



Additional Mini-Field Day Activities

WACKY BACK-TO-SCHOOL OUTFIT CHALLENGE

Place 2 suitcases filled with old oversized clothing at one end of the room or field. Divide class into 2 groups. Students run 2 at a time to the suitcases, get dressed, run back, get undressed, and then hand clothes to the third person in line, who runs up and refills the suitcase.

MUMMY WRAP

Divide kids into groups of 4 (1 mummy, 3 wrappers), and give each group 3 rolls of toilet paper. Which group can wrap their mummy the fastest?

FOOTBALL TOSS

Throw a football through a hula hoop. Variation: Throw a rubber chicken through a hula hoop!

CRAZY LACROSSE

Have students try "cradling" a tennis ball with their lacrosse stick while running in a wide circle, or have them find a partner and toss the ball back and forth.

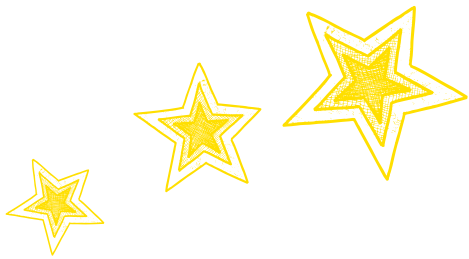
BACKPACK RELAY

Set up stations with similar sets of school supplies and random items like a tennis ball or rubber chicken. Using their own backpacks, have students unzip, stuff, zip, and carry the supplies from point A to point B as fast as they can, unload, and run back to the starting line. (Use pedometers to tally steps and count these toward daily goals.)



Share your stories on RandomActsofFitness.com

© 2011 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc. All Rights Reserved.



Additional Mini-Field Day Activities

JUMP!

Jump roping is one of the best forms of aerobic exercise on the planet. It's also a good way to build strong bones. Professional athletes, male and female alike, agree! Bring a bucket of jump ropes out to the playground, and challenge students to see how many times they can jump in a row.

HULA HOOP

Gymnastics: Lay several hoops on the floor, and make a sign for each with the name of an activity such as "forward roll," "hand stand," "3 frog hops," or "jump-hooping" (kids swing the hoops under and over themselves and jump, just like with a jump rope).

50-YARD DASH

Let students choose to either run or power-walk as fast as they can. It can be modified to a 30- or 40-yard dash for younger students if you like.

JUMP THE RIVER

Line up 2 jump ropes fairly close together. Have kids jump over the "river" one at a time. At each round, spread the ropes farther apart; kids who don't clear the river are eliminated.



Share your stories on RandomActsofFitness.com

© 2011 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc. All Rights Reserved.