



## CCS Field Day!!!



Field day is usually a time when CCS comes together for a day of fun in the sun and is a great culminating event to wrap up another great school year. Although the last few months have been a little different, we can still have an awesome day and celebrate from afar!

Below is a list of optional materials. You do not need everything and materials can always be modified. Remember, the main goal is to have fun!

### Materials:

- Cups
- Spoon
- Water balloons
- Regular balloons
- Pool noodles
- Bubbles
- Sponges
- Buckets
- Pillow sacks
- String
- Bean bags (or make sock balls)
- Ball
- Popcorn
- Sidewalk Chalk
- Marbles
- Old t-shirt
- Plastic water bottles
- Eggs (or small objects to fit on a spoon)

Each game is numbered on the BINGO card and the rules sheet. To find the rules to the game, simply look for the number on the BINGO card and match it with the number below.

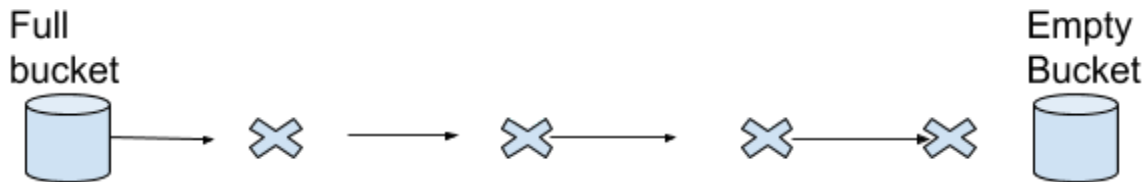
Again, every game can be modified! Pick and choose any game from the BINGO card that you and your family want to play. There will be a prize for families who get BINGO! Be sure to share your experience with us by emailing pictures to [happenings@cvillecatholic.org](mailto:happenings@cvillecatholic.org)

## 1. Pass the water

Materials - 2 large bowls or buckets, small plastic cups, water

Rules:

- Fill up one of the two large buckets with water
- Each family member should have a cup, and family members should get in a straight line across the yard
- Place the large bucket with water at one end of the line, and place the empty large bucket at the other end of the line
- On someone's signal, the person in line closest to the large bucket with water should run to the bucket and dip their cup in to fill it with water
- That person then runs to the next person in line, pouring their water into the next person's cup
- That person then pours their cup into the next person's cup, and continues down the line
- The last person in line should dump their water into the empty bucket
- Continue this process until the water bucket at the end of the line is now full.  
Congratulations - you are done!



## 2. Egg (or golf ball) relay

Materials - 1 spoon per person, an egg (or golf ball, or any small object that will fit on the spoon)

Rules:

- Split your family into two teams.
- Mark a course that is around 20 feet long.
- Give each family member a spoon and each team gets one egg.
- Place the egg (or small object) on the spoon.
- The first person CAREFULLY runs down the course and back, trying not to drop the egg and hands it off to the next person in line who repeats this process.
  - It might be helpful to have extra eggs on hand in case one breaks.
  - If an egg (or ball) falls off the spoon, just place it back on the spoon and continue.
- Keep going until everyone has gone three times.
- The team that does this first wins!

## 3. Balloon Pop Relay

Materials - Balloons (as many as you want)

Rules:

- Break up into two teams
- Blow up as many balloons as you would like (recommended amount is four per person)
- Pick an obstacle course where each team will have enough room to run back and forth (perhaps down a hallway in your house or in your backyard)
- The first person on each team should pick up their balloon and run down the course
- Once they are at the end of the course, the person sit on their balloon until it pops
- Then, the person runs back to the start of the course and tags the next person in line to go
- This process repeats until all of the balloons are popped
- The first team to pop all of their balloons wins!

#### 4. **Pool noodle Baseball**

Materials - Pool noodle, soft ball to be hit by a pool noodle (like a splash ball or sponge), something for bases.

You can really run with this however you want...here is how Mr. Pitts would set it up.

- Set up a very small baseball field outside
- Use a sponge ball as your “baseball” - this can even be filled with water, if you would like!
- Someone pitches the ball towards the batter who tries to hit the ball with the pool noodle
- The batter should run the bases and try not to get hit by the sponge

#### 5. **Making Bubbles**

A childhood favorite!

- Get some bubbles and have fun!
- You could see who can blow the biggest bubble!

#### 6. **Car Wash Relay**

This will be a parent favorite!

Materials - A sponge, a bucket with soapy water, hose - you can do this game many different ways...here is how I would play it.

Rules:

- Fill up a bucket with soapy water
- Get a hose and wet down the car.
- Split into two teams with one person as the judge - set a timer for 10 minutes.
- Split the car in half - one team is in charge of cleaning one side of the car while the other team is in charge of the other side of the car.

- When the judge starts the clock, both teams should try to clean their side of the car as quickly as possible.
- After 10 minutes, tell both teams to stop and the judge decides what is cleanest....maybe everybody wins because you have a clean car!

## 7. **Pillow Case Relay**

Materials - Two pillow cases - this is a classic, simple game!

Rules:

- Split into two teams
- Mark a course -- this should be on a soft surface (outside on the grass, soft carpet, etc.)
- First person on each team will get into the pillow case and hop down the course and back.
- When they get back, they hop out of the pillow case and pass it to the next person on their team
- Continue doing this until everyone has gone.
- Play again, keep score, don't keep score...it is completely up to you. Just make sure you are having fun!

## 8. **Water Balloon toss**

Materials - Water balloons - another timeless field day classic

Rules:

- Fill up as many water balloons as you see fit!
- Be creative with the throwing and catching...have a fight, have a toss, the world is yours...just have fun!

## 9. **Balloon Volleyball**

Materials - 1 balloon, some sort of net is optional - you can play this game a few ways...

Rules:

- For younger students - blow up a balloon and see how long you and your family can keep the balloon up in the air.
- For older students - get a full game of volleyball going. Make a net, bump and set the balloon over the net to the other team.

## 10. **Three legged race**

Materials - something to tie two peoples inside leg together - yet another field day classic!

Rules:

- Get into teams of two and stand next to each other.

- Have another family member tie something around your inside legs so that your four legs become three.
- Set a course (pick a soft surface in case your team falls!) and try and move down the course and back!
- Time yourself, play again, and try to go faster!

### 11. **Corn hole**

Materials - Bean bags (or “sock balls” or another soft ball), corn hole boards (if you do not have this, you could use buckets, chairs, laundry baskets, et.c as your corn hole board)

Rules:

- Set up two corn hole boards 10-15 feet apart from each other and split into two teams.
- Take turns throwing the bean bags at the corn hole board.
- If you land the bean bag on the board, it is one point.
- If the bean bag goes through the hole, it is 3 points.
- First team to 21 points wins!

### 12. **Crab Soccer**

Materials - Some sort of soccer ball - maybe it can be a balloon, a dog toy, a real soccer ball, etc. some cones or markers.

Rules:

- Make a small (and I mean small) soccer field with two goals.
- Divide your group into two teams.
- Get yourself into a crab position.
  - What is a crab position? Basically, it is a reverse push up position. Your hands and feet are on the ground with your belly facing the sky.
- Play a normal soccer game except you are in a crab position. You should be kicking the ball with your feet.
- First one to \_\_\_ wins! You pick, just have fun!

### 13. **Popcorn dump race**

Materials - popped popcorn, disposable cups, three bowls - one filled with the popped popcorn, and two empty bowls

Rules:

- Split your group into two teams
- Before the game starts, all team members should tape or tie a disposable cup somewhere on their body...maybe around the waist, or leg, or arm.
- Fill up one bowl with popped popcorn and place that bowl at the start of your course
- Place two empty bowls (one designated for each team) at the end of your course

- Each team will send one runner at a time to go to the full bowl with popcorn. The runner can use his or her hands to place a few kernels of popcorn into the disposable cup.
- That runner should then run to the empty bowl. The goal is to drop the popcorn from the cup into the empty bowl -- the trick here is that the runner cannot use his or her hands to touch the popcorn!
  - Get creative in trying to pour out the popcorn from your cup into the empty bowl!
  - Your family can figure out the best way to do this -- it might involve some flexibility!
- After one runner goes, he or she runs back to the empty bowl and tags the next team member to repeat this process
- The team who has the most popcorn in their bowl after 5 minutes (or pick your own time!) wins

#### **14. Hopscotch**

Materials - Sidewalk chalk - this is a timeless classic! Do I even need to explain this one?

#### **15. Paint Brush Relay**

Materials - Two paint brushes (or sponges!), sidewalk chalk, water bucket

Rules:

- Split your family into two groups and make sure each team has some sort of paint brush.
- Draw two circles with chalk on the sidewalk and place your water bucket about 20 feet away from the circle
  - You can choose how big to make the circle -- the larger the circle, the longer this challenge will take!
- On the "go" signal, the first person on each team dips their paint brush into the water and then runs to the circle and starts to "paint" in the circle.
- Once the first person is out of "paint," they run back to pass the brush to their second team member, who dips the brush in water and runs to the circle to "paint" it in
- This process continues until each circle has been fully painted with water
  - Whoever gets their circle fully painted with water first wins!

#### **16. Foot fishing for marbles**

Materials - Two bowls that can hold marbles, two empty bowls, two chairs, marbles (or small pebbles or other small objects, if you do not have marbles)

Rules:

- Fill two bowls up with an equal amount of marbles.
- Sit two players down in a chair and put the bowl full of marbles within foot reach.
- On your signal, the players begin to "fish" for marbles by transferring them, one at a time from one bowl to the other, only using their feet!
- The team that transfers all the marbles from one bowl to the next first wins!

### **17. Frozen T-Shirt Race**

Materials - Plastic bag, old t-shirts, water, freezer

Rules:

- The night before field day (or the morning of), collect old t-shirts, get them wet, and place them in bags to freeze overnight.
- When you are ready to play, place the frozen t-shirts in a pile
- On the "go" signal, see who can get the most frozen t-shirts on!

### **18. Catch the Water Bombs**

Materials - Balloons (water or regular)

Rules:

- Fill balloons up with water.
- Pair up into partner teams and begin tossing the balloons filled with water back and forth with the goal of catching the balloons.
- Each time the balloon is caught, the person who catches it must take a step back.
- Keep doing this until the balloon pops!

### **19. Sponge Bomb Bucket Toss**

Materials - Sponges, water bucket

Rules:

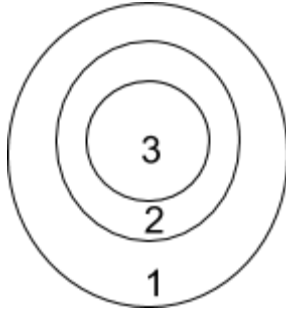
- Dunk a sponge in a bucket of water, filling it up.
- You and your partner will toss the sponge back and forth taking a step back after each successful catch.
- When the sponge is dropped, fill it up again and start over.

### **20. Sponge Bullseye**

Materials - Sidewalk chalk, bucket of water, sponge

Rules:

- Draw a dart board with sidewalk chalk on the sidewalk like the diagram below shows.
- Wet some sponges and stand back 10-15 feet from the bullseye.
- Begin tossing the sponges towards the bullseye getting one point if you land it in the furthest circle, 2 for the middle circle, and 3 for the inner circle.
- First one to 15 points wins!



### **21. Create your own slip and slide!**

Materials - A tarp or two, stakes, water, soap (optional) -- This is a CCS favorite so I had to include it.

Rules:

- Find a smooth strip of grass, preferably on a hill.
- Stake a tarp into the ground - make sure you only stake the sides - do not stake the bottom of the slide.
- Keep water flowing down the slide and have fun! We throw soap on the slide and it is a blast!

### **22. Water Bottle Bowling**

Materials - plastic water bottles filled up about halfway, some sort of ball to roll at the water bottles.

Rules:

- Set up an at home bowling alley using half full water bottles...I use 15 but you can use as many as you want.
  - I set 5 up in the back, then 4, then 3, then 2, then 1.
- See how many rolls it takes you to knock down all of the bowling pins!

### **23. Driveway Tic-Tac-Toe**

Materials - sidewalk chalk

Rules:

- Draw a tic-tac-toe board on your driveway and have some fun!



