**5th Grade Field Day Games**

**1. Obstacle Course**

## Set-up: See diagram

## Game

This is a head-to-head race, not a relay. Please remember that between races things will need to be reset before beginning.

Player must complete all tasks in sequence one at a time.

1. Quick Feet – player must proceed through hula-hoops making sure to get one foot inside each of the hula-hoops trying not to touch the sides. Then move onto next station.
2. Over/Under – using the mini-trampoline, player must jump over 1st hurdle and go under the 2nd hurdle. Player gets 2 tries at this station; if they knock over the bars the first time, reset and give them another chance.
3. Jump Rope – jump rope through **5** consecutive jumps. Should player not complete a jump, the count goes back to the last completed jump and continue from there, they do not go back to the beginning of the count.
4. Exercise Ball & Balance Beam. Keeping exercise ball in front of him/her, player must push/roll (not carry) the ball the length of the beam. Should he/she or the ball fall off before traversing entire balance beam, he/she must go back to start of balance beam and begin again.
5. Lacrosse Slalom – Player must pick up lacrosse stick, then ball with stick and carry ball around cones, like a slalom. Players are not allowed to go through the middle. If ball is dropped player must pick it up and return to start of Lacrosse Slalom. Place stick and ball down at completion and move onto the next station.
6. Football/Frisbee Toss – the player has the **choice** of either a Frisbee or football and must take the chosen object and throw it into the large bucket at the finish line. Players have **one** chance to make it in. Completion of this task determines the winner in a tie race.

Finally, players sprint to the finish marker.

**Equipment Needed**

14 Hula-Hoops or 2 Agility Ladders – Mr. Kane to provide

2 Low Balance Beams -- Mr. Kane to provide 1 balance beam

2 Exercise balls – Mr. Kane to provide

2 Lacrosse stix – Mr. Kane to provide

2 Lacrosse balls (or some type) – Mr. Kane to provide

2 Mini Trampolines – Mr. Kane to provide

16 Cones– Mr. Kane to provide

2 Jump ropes – Mr. Kane to provide

4 Hurdles (2 low/2 high) – Mr. Kane to provide

2 Frisbees – Mr. Kane to provide

2 Footballs – Mr. Kane to provide (Nerf footballs)

2 Large Buckets (targets) - – Mr. Kane to provide

**2. 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.

**Equipment Needed**

14 Cones - Mr. Kane to provide

2 paper bags

2 sets of 12 slips of paper with instructions

## 3. Mine Field Game

## Set-up

Set up 2 Mine Fields side by side with 3 tasks and obstacles (see attached map)

2 Teams. Players on each team are paired up (*Instructor* & *Task Performer*). *Task performer* is blindfolded.

**Game**

With the verbal assistance of the *instructor*, *the task performer* must complete the 3 assigned tasks and proceed through the exit once completed. The *instructor* is not allowed to touch the *task performer* and can only give verbal instructions.

Before entering the *task performer* must be spun around 3 times by the game leader.

Task 1: *Task performer* must be instructed to find and execute 1 hula-hoop spin around waist.

Task 2: T*ask performer* must find bucket of **water** with eggs; find strainer (which will be located on the ground near the water bucket). They must then sift through water to find an egg. Once egg is found, they must drop strainer and carry egg by hand.

Task 3: Navigating the obstacles, with egg-in-hand, *task performer* must find frying pan and drop egg into pan and proceed to the exit.

The next group may start navigating the Mine Field once the group before them finishes the first task. If group 2, catches up to group 1, group 1 should proceed to the next task.

The *instructor* and parent volunteers should assist *task performer* when they go out of bounds. The entry point should be where they left the playing field.

**Equipment Needed**

16 Cones (large size) – Mr. Kane to provide

2 Hula-hoops -- Mr. Kane to provide

2 buckets for water

2 Plastic eggs filled with sand

2 Strainers

2 Frying Pan

2 Blindfolds – Mr. Kane to provide

**4 a & b. Sack Game and Sack Slalom Game**

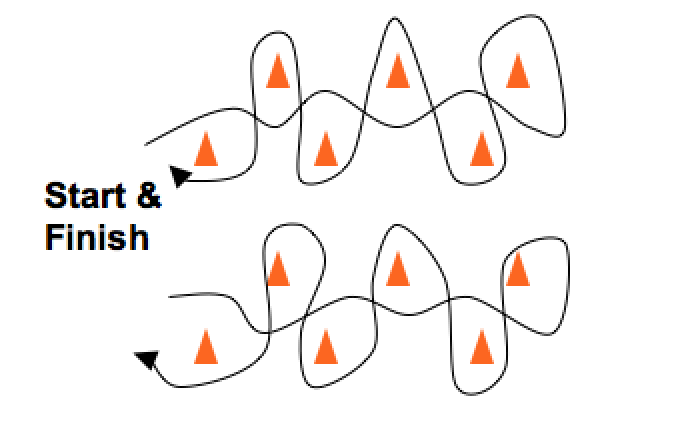
## Set-up

Designate a start/finish.

Set up 2 courses; setting out 6 cones to navigate around.

Set up bucket of tennis balls at each team’s start.

Have an even number of players on both teams. If 1 team is short, have 1 player go twice.

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**Game**

**Event 1. Sack Relay**

First player must start by putting a tennis ball in sack and racing to and around the cones and returning to the start line.

Once tagged, the next player must add a second ball to sack and race to and around the cones.

Another ball is added and the player proceeds around the cone.

This must continue into all players have completed the race.

First team to have players finish race are winners

**Event 2. Sack Slalom**

This is a one-on-one game (not a relay).

Players must complete the slalom course going around (not through) all cones

First player to cross the line wins the race

Next two players line-up; continue until all players on each team have gone.

**Equipment Needed**

4 Sacks -- Mr. Kane to provide

30 Tennis Balls -- Mr. Kane to provide

14 Cones – Mr. Kane to provide

**Game 5. Quick Change Relay**

## Set-up

Designate a start/finish with cones.

A pile of clothes (an “outfit”) sits in a messy pile by the start cone

**Game**

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 entire outfit (shirt, shorts, gloves, hat, glasses). (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.

**Equipment Needed**

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.

4 cones

*Optional Relay Game if extra time:*

**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 Needed**

4 cones

**Game 6. Team Tag Games (4 options provided)**

**Team Tag Games**

At this station, the kids will play a variety of Tag Games. There are 5 versions of tag described below. Play as many as you have time for. Feel free to play the same game several times in a row if the kids are enjoying it…..or until they are all exhausted.

## Version 1: Fire Water Grass Tag

## Set-Up: Designate 3 corners of the field where the 3 teams will start the game.

Divide the kids into three teams. Keep two teams having all the same color bandana, and give the third team (which will have kids from both of the colors) pinnies. Assign one team to be fire, one to be water, and one to be grass. Teach the kids the rules:

* Water puts out fire
* Fire burns grass
* Grass smothers water

The kids on the water team have to try to tag the kids on the fire team, the kids on the fire team have to tag the kids on the grass team, and the kids on the grass team have to tag the kids on the water team. When you are tagged, you are out of the game & have to sit down where you are tagged.

Have the 3 teams go to separate corners of the field, then shout “go” to start the game. Last person standing is the winner.

## Version 2: Rock Paper Scissors Tag

**Set-Up:** Make a centerline with cones across the field.

Make 2 teams. Each team then huddles at opposite ends of the field and chooses which hand signal the entire team will “throw”. (In case you've forgotten: rock breaks scissors, scissors cuts paper, paper covers rock.)

Have the teams gather at the centerline, fanning out nose-to-nose.

Together (and with gusto), all chant: "Rock, paper, scissors, shoot!" On "shoot," players quickly throw their pre-chosen selection.

The team that loses the shoot must race for the safety of its own back line, trying to avoid being tagged by the winning team.

Any player who gets tagged must defect to the other side. If both teams throw the same shoot, all must quickly sit down. The last one to hit the ground switches teams.

## Version 3: Elbow Tag

**Set-Up:** Ask the players to stand in a large circle.

Pick one play to be “it” and one player to be the “runner”.

Instruct the rest of the players to break into groups of 3 and link elbows. If there are uneven numbers, it is ok to have some groups of 2 or 4. Players should not be holding hands; just linking arms so that they form small human "chains" of 2, 3 or 4 people.

Start the game. The objective is for "It" to tag the runner. The runner will be trying to get away and not become "It". A runner can avoid capture by joining one of the human chains - the runner is safe if he or she links arms onto one end of a human chain. However, when the runner joins a human chain, it sets off a chain reaction, which forces the person on the opposite end of the human chain to become the next runner.

If "It" captures the runner, the runner becomes the new it. The old it should immediately join a human chain, forcing the person at the end of chain to break off & become the new runner.

## Version 4: Octopus Tag

**Set-Up:** Pick one kid to be the Octopus. Everyone else is fish. The field is the “ocean.”

The Fish line up at one back line; the Octopus stands at the middle line and cries out, "I am the Octopus, ruler of all motion. Let's see if you can cross my ocean."

The Fish try to run or sneak across the ocean as the Octopus tries to tag them. If tagged, they become Seaweed. Keeping one foot planted, Seaweed try to reach out and tag the Fish running by, thus turning those players into Seaweed as well.

Once the Fish reach the other side, the Octopus and Seaweed say the chant and the crossing contest starts again. The game continues until all the Fish become Seaweed. The last Fish tagged becomes the new Octopus.

**Equipment Needed:**

12 Pinnies (of one color) – Mr. Kane will provide

8-12 Cones – Mr. Kane will provide

**Game 7 (Final Game) – Cap the Cone**

**Set Up:**

Mark a large, rectangular shaped playing area.

Mark a midline to divide the playing area widthwise into two halves.

Stretch a row of cones (10-12), equidistance apart from sideline to sideline about 10-15 feet in from each end line.

Cap half (5-6) of each row of cones with a tennis ball.

Divide group into two teams

Teams wear distinguishing gear (jerseys, bandanas, etc.).

Teams begin on opposite sides of the midline.

## Note: Two games played simultaneously.

**Equipment Needed for Each Game:**

20-24 tall cones

10-12 tennis balls

Field paint OR small dome cones (45-60)

60 pullover jerseys OR bandanas

**Teams’ Game Objective:**

Cap every cone with a ball (essentially leaving the opposing team with zero capped cones).

**Game Play/Rules**

Player ‘A’ may cross the midline into player ‘B’s side of the playing area at any time and visa versa. He/she may move freely without being pursued in any way by player ‘B’ though player ‘B’ should keep an eye on him/her.

Once player ‘A’ takes a ball off of player ‘B’s cone, then a tag game ensues.

If player ‘B’ tags player ‘A’ before he/she crosses the midline into his/her own side of the playing area, then the tagged player (A) must place the ball back atop the cone from which he/she took it.

* He/she should then place hands upon his/her head (to signify that he/she has been tagged and cannot/will not pursue a ball) and walk back to his/her own side at which point he/she is back in play.

If player ‘A’ makes across the midline into his/her own side, then the tag game is over and he/she freely places the ball atop one of his/her own cones.

Player ‘A’ may cross and stand around/move around the area behind player ‘B’s row of cones as long as he/she wishes.

* Once he/she does pick up a ball, then he/she must make a run for it; he/she may not remain in the area between the cones and the end line with a ball in hand.
* Player ‘B’, the defender, may not go behind his/her own cones. He/she has to wait for player ‘A’ to take a ball and make a move toward the midline.

The game continues until all of the balls are atop one teams row of cones.

**Other**

Every player can choose to play a more defensive minded style or play, offensive style of play, or a combination of the two. Though this might be an individual or team based strategy, nobody has to be designated as a tagger/defender or otherwise.

There are no jails or outs.

More often than not the game will not result in a win for either team, rather the game will end when time is up.

Note: All information is based on one field of play for two teams of 30 players.