



Making Field Day a blue ribbon memory for all



Most school children already know who can run the fastest, throw the furthest and jump the longest distance. So, why provide a field day which only accentuates this information?

Instead, use field day to make all students feel successful and good about themselves by participating in fun, friendly, non-threatening activities. Use the following ideas to begin your plans.

Organization:

- Use multiple stations so everyone is active (it is no fun to sit half the day watching others).
- Students rotate to every station.
- Use non-competitive, low-organization activities. If desired, set goals for each level to achieve.
- Reward all students the same. Emphasize participation, not winning and losing.
- Change the name to Fun Day, Super Kids Day, or use a theme, as we have below, so the students anticipate something new.

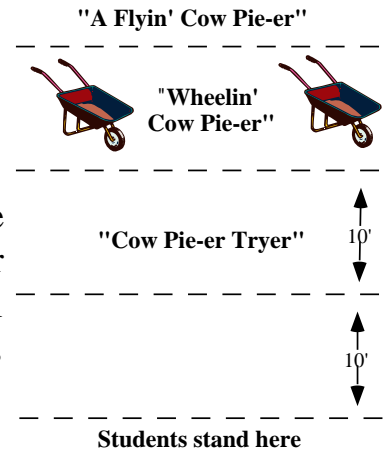
As a sample idea, we are providing Westward Ho! field day activities. Two activities are included below; four more follow on the next page. A variety of related activities could be added in such an event—western dress-up days, square dance, barbecue, etc. We know your students will love it!

Westward Ho!

Cow Pie Throw

Frisbees®
2-3 wheelbarrows
Rope

Give each student or pair of students a Frisbee® (cowpie). Place four ropes on the ground 10 feet apart. Students throw their cowpies, trying to put them in the wheelbarrows. Have all students throw before any cowpies are retrieved. Students receive "titles" based on where their cowpie lands. Give each student a sticker, "I'm a Cow Pie-er for Hire" when you are done.



Calf Roping

Hula Hoops
"Calves" (sawhorse or barrel, sled, long rope)

Place a sawhorse or barrel on a plastic sled. Attach a "head" and "neck" to the calf. Using a long rope, pull the "calf" along in front of the students. Give each student or pair of students a hula hoop. Students try to rope the calf as it is pulled along in front of them. When done, award each student an "I'm a lassoin' lassie/laddie" sticker.



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Pack Horse Relay

Belts

Bandanas

Hats

Boots

Hobby Horses

Lariats

Holsters

Vests



Place the same number of students on each team as the number of items (i.e., 8 items means 8 students per team). Student #1 runs down and puts on one item.

Student #1 then returns, removes the item and gives it to Student #2, who puts that item on, then runs down, selects and puts on another item. This continues until the last person wears all the items. Award each student an "I'm a Packin' Pardner" sticker.

Greased Pig Race

(An over-under relay)

Large water balloons

Dish soap

Water

Buckets



Place the students in relay lines and place the filled balloons in soapy water. Students try to pass the balloons over and under, up and down the line. Each time the balloon comes to the front of the line, it must be dipped in the soapy water. Each line tries to see how many times they can pass the balloon before it breaks. (Have at least two balloons per line.) Give each student a "We Pigged Out" sticker.

Get Out of Town Fast

Water Pistols—1 for each 2 students

Water

Ping Pong Balls

Large buckets

Place the students on two teams and partner students up on each team. At a non-grassy area, place a ping pong ball between the two lines of students (15 to 20 feet apart). Partner A shoots at the ping pong ball until the gun is empty. Partner B then gets the gun, refills it and returns to shoot at the ball. Each team tries to move the ball over the other team's line. Award a "Quickest Draw in Town" sticker.

Dairy Dash

Sponges

Water

Milk jugs

Bucket

Place the students in two to four relay lines. Each line has a sponge and a bucket of water at the head of the line. Place each team's milk jug at least 15' away. One at a time, students fill the sponge with water, run down and squeeze the water into the milk jug. See which team can fill the jug to overflowing. Award each student an "I'm a Milk Moo-ver" sticker.

