



KidsRUN RVA



Take Home Activity: Field Day Games

Directions: Check out the field day inspired games below and pick at least 3 that you will do. You can do all of them if you want to!

Potato Sack Race – Set up an area that you will race to and from either in your back yard or a room with enough space. You can race someone in your family or try to beat your own time. Using an old pillowcase as your potato sack, step both feet into the potato sack, hold it up with both hands, and race all the way to the end and back!

Come and Get It – Fill up a bowl with 10 random items from around your house. Avoid using any items that are heavy, valuable, or breakable. Put the filled bowl at one end of a room and an empty bowl at the other end. Starting by the empty bowl, run to the other end, grab one item and put it on your head. The item must stay on your head until you reach the bowl you will put it in. Then race back to grab another item. If the item drops, you are allowed to pick it up and put it back on your head. If you are playing this game alone, you can time yourself to see how long it takes you to get all 10 items into the other bowl – then try to beat your time! If you are playing against someone else, put more items in the bowl and make sure you each have a bowl on the starting end. Set a timer for 2 minutes and see who can get the most items in their bowl!

Sock Toss – Get a big bowl or pot and 5 pairs of socks (folded up into a ball). Stand at least 6 feet away from the bowl/pot and toss your socks into the bowl. Keep going until you get at least 3 in!

Obstacle Course Challenge – Using items found around the house or yard, set up your own obstacle course. Find things that you have to crawl under, jump over, and hop across. Take turns with a family member running through the obstacle course and see who can finish the quickest!

50 Yard Dash – This is a field day classic! Find someone in your family who is willing to race you or time yourself running the 50 yard dash. Set up a finish and start line using sidewalk chalk, cones, or sticks. You don't have to measure out 50 yards but if you are trying to get close, it is about half the length of a football field or 60 steps if you are measuring with your feet!

Limbo – You will need help from at least two family members (or friends that you are allowed to play with) to do this game. Using a long stick (a broom works just fine), have two family members hold the stick starting at your eye level. Your goal is to go under the stick without touching it. Each time you successfully go under without touching, they will lower the stick a few inches before you try again. Keep going until you can't make it under without touching! You can even play the "Limbo Rock" by Chubby Checker while you do the Limbo!

Have questions? Email us: KidsRunRVA@sportsbackers.org

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