**FIELD DAY ACTIVITIES**

1. Monkey ringers (-5)

Climb the poles and ring the bell or get as many points as feet you climb.

1. Tug of war (2-5)

* Pull the other team to make them pass over the line of cones
* Pull the other team so your team can pick up the object on the ground
* 4 –sided tug of war. Each team is split in half and holds an end of a 4 end tug of war rope.

1. Pass and score (k-5)

Teams have “blankets” to pass or toss an object towards a goal. If the object is dropped, they must start from the beginning.

1. Sponge Bob(cat) (k-5)

Teams soak a sponge and carry it to the other end to squeeze the water in a bottle. The team that first gets to the desired level wins!

1. Catch it if you can!

Teams will take turns tossing a ball back and forth in pairs to see which pair can manage to toss and catch from the farthest distance. As soon as a team finishes, the other begins and the first team watches.

1. 5-legged races (3 legged for k-1)

Teams will take turns having players run a 5-legged race, go around a post/cone and return. Relay style. (4 players at one time)

1. Giant Volleyball

Teams will be on different sides of a volleyball net and will play to pass a giant volleyball to the other side and make it fall on the floor.

1. Soccling challenge (k-5)

Students will kick a soccerball to try to knock down the bowling pins. Increase the distance according to the grade levels.

1. Water Brigade (k-5)

Students will be in a long line, each one holding a plastic cup. The first student dips the cup in the bucket and empties it in the next student’s cup. The last student will empty the contents in a bottle. The group that has more water in the bottle at the end wins!

1. Potato Sac races (k-1)

Students will take turns racing each other with potato sacs, going around a cone and back.

1. Shuffle Frisbee (k-5)

Students slide a frisbee to score the highest number of points.