

Fitness Finders.

FIELD DAY *Games*



Activity #1



Outdoor

TIC TAC TOE

SUPPLIES:

- 1 beanbag per student
(See *Homemade Beanbag instructions on back page.*)
- Spray paint or chalk

DIRECTION:

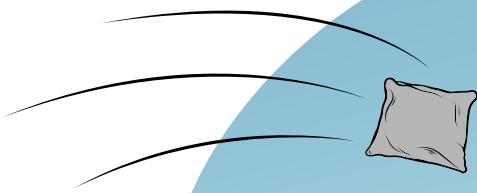
- ▶ Create (several) Tic Tac Toe frames with spray paint or chalk.
- ▶ Mark 8 spots around each frame on which students stand.
- ▶ Create two teams of 4 at each frame. A total of 8 students per frame.
- ▶ Alternate teams and students with each toss. Students try to get 3 beanbags in a row for their team.
- ▶ A beanbag must be at least 50 percent in a square to count. Beanbags from opposing teams in the same square cancel each other out. A third beanbag in the same square will count for that tossing team.
- ▶ After all students have tossed, if a team has 3 in a row, they win that round. Students retrieve their beanbags and try another round.
- ▶ Each round is worth 50 points.
- ▶ Complete 8 rounds, allowing a different person to start each round.

AWARD: Field Day Outstanding Achievement Ribbons



Activity #2

BEANBAG TOSS



SUPPLIES:

- 1 beanbag per student (See *Homemade Beanbag instructions on back page.*)
- Spray paint or chalk (Optional: paper plates - If outside, place a stone or extra beanbag on each plate to keep it down.)

DIRECTION:

- ▶ Create a ladder of 5 areas numbered by 10's from 10 to 50 using spray paint, chalk, or paper plates.
- ▶ Mark a tossing line 3-5 feet from the first line of the ladder.
- ▶ Place two teams of 4 students each at each ladder of numbers.
- ▶ Have one team toss each of their beanbags, then add up the numbers. A bag must be at least 50% in an area to count.
- ▶ Have the next team toss.
- ▶ See which team wins each round - each round is worth 50 points.
- ▶ Option: see which team reaches a certain number of points first. Teams receive the total number of points they have at that time.

50
40
30
20
10
↕
X



AWARD: Field Day Ribbon

WATER TOSS

Activity #3

SUPPLIES:

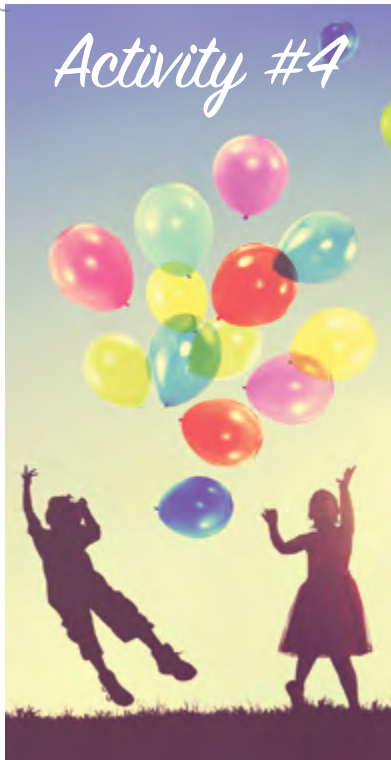
- 1 large cup for each student
- Water

DIRECTION:

- ▶ Pair students and place them 6 feet apart facing each other.
- ▶ Give one student an empty cup and the other student a cup filled with water.
- ▶ On command, students toss the water back and forth at each other. (NOTE: all the water must be tossed from the cup or if not tossed, dumped out.)
- ▶ The team to do the most tosses and still have water in a cup, wins.



AWARD: Water Drop



Activity #4

SUPPLIES:

- Up to 3 balloons per student

DIRECTION:

- ▶ Give each student one inflated balloon.
- ▶ See if the students can keep the balloon off the ground for a specified time (1 minute).
- ▶ Each student receives 10 points for meeting the goal.
- ▶ Next, give each student 2 or 3 balloons to keep in the air at the same time for a specified time.
- ▶ Provide 20 points for 2 balloons, 30 points for 3.



AWARD:
High Five



TWISTER™

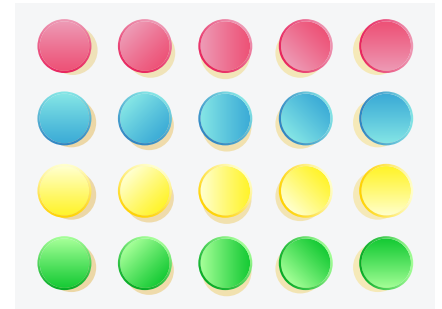
Activity #5

SUPPLIES:

- Spray paint or chalk
- Twister™ spinner – online

DIRECTION:

- ▶ Create Twister™ mats– spray paint on the grass or draw them with chalk on pavement. (1 mat for every 4 students.)
- ▶ **NOTE:** place the Twister™ mats in a large circle and one person can be used as a caller for all the mats.
- ▶ Use the online Twister™ spinner. <https://wheeldecide.com/wheels/board-games/twister-spinner/>
- ▶ One student from each mat follows the instructions given by the caller and tries to stay on the Twister™ mat without falling down or making an extra touch. (Note: to ensure everyone has a turn, place a time limit of 3 minutes max.)
- ▶ Each student who remains on the mat for the entire 3 minutes receives 50 points for their team.
- ▶ A student that outlasts everyone receives 100 points.



Twister™ spinner – online



AWARD: Thumbs Up

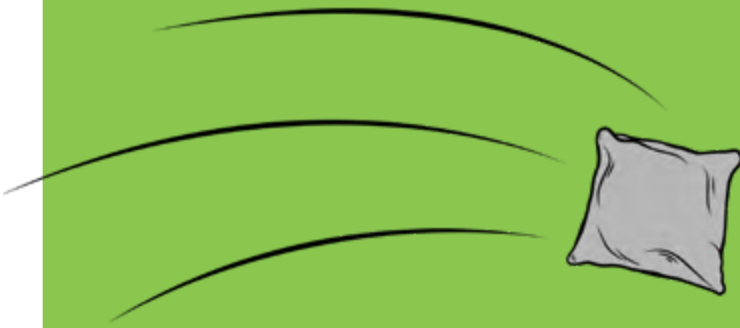
BEST IN SHOW

Metallic First, Second, and Third Place Awards are also available for recognizing those teams that win the entire event!

Find more awards at [Fitnessfinders.net](https://www.fitnessfinders.net)



How to Make Sturdy *Homemade* Beanbags



To create homemade beanbags in mass, lay out all items in an assembly line. Have a sample for the student to view at each step.

SUPPLIES NEEDED:

- Quart-Size Freezer Bags – 2 per student
- Rice or Dried Beans – 8 ounces per student
- Duct Tape - one 2-inch piece and three 3-inch pieces per child (Note: different colors of duct tape may be used to designate teams.)
- Permanent Markers (Note: different colors of markers may also be used to designate teams.)

1. Provide each student with one freezer bag.
2. Have an adult scoop one cup of rice into the bag.
3. Have the student squeeze out the excess air and seal the bag.
4. Shake all the rice to one end of the bag and fold the bag in half.
5. Place the 2-inch piece of tape on the sealed end to keep the bag folded.
6. Place the folded bag of rice in the second freezer bag.
7. Fold the second freezer bag in half over the first folded bag. Remove the excess air, seal the bag, then use the 3-inch pieces of tape to seal along the edges.
8. Write the student's name on the beanbag.

Show Off Their Achievements in Style!

Colorful **chains** in a variety of sizes! Have confidence in knowing they won't rust. Easy to resize with scissors.

Kids can show off their awards on our exclusive, **safe LaceLink® Lanyards!**

