to be a volunteer who doesn't know the kids names. Yikes! Be a tad silly and make some mistakes, etc. Now, how polite are they? Test and challenge them! You got this!

Inside or only outside?

- **Outside activities only?**

Most FD are strictly outside activities often in a one defined space like the soccer field. As discussed, this is classic FD with a smaller stations and quick concise rotations every 10 minutes or so.

- **A few inside activities?**

With my recommended system, with no set prescheduled rotation pattern, it opens the door, quite literally, to potential inside stations. It's a game changer. Over the years, we have added lots of interesting and exciting inside stations to complement the outside stations. Some of the inside stations are: SP Volleyball, bowling, scooter riding/races, martial arts/karate, dancing and even yoga. Student and teacher reflections, show that inside stations provide unique positive movement experiences that balance the competitive track and field and relays activities. Plus it gives the kids a break from the heat, humidity, and sun. CR teachers often combine the inside stations with a quick visit the rest room and water fountain.

Tee Shirts?



As mentioned, when it's hot we desire the kids to wear tee shirts on FD. However, there are tee shirt choices. All of the following options add a flash to FD.

- **Professional company:** Several companies specialize in customized FD tees and are delightful, unfortunately a tad expensive.
- **Tie-dyed tee shirt:** We had a CR teacher and making tie-dyed tees was a hobby of hers. She taught the staff how to do it, and the kids brought in white tees and they tie-dyed them. Very cool looking on FD, adds to the summertime effect!
- **School tees:** Most schools sell their own school tee shirts, and having the kids display them on FD is another opportunity to show school pride.
- **Color by grade:** Another way to demonstrate school pride is by each grade wearing a different color tee shirt. Many schools use a grade/color coding system, and it helps identify the class/grade.

Water drinking stations?



Should we offer outside drinking session during FD? We bought and added several huge water jugs and it helps keep the kids hydrated especially on hot days. Strategically spread them out on the play areas. **Tip:** For the few kids that forget water bottles, place small paper cups on the table.

Water play stations?



On a hot FD what do the kids need? Water stations! There are several type to consider.

- **Bucket brigade:** (See below for more info)
- **Sprinkler?** As a reward, the class is able to run under the water sprinkler. (Discussed above)
- **Water balloons?** Water balloon tossing and catching challenge! At the end of FD.
- **Baby Pools:** (See below for more info)
 - **Silver Miner**
 - **Gold Rush**

How do I convey the FD info to the teachers and staff?



The annual FD letter/and one short staff meeting.

- What do the teachers and staff need to know about FD? It goes in the Field Day letter to teachers/staff. A well written letter to the CR teachers/school staff inform them of pertinent information. Try to be concise.
- A short school FD meeting is helpful for any staff questions. Just a couple minutes is needed.

Lunch?



You may be placed in charge of communicating the lunch schedule and if the school is having a picnic. In years pass, FD lunch was a huge event and parents/teachers brought in grills for cooking hamburgers and hotdogs. Also, give the cafeteria manger ample notice so that he/she can order the proper food/drinks for FD. At my school, they prepared bag lunches and it went very well. But, the cafeteria manager needs prior notice.

Volunteer's lunch?

Some schools feed the volunteers. So check on this, maybe your PTA can fund it. Volunteers appreciate the gesture.



FD assistant?



The main PE teacher is the FD manager, but an FD assistant is invaluable. There are countless things to do. If there is a PT PE teacher on field day, and he/she is willing to assist, you are in good shape. If not, a volunteer, usually a parent, steps in to be your main assistant. This a fun job for them and they enjoy helping. The assistant can help you set-up equipment, helping with the volunteers and cleaning up and putting equipment away upon FD completion. I found my parent assistant to be priceless.

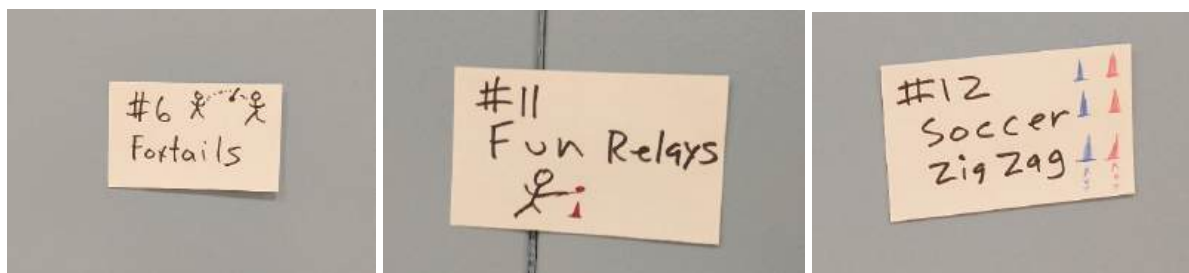
Getting organized and set-up?



Equipment set-up the night before FD



Bowling station, ready to go



Station identification signs



Beach balls inflated and ready to go

It takes a more than one day to set-up for FD. Start early and keep a FD to do list. As you get things done, check it off. *A short pencil is better than a long memory.*

Setting up and triaging the night(s) before is a critical step. Using your station list, create simple mini signs and place the equipment below. (See photos above) For most of us, it is the gym, but it could be a hallway near the play field.

Volunteers?

Volunteers are the engine of FD, they run the stations, travel with the CR teachers, manage the water filling stations and help with lunch/picnic and many other tasks.

Volunteers are available from many sources:

- Parents/grandparents:
- Older siblings of students.
- Staff relatives and friends:
- Community/church:
- Military:
- Police/firefighters:
- Send out emails /***Sign-Up Genius*** blasts requesting FD assistance:
- Once you start getting numbers, you will know how you stand. Do you have enough? Multiple requests, email blasts, are normal. Don't worry. Keep at it and you will get plenty of volunteers.
- **Pro Tip:** Be thoughtful, it is easy to get too many...

Volunteer morning meeting of FD?



A brief morning meeting of the volunteers and available school staff is essential. It's the most intense FD time. 30 minutes prior to the start of FD, all volunteers/CA staff meet promptly in the gym. A couple quick comments such as welcoming and thanking them is in order. A few more brief logistical comments are shared. (Restroom locations)

Then go down your FD station list and ask for/or assign the volunteers stations. It goes fast. A clip board including several key pieces of info are included with each station.

- Basic FD policies:
- Rules/procedure how to play the station game:
- Diagram of the activity/game:
- Map location/where the game is set-up:

Who sets up the stations?

Volunteers carry out the equipment, read the info on the clipboard, set-up the station and are ready in a flash. It does not take long. Volunteers learn the station, by reading the rules and procedure and setting it up. It's their station and they may alter it a tad. No worries. Culture arts and TA's teachers can assist the volunteers carrying out and setting up stations.

Note: Several stations like the baby pools need additional time in setting-up. The PE teacher comes in a tad early for these few stations. PE teachers don't need to come in super early setting-up all the stations early in the morning; that is mistake, the volunteers enjoy it, and gives them ownership / agency of their station. Everyone is excited and a tad nervous...it's about to be fabulous!

PA Announcement?



It's finally it's time for FD. PA announcement, *"It's time for field day, come find a station!"* Relax, deep breath and the hard parts are over. Now it going to be a blast!

What does the PE teacher do during FD?

During field day, you manage it by walking around and checking on each station, volunteers, the kids and CR teachers. Does a CR teacher need a restroom break? Help when needed, and **LPE**; listen, praise and encourage others. FD will run like a Swiss watch; so smooth and graceful. You did it!

Who cleans-ups?

- Volunteers/parents, staff and children all help bring in equipment to the main gym. This takes only a few minutes.
- Water stations, baby pools may need to stay outside a little longer and require wiping down and drying out in the sun.
- The PE teacher and your assistant will do most of the post FD organization, and storage of FD equipment. Cleaning up goes much faster than setting up. A couple hours.

It there anything after the morning session?



Lunch / class picnics



Movies and relaxation

DJ Dance Party?



For a decade as FD is finishing, every student congregated at the back of the school. We had a teacher who was also a DJ, she played dance music and lead the kids through a few fun dances. What a way to end the activities. It was awesome!

Are there any games after FD?



Some schools have 5th grade students vs. teachers/staff game.

- Basketball
- Kickball
- SP Volleyball

After FD, do you send a note to the staff? What about the volunteers?



Yes, send an email blast to the staff and students, for thanking them for a delightful FD.

- In your email include the opportunity for the staff to contact you with any questions, concerns or suggestions.
- Your principal should also send an email blast thanking the volunteers and school community.

Do you ask the students about their FD experience?



- The next PE class take a few minutes for a FD debriefing/unpacking. What did they like? Favorite stations? Any suggestions?
- Some PE teachers have students fill out a FD reflection survey form.

Do you have any sample SS FD Stations to share?

A few, and to keep it brief, I may add just a couple notes. Feel confident, knowing the following FD activities are student tested and using the Sarratt System FD approach. As discussed, no set rotation order or timed stations. Included, are outside and inside FD stations.

Outside stations:

Parachute (K-5)



- Classic mini games like: elevator, dome, mushroom, lights out, numbers under, wavy, and popcorn.
- Equipment: several size parachutes, small balls for popcorn.
- **Pro Tip:** For a large FD, two parachute stations may be needed.

Baby Pools (K-5)



There are two different games, with different equipment. (See below)

- Played on a blacktop near a water spigot.
- Using a garden hose, fill each baby pool ½ with water.
- 3-5 baby pools are needed per game/depending on size of class.
- Place 100-200 small nuts (not the kind you eat) in each baby pool. You can buy small nuts at any hardware store in bulk. You will need hundreds of them.
- Students take off shoes and socks and sit around a baby pool on small chairs.
- Place 5-7 chairs around each baby pool.
- Kids feet in the water, *ah, so nice and cool...*
- Drain and refill the baby pools frequently. Towels to dry feet are needed.
- **Pro Tip:** Double up the baby pools, for addition sturdiness. (See above)

▪ **Silver Miner:**

- Place a bucket in the middle of the pools.
- A few holes should be drilled in the bottom/sides and place a small weight (rock/brick) in it so that it settles to the bottom.



- Each group/team cooperatively uses toes to pick-up the nuts and place them in the center bucket. Nuts represent valuable silver nuggets.
- At the end of the game, the team/group that collects the most nuts wins.
- To keep the nuts organized, (same for each pool) pour the nuts back into the baby pool from where they came.

▪ **Gold Rush:**

- Played the same, except the center bucket is removed and each student holds a plastic cup.
- Players collect nuts with toes and place in their cup. Nuts represent valuable gold nuggets.
- At the end of the game, each team places all the nuts from the cups to a bucket, the team/group that collects the most wins.
- Pour the nuts back into the baby pool from where they came.

Cooperative Hula Hoops (K-2)



This is simple station, intended for the youngest field day participants, not meant for the older students.

Cooperative Group Jump:

- Smaller 24" hula hoops. One per/player per HH.
- Students form a circle and stand in a HH. Only one player/hoop.
- On signal they are challenged to jump one HH to the left or right. All at the same time. Yep, problem solving and cooperation on FD!
- Kids/classes figure it out; they do it better when they all shout out something like, *1, 2, 3 jump!*
- Can they make it all the way around?
- They can try going to the left or right, facing outward!

Cooperative HH Pass:



- Kids hold hands and pass a HH through their body either to the next player. They need to bend over and tuck head, and step through to pass it, no hands/fingers on the HH...
- Add additional HH, and one or two larger HH, going the opposite way.

Cooperative Challenges (K-2)

This is simple station, intended for the youngest field day participants, not meant for the older students.

Back to Back Game:



- All students find a “back to back” buddy. On signal “*switch*” they scurry to quickly find a new buddy-a new friend each round is the goal.

Towel Toss/Pop It Up:



- Use bath towels or Sportime’s mini parachutes (# 9-1449450).
- One/pair and a bean bag, players attempt to cooperatively toss up and catch it using just the towel/mini parachute.
- Switch partners try with new buddy.
- Teams: Two on each end! How does a group of four do?

Fun Relay Challenges (K-5)

This a classic challenging and cooperative FD station.

- Set up lines of 2-6 lines depending on class size.
- Each line goes down, around turning cone and back. High five next person.
- Every class practiced basic relays in PE the previous week.
- Create a bunch of fun relay challenges going down and back.
- A couple of options below.
- **Pro Tip:** More than one station can be created using all these challenges.

Hurdle and Zig Zag Challenge:

- Run down, zig zag, jump over and crawl under hurdles.



Shield Hurdles-Sportime #030070

Add a baton:



Walk and carry an egg with a spoon:



GopherSport #GL20-654



GopherSport #GL92-516

- **Potato Sack Relay Race:**



Sportime's mini *HopSackers* # 9-087929

Hula Hoops (K-5)



- This is a simple drop in station, for just a few minutes.
- Several size HH's for different grade level, one per student.
- Student demonstrate their excellent hula hoop skills and tricks.

Jump Rope (K-5)



This is a simple drop in station, for just a few minutes.
I recommend focusing on longer ropes, group jumping. Volunteers can assist by turning the ropes for the jumpers.



- Long Ropes

Small Groups

- **Short ropes**



Individual Tricks



Dynamic Duos

Basketball (K-5)



- **Shooting lines with PG balls: (K-2) (See BB section)**
- **Challenge Ball with BB's: (3-5) (See BB section)**



Bucket Brigade (K-5)



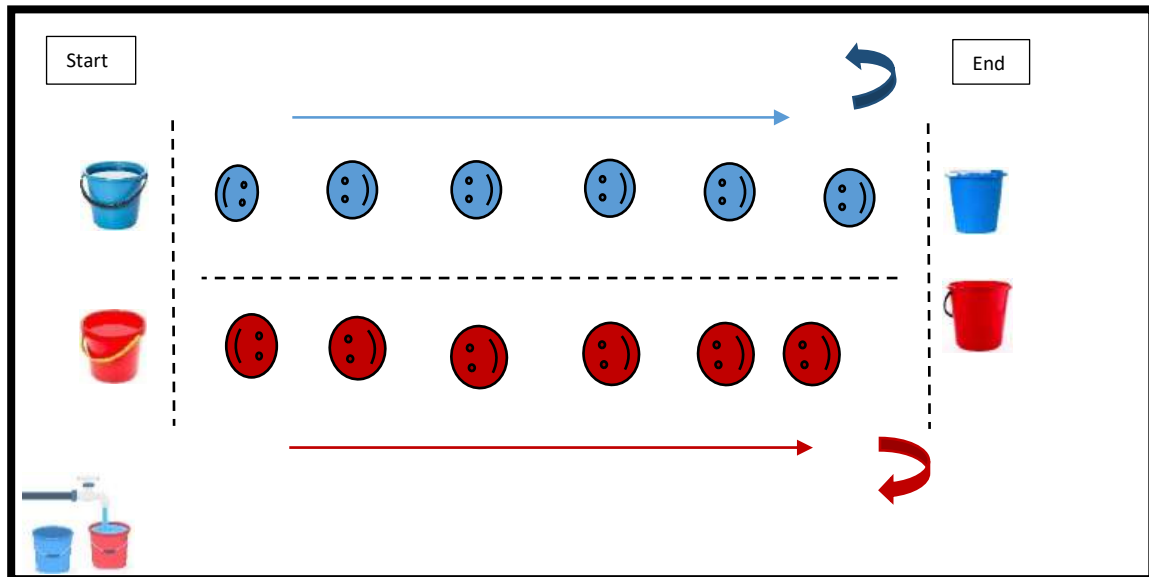
Bucket Brigade is a FD classic and favorite water station activity. There are many versions of it, and each school does it slightly different. The basic idea is that the students are cooperating by scooping water from the first bucket, passing water from player to player and dumping the water into the last bucket. The team that fills the most water wins the game. Pro Tip: for large FD, have two BB stations.

- Set-up game near a water spigot, a garden hose is very helpful.
- Create several lines.
- Two buckets per line: Front of the line, is one large bucket with a lot of water in it, at the end of the line is one empty bucket. (See below)
- The students line up and spread out between the buckets.
- The first player in line dips her/his cup in the bucket of water and passes the full cup of water to the next player line, that player passes to next player, etc. The last player pours the remaining water into the end bucket.
- Have players rotate position after each pass: the last person runs to be the first person. That way all players get to play different positions/roles.
- At the end of the game, measure the water levels of the end buckets. Who won?
- New games: switch up the way players pass: overhead, standing backward, etc.
- Change the item passed: smaller or larger cup, each player has a cup! Eyes closed!
- Use a large sponge overhead! Soak the giant sponge, pass overhead!

Measure the water level with a ruler



Bucket Brigade



Bucket Brigade

Climbing on the recess equipment (K-2)



An odd FD station, yes, and it was suggested by the students, teachers and parents on reflection surveys. Want it, they get it!

- Just few minutes of climbing and crawling and then they move on.

Tire Dragger Relays (K-5)



Tire Dragger is one of the most fun stations-kids love the physical challenge!



- Borrow used tires from the tire store near your school. They are willing to lend them and help out.
- Create 2-4 lines.
- Students hold on the rope and drag the tire down and around the turning cone.
- Hand-off the pulling rope to next player in line. Next player drags the tire.
- Modify distance and size/weight of tire depending on grade.
- Use thicker, softer rope.
- **Pro Tip:** Use heavy / larger cones for starting and turning cones. Borrow extra-large traffic cones from fire or police departments if needed.

Soccer and Field Hockey Zig Zag Relays (3-5)



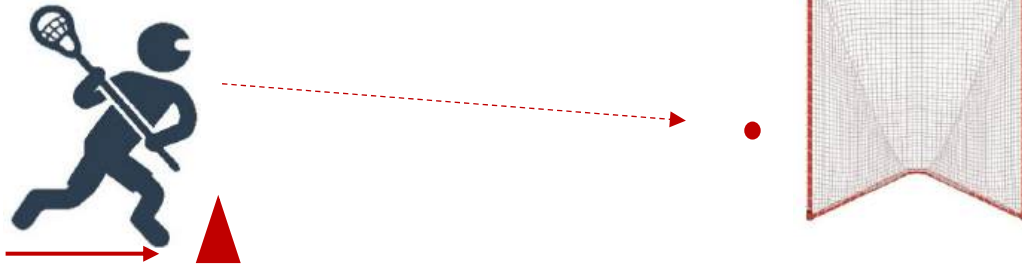
Soccer / Hockey Zig Zag Set-up

- Use 2-6 lines depending on class size.
- Set-up the classic zig zag course.
- One ball per group.
- First team that finishes wins.
- Change starting order after each race.

Hockey stick and smaller ball for hockey. (4 & 5)

- One stick and ball per group.

Lacrosse Run and Shoot (1-5)



Lacrosse Run and Shoot is an active fun and skillful station.

- Create 2-6 lines with the necessary equipment.
- Students run up, stop at the cone, shoot and fire!
- If they make it, they score a point on the scorer.
- Pro Tip: use shorter lacrosse sticks with younger students



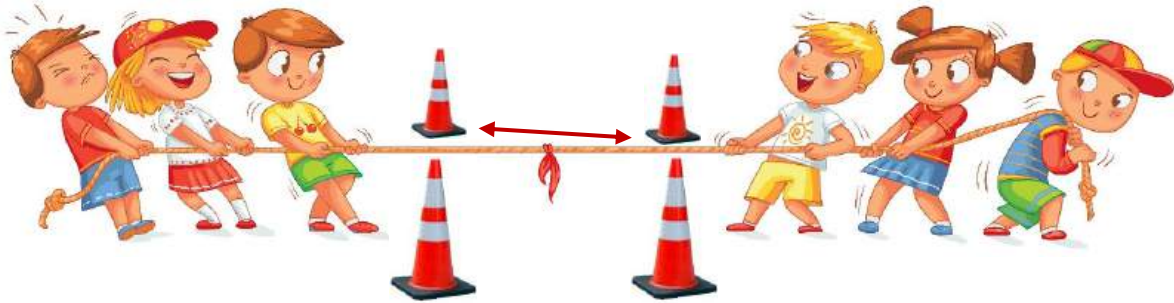
Lacrosse Run and Shoot
Set-up outside and it is a hit!

Tug-O-War (K-5)



Tug-O-War is another classic FD activity, all though exhausting. It is quite a simple set-up and easy to run station.

- Tie a scarf in the middle and use a few cones to mark the win lines.



Soft Tug-O-War Rope
Great Lakes Sports #66549



Sof' Tug Cotton Ropes
GOPHER Sport #GL92-520



Target Tossing (K-3)



Target Tossing is fun and enjoyable activity and geared toward the younger students, however, don't be surprised if a few older classes give it a try.

- There are many creative set-ups, with lots of equipment options.
- Use 4-6 lines.
- Lots of various sized buckets / containers for targets.
- Taller cones can be used for ring tossing.
- For each tossing line, use several pieces of equipment: bean bags, rubber band balls, fleece / yarn balls, foam Frisbees, and rings for cones.

Football Skills Challenges (3-5)

Football Skills Challenges is a fun and athletic FD station. It requires a larger space and careful safety procedures.

- Set up 4-6 lines and spread them out.
- Several tall cones per line are used for targets.
- On the start signal the first flight of students perform skill challenge.
- Performers wait, and when directed, they are cleared to retrieve their football and place back on the start line.
- Switch performers/next in line is up. And repeat process.
- A variety footballs are needed, smaller and softer, and larger ones for 4th and 5th grade. There are many football types/options.
- Several skill challenges options are:

- **Punt:**



- **Pass:**



- **Kick (off tee):**



Foxtail Softies (K-5)



Foxtail Softie

Rainbow Soft Tail GOHPERsport #GL58-490

Foxtails is another simple short station played for just a few minutes. The foxtail softie is the original softie type and still superior. (Good luck finding them) Other companies copied them and perform fine.

- Student's pair up or make a small group and T & C back and forth. Overhead and underhanded throws are both a challenge. So is catching by the tail or ball; both a challenge.
- Performing a few tricks is great, backward and between legs!
- It's more fun and creative than it looks.
- Set-up away from boundary fences and building.
- **Safety note:** use only the softies ball type, not the baseball type.

Inside Stations:

As discussed, inside stations provide addition variety and challenges not available outside. It gives the students a nice break from being outside if it is hot. Also, the following stations offer possibilities if an inside FD is required due to rain.

Cornhole / Baggo (K-5)



Cornhole / Baggo is a fun simple and relaxing station. It is popular activity with families. If you don't have the equipment, borrowing from another school is an option.

- Student's pair up or make a small groups of three or four players.
- It's more fun than it looks.
- **Pro Tip:** Can be used as an indoor or outdoor station.

Dancing (K-3)



In a classroom, like the music room, fun dances and creative moves can be performed. Younger students enjoy a few minutes of dances. My sister Chris, ran this station for me and we had lots positive comments. Way to go Criso!

Yoga (K-5)



Check around and it is possible to find a yoga instructor or parent with yoga experience to run this station. Much like the dance station, classes can pop in for a few minutes of relaxing creative moves.

Yoga or tumbling mats are needed along with relaxing music.

Martial Arts/Karate (K-5)



Check around and it is possible to find a martial arts/karate instructor to run the station. Several local professional instructors enjoy coming to FD and running the station; it promotes their business. Much like dance and yoga stations, classes can pop in for a few minutes; just for the kicks of it.

Board Games (K-5)



Board games, not bored games. Check with your staff, they have plenty of super fun board/card games available. Often used for indoor recess. The art room is a great place with the larger art tables.

Cup Stacking (K-5)



Cup stacking offers another option for an indoor station activity. The media/library is a good location; it offers tables and additional space needed for cup stacking games.

Scooter Riding and Relay Racing (K-5)

Scooter riding and racing has proven one the most popular indoor stations over the years. We break down the cafeteria and use it. There are other activities happening in the gym. (See below)

- Set up 4-6 scooter lines using two traffic cones per line.
- One or two scooters per line.
- Students ride down their lane, turn at the cone and ride back to the starting position and switch with the next player.
 - Three riding positions/potential races:

Seated:

Alligator:



Kneeling:



➤ See Scooter section for more info.

Climbing Wall (K-5)

The climbing wall offers a unique experience for an inside activity.



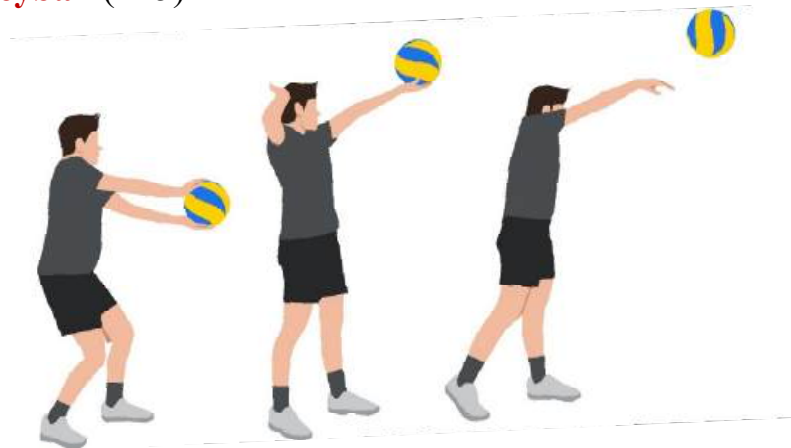
Trophy Bowling (K-5) (V. Brumfield)



Trophy Bowling is a fairly new game to our FD and a hit by the students and adults.

- Set up 4-6 lanes, pins, bowling balls, trophies. (See Underhanded Releasing section)
- Any bowler who bowls a strike, grabs the trophy and places it on top (white basket) or behind their lane earning the trophy. Yes, a team can earn both trophies at the same time. (See Underhanded Throwing section for more info.)

StrikerPin Volleyball (K-5)



Welcome to the most enjoyable indoor, if not the top FD station; StrikerPin Volleyball. My buddy Dan successfully ran the stations for decades. I knew I could count on him, that SP VB was in good hands. Thanks again, Dan!

- Set-up your volleyball net to a fairly good height for many different ages/grades.
- Place striker pins on the X marks.



- A bunch of beach balls are inflated and ready to go. Blow up a few extra, they pop.



- Play some summer time music and start the game.
- The team that knocks down the most pins, wins! Have a blast!
- (See VB section)

Field Day Closure:

As you know, FD it takes more than five minutes of planning and work. It seems no one outside our small PE universe can envision that FD is such a convoluted event. They probably imagine we just throw out a couple silly games and let the kids have at it.

A FD is an art form and building a quality FD takes years. Give yourself *grace* and don't worry too much if the first year or two is not incredible. There're developmental. You've got this!

Pro Tip: Ask for assistance. It is best advice I can share.

After FD, when you fall asleep at 7 PM from exhaustion, you know in your heart a good deed was done. Be proud of yourself! *Fabulous!*

If you have any questions, comments or suggestions on Field Day, please don't hesitate to contact me.

Dale

