**Bowman Field Day – 2014**

**1. Obstacle Course**

This is a head-to-head race, not a relay. Teams can select their order of players. Teams earn one point for each head-to-head race they win. All players take a turn; no player may complete the course a second time until all teammates have done so once. Between races, things will need to be reset. Each team provides one competitor at a time who must complete all tasks in sequence:

a) Quick Feet – player must proceed through 6 hula hoops making sure to get one foot inside each hoop without touching the sides.

b) Over/Under – using the mini-tramp, player must jump over the first hurdle and go under the second one. Players get two tries at this station; if they knock over the bars the first time, reset and give them another chance.

c) Jump Rope – jump rope 5 consecutive times. If player does not complete a jump, the count goes back to the last completed count and they continue from there (they do not have to go back to 0). (This did not work well. Many of the kids could not skip rope on the grass. I think we changed it to jumping 3 times in the end. Can also change the activity.)

d) Exercise Ball and Balance Beam – Keeping the exercise ball in front of them, the player must push/roll (not carry) the ball the length of the beam. Should they or the ball fall off, they must go back and start this task over.

e) Lacrosse Slalom – player pick up the lacrosse stick and ball and carry it around the cones. If the ball drops, they pick it up and start over.

f) Football/Frisbee Toss – player can choose either a Frisbee or football to throw into the bucket/hula hoop. Just take one toss and then run on. In case of a tie, whoever comes closest on this task wins the race.

Finally, players sprint to finish marker.

*Equipment (equip. kindly provided by MrKane)*:

- 2 mini trampolines

- 4 hurdles

- hula hoops

- 2 jump ropes

- 2 exercise balls

- 2 balance beams

- 2 lacrosse balls and sticks

- 2 footballs and 2 frisbees

- 2 targets for footballs/frisbees (hula hoops, buckets, etc.)

**2. Relay Station 1**

Various relay races. Play as many as you have time for; feel free to repeat a race if the kids are enjoying it.

a) Grab Bag Relay

Mark off starting point and turnaround point about 20 yards away. Each team lines up at its starting point.

Give first person in line a paper bag with 12 slips of paper in it. Each team should get the identical 12 slips of paper. Each slip has a different instruction on it:

1) crab walk to the end and back

2) hop to the end and back

3) run to the end, do 20 jumping jacks, and run back

4) run to the end, recite the alphabet, and run back

5) run to the end, count to 50 by 2’s, and run back

6) skip to the end and back

7) run to the end, do a forward roll (somersault), and run back

8) run to the end, touch your toes, and run back

9) run to the end, yell “Bowman rules” as loud as you can, and run back

10) run to the end, spell your 5th grade teacher’s last name out loud, and run back

11) run to the end, show off a funky dance move, and run back

12) run to the end and back while rubbing your belly with one hand and patting your head with the other

First runner picks out a slip, follows the instruction, tags the next runner who then picks out another slip and does the same. Note: runners should keep their slips with them until the race is over so that each player on the team gets a different task. At the end of the race, put all slips back in the bag for the next teams to use.

b) Chicken Relay

First person in line holds a tennis ball (you can call it an “egg” since they’re supposedly chickens) between his or her knees. They waddle down to the end line and drop the egg into the box (the “nest”) by simply releasing it. If they miss the nest, they do not go back to the start, but they do need to put the ball back between their knees to try again until they successfully drop it in.

The runner then grabs the ball in their hands and runs it back to the start line for the next chicken to run. Race ends after everyone on the team has run and gotten back to the start line.

c) Hoop Relay (don’t worry if you don’t get to this; also listed as option in other relay stations)

Each team forms a circle holding hands and facing each other. Each team takes a hula hoop and someone puts his/her right arm through the hoop. The team must pass the hoop all the way around the circle without letting go of each other’s hands. So the first person steps through the hoop, getting it onto his/her left arm. The next person in the circle now has it on his/her right arm and does the same, etc.

Another variation would be that once the team has completed a full circle, they have to send the hoop back the other direction to complete another circle in reverse before winning.

*Equipment*:

- 2 paper bags with pre-printed instruction slips

- 2 tennis balls

- 2 buckets

- 2 hula hoops

- cones

**3. Relay Station 2**

Various relay races. Play as many as you have time for; feel free to repeat a race if the kids are enjoying it.

a) Sack Relay

Exactly what you think it is! First person in line jumps/runs in sack to the end cone and then returns to the line to give it to the next runner. First team to have everyone complete the course wins.

Can also do a variation on this where you set up cones and do head-to-head sack slalom races.

b) Spoon Relay

First person in line holds spoon with egg in it, runs to end cone and then returns to give spoon and egg to next runner. And so forth until everyone completes course. Can also be done as variation with slalom head-to-head races.

c) Hoop Relay (don’t worry if you don’t get to this; also listed as option in other relay stations)

Each team forms a circle holding hands and facing each other. Each team takes a hula hoop and someone puts his/her right arm through the hoop. The team must pass the hoop all the way around the circle without letting go of each other’s hands. So the first person steps through the hoop, getting it onto his/her left arm. The next person in the circle now has it on his/her right arm and does the same, etc.

Another variation would be that once the team has completed a full circle, they have to send the hoop back the other direction to complete another circle in reverse before winning.

*Equipment*:

- 2 sacks

- 2 large serving spoons

- hard-boiled eggs (parent provided)

- 2 hula hoops

- cones

**4. Relay Station 3**

a) Shoebox Relay

First player in line puts each foot in a different shoebox, and then shuffles/slides down to the cone and back. First team to have everyone complete the course wins.

b) Quick Change Relay

Half of each team stands at the start cone and half stands at the finish cone. A pile of clothes (an “outfit”) sits in a messy pile by the start cone. At go, first player in line puts on the outfit (shirt, shorts, gloves, hat, glasses). Note that these are all adult/oversized items that will fit over their actual clothes and shoes; obviously, kids keep all of their own outfit on and put on these novelty items over it! Once dressed, first runner heads to finish cone and takes off the novelty outfit, handing it to the next runner. That runner can’t go until s/he has the entire outfit on as well, at which point this runner heads back to the start cone. And so on until everyone on the team has worn the outfit and run a length of the course.

c) Mix-It-Up Relay

The rules for this one couldn't be simpler. Players must travel from point A to point B and back again, in turns, until the whole team has participated. The catch: No one player on the team can travel in the same manner as a teammate. One runs, one skips, one hops, one marches, one dances, and so on.

*Equipment*:

- at least ~~4~~ shoebox bottoms (the shoe boxes tore apart very quickly. Fun to do, but will need a LOT of shoe boxes. Probably 30-50 shoeboxes?)

- cones

- 2 “outfits” consisting of oversized (adult size) t-shirt, large shorts that will fit over kids’ shoes, hat, gloves (maybe dishwashing gloves?), and oversized novelty sunglasses(Parent provided clothes and accessories. Cute and fun)

**5. Cap the Cone**

Mr. Kane to explain game to parents running this station (kids have been playing it in PE class of late).

**Schedule**

9:00 - 9:15 – Welcome and split up into teams (A-H; to be replaced by colors once we have bandanas)

9:55 – 10:15 – snack and water break

 **9:15-9:35 9:35-9:55 Break** **10:15-10:35 10:35-10:55**  **10:55-11:15**

**Cap the** A & B E & G F & H C & D

**Cone**

**Obstacle** D & E B & H A & C F & G

**Course**

 **Relay** C & G B & E A & F D & H

**Station 1**

**Relay**  C & F D & G B & H A & E

**Station 2**

**Relay** F & H A & D E & G B & C

**Station 3**