

Name/Title: Dr. Seuss Field Day

Purpose of Event: To have students engaged in activities inspired by the Dr. Seuss books.

Suggested Grade Level: K-12

Materials Needed: Varies - Please see "Equipment Needed" at the bottom of each event description.

Description of Idea

Last year we collaborated with the Reading Specialist to create a field day in keeping with our PTA Reading night. It was such a success that we worked with her again to create Dr. Seuss Field Day.

The event and the stations are described next.

“One Fish, Two Fish, Red Fish, Blue Fish - Ring the Gack”

All Grades

This event is an attempt by the student standing either behind the rope line or on a polyspot to “Ring the Gack”, that is, to throw hula-hoops around large cones or to toss rubber deck rings to “ring” an antler made from PVC pipe and mounted on a board. 1st and 2nd graders may toss hula-hoops at large cones from anywhere they choose behind the slanty rope line”. 3rd, 4th, 5th, graders must toss from whatever polyspot they choose behind the rope line at the mounted antler. **Equipment needed:** Event sign, 20 hula-hoops, 8 large cones, 2 long ropes, 8 polyspots, 4 PVC pipes “antlers” mounted on boards, and 24 rubber deck rings.

“The Cat in the Hat”

All Grades

"I know that it is wet
And the sun is not sunny
But we can have
Lots of fun that is funny."

Divide students into 2 equal teams with the first person from each team standing inside a starting hoop. On the signal to begin, the players pick up the “fish bowl” (plastic bowl representing the fish bowl in the story) and run to the trashcan filled with water and plastic fish. Students will fill up the fish bowl with water and only one fish. Balancing the fishbowl on top of their head on their head, the student must walk back to the line without using their hands to keep the fishbowl on. If the student makes it back to the line without dropping the fishbowl, they dump the water and the fish in the bucket and hand the bowl to the next player in line. If the fishbowl falls off the student will pick up the bowl and fish and return to the line to hand off the bowl to the next player in line. Teams will continue to go until time has been called.

Equipment needed:

Event sign, 2 hula-hoops, 70 or 80 small plastic fish, 1 trashcan filled with water, and 30 or 40 plastic bowls (in case bowl cracks).

“Green Eggs and Ham”

All Grades

Students will need to be partnered together, using classroom teacher if odd number of students. Four sets of partners will do this event at one time. On the signal to begin, the partners must run to the hula-hoop to pick up the “green eggs and ham”. Each partner must place an egg between their knees and then place the ham between the partner’s shoulders so that they are not touching it with their hands. They will run back to the starting line, giving the ham and eggs to the next people in line. The next group must replace the eggs and ham in the hoop, with each placing the egg between their knees and the ham between their shoulders. They run back to the starting hoop and tag the next set of partners in line. This will continue until all have had a turn.

Equipment needed: Event sign, 8 hula-hoops, 8 plastic eggs, and 4 polypots to represent ham.

“Too Many Daves”

All Grades

In this event there are 2 “mothers” and 2 “fathers” wearing yellow pinnies and holding squirt bottles filled with water. The rest of the students are “Daves”. On the signal to begin, the mothers and fathers who will attempt to squirt them will chase the Daves. If a Dave gets “hit” he has to do 5 jumping jacks to be able to return to the game. Volunteers will stop play after 1 minute to change the mothers and fathers. Play continues on the signal to begin for 1 minute. This event will continue until time has been called. **Equipment needed:** Event sign, 12 cones to mark playing area, 36 squirt bottles, 1 hose, and 4 yellow pinnies.

“Horton Hears A Who”

All Grades

"On the tenth of May, in the Jungle of Nool,
In the heat of the day, in the cool of the pool,
He was splashing...enjoying the jungle's great joys,
When Horton the elephant heard a small noise."

Students will be divided into two teams with the first person from each team standing inside a starting hoop with a pair of chopsticks in their hand. On the signal to begin, these players must move through the “Horton” sprinkler to the pile of “Whos” in the hula-hoop. 1st and 2nd graders can use both hands with the chopsticks to pick up a Who and run back through the sprinkler to the beginning hoop. 3rd, 4th, and 5th graders may only use one hand with the chopsticks (they have to put the other hand behind their back) to pick up a Who and run back through the sprinkler to the beginning hoop. Students from all grades then place the Who in the bucket and pass the chopstick to the next person in line. Teams will continue to go until time has been called.

Equipment needed:

Event sign, 4 hula-hoops, 2 hoses, 1 “Y” splitter, 2 elephant sprinklers (purchased at Sam’s Club), 100 cotton balls, 4 sets of chopsticks, 2 small buckets.

“How the Grinch Stole Christmas”

All Grades

Students line up in four groups with the first person from each team standing in a starting hoop. On the signal to begin, the first student (Grinch) runs to the Whos Village to the pile of the Whos’ “presents” and “steals” one present. She then runs back to the original hoop and places the stolen present in the “Santa Claus Bag”. The next player in line goes as soon as the first runner tags their hand. The first runner must place the present in the bag before tagging the next player’s hand. If time remains, have all the Grinches turn into “Good Grinches” and return the presents to the Whos by taking one present out of the bag and returning it to the Whos Village (the hula-hoop 50 feet away). They should place the present in the hoop and run back to tag the hand of the next player. This will continue until all have had a turn or time runs out.

Equipment needed: Event sign, 8 hula-hoops, 80 wrapped presents, and 4 large “Santa Claus” bags. May wrap small wooden blocks with contact paper or place clear tape over them so that they do not come unwrapped or torn.

“I Am Not Going To Get Up Today”

All Grades

"You can pour cold water on my head
But you're wasting your time.
So go away!
I am NOT going to get up today!"

Divide students into 2 equal teams with the first person from each team standing inside a starting hoop. On the signal to begin, these players pick up a sponge from the trashcan filled with water. They must pass the sponge over their head to the next person in line. The players continue passing the sponge over their heads until it gets to the last player in line. This person will take the sponge back to the front of the line, dunk the sponge in the trashcan and begin passing it over their heads again. Teams will continue to go until time has been called.

Equipment needed: Event sign, 2 hula-hoops, 1 trashcan filled with water, and 2 car washing sponges.

“Horton Hatches The Egg”

All Grades

Divide students into 2 equal teams with the first person from each team (Horton) sitting on a hoppity hop ball (representing the egg). On the signal to begin, these players hop on the eggs around the cone and back to the start. The next person in the starting hoop will sit on the egg and wait for the next signal to begin. This is an individual race, not a team relay. These races should continue until time has been called.

Equipment needed:

Event sign, 2 hula-hoops, 4 hoppity hop balls, and 2 cones.

“Great Day for Up”

All Grades

"Up stairs!

Up ladders!

Up on stilts!

Great day for up Mt. Dill-ma-dilts"

Divide students into 2 equal teams with the first person from each team standing on stilts made of wood blocks or cans and inside a starting hoop. On the signal to begin, these players will walk on the stilts around the cone obstacle course and back to the start to tag the hand of the next student in line. The next person in the starting hoop should have another pair of stilts on and ready to walk the course. Teams will continue to go until time has been called.

Equipment needed: Event sign, 2 hula-hoops, 4 sets of stilts made from wood or cans, and 10 cones.

“The Lorax Versus The Once-lers”

All Grades

Scatter at least 40 cones (representing the Truffula Trees) inside the playing area (marked by colored domes) with half of the cones lying down and half of the cones standing up. In this event there are 2 groups - the Lorax (representing Truffula Trees getting planted or picked up) and the Once-lers (representing Truffula Trees getting chopped or knocked down). One group will wear pinnies to distinguish between the two groups. On the signal to begin, the Once-lers job will be to knock each cone that is standing up down and the Lorax’s job will be to pick each cone up that is laying down. They will run from cone to cone to do their jobs. Volunteers will stop play after 1 minute to change how they are moving. For example, after the first minute they will walk backwards, and after the second minute is up they will skip. The volunteers should then change the student’s job with the Lorax (up) now becoming a Once-ler (down). Let them run again, then hop, and slide. This event will continue until time has been called.

****Note:** Do not allow students to use their feet to kick over cones - only hands may be used to knock the cones over and put them up.

Equipment needed: Event sign, 12 domes to mark playing area, 20 of the same color pinnies and at least 40 cones.

“The Sneetches Frankfurter Roasts”

All Grades and Volunteers

This is the refreshment and first aid station. Students are to be given one cup of drink and a snack of some kind. May want to have the school nurse on hand to treat any injuries that may happen.

Equipment needed: Event sign, Cups, sandwich bags, ice in coolers, drinks, snack, trash cans,

extra trash bags, and First Aid Kit.

“What was I Scared of?”

All Grades

Students will need to be partnered together, using classroom teacher if odd number of students. Six sets of partners will do this event at one time. One of the partners needs to be blindfolded and standing on a polyspot, the other partner needs to stand behind them. On the signal to begin, the non-blindfolded partner will guide their partner by tapping on their shoulder(s) to indicate what direction they should move. The object of this event is to guide their partner to a pair of “ghost” pants that are the same color as the polyspot they were standing on and get their partner to put them on themselves without any verbal commands/talking. The first pair to locate the right color pants and put them on is the winner. Once the pants are on the race is over. Students will take off their blindfold and return the ghost pants to the original location. For example, Marquis and Jose are partners - Marquis is blindfolded, Jose is standing behind him. On go, Jose taps Marquis on his right shoulder to get him to move to the right, taps on his left shoulder to get him to move left, or taps on both his shoulders at the same time to get him to move in a straight direction. Placing his hand on top of Marquis’ head will make him stop. Touching his forehead will get Marquis to bend over. Marquis feels around until he locates the pants, picks them up, and puts them on.

Equipment needed: Event sign, 6 different colored polyspots - red, green, blue, yellow, orange, pink - and 6 pairs of pants/shorts in the same color.

Submitted by **Lisa Fagala** who teaches at Hollis Academy in Greenville, SC. Additional authors for this idea were Scott A. Shea. Thanks for contributing to PE Central! **Posted on PEC: 10/18/2001.**

Visit [S&S Discount](#) for all your physical education equipment and supplies!