

Field Day



It is still September. Or is it? Either way, I'll bet the weather is still nice so take advantage of it and organize a field day on the playground!

What is needed: Assortment of sports equipment and materials (will completely depend on what activities you plan for your Field Day), stopwatch would be handy

What to do:

1. Tell the children there is going to be a Field Day at Y-Care. Tell them on which day it will be. Explain what a Field Day is. If they've ever been to Arts! Alive! during Summer Camp to see the performance, you probably participated in a Field Day (ran by the Counselor in Training program).
2. Plan your Field Day activities. Here are some suggestions or ideas:
 - Obstacle course on play equipment (can use a stopwatch)
 - Scavenger hunt on playground
 - Relay race around play field
 - Bean bag toss
 - Blindfolded obstacle course
 - Tug of war
 - Stacking game (buy the red plastic cups from Dollar Tree)
 - Field goal kick-off
 - Tag games
 - Bowling

- Dress-up relay
 - Musical chairs, hula-hoops etc.
 - Scooter races
3. Set up Field Day before it starts. If you run Field Day right when school gets out in the afternoon, you and the Group Leader can conveniently set up before the kids get there, just before the last bell rings.
 4. How the children participate is completely up to you. If you have a large group, you might want to divide into teams. Teams could have a staff as a captain. Children could also participate individually or in pairs. You decide what you think will work best.
 5. Prizes are optional.
 6. Points are optional.
 7. It is recommended that you spend plenty of time orienting the children to how things are set up and how Field Day will work before you start. Lay down some clear rules and expectations. Operate on a rotation system. Pump them up with enthusiasm!
 8. Run your Field Day activities! It will be awesome!