Name/Title: Hillsboro's Happy Trails

Purpose of Event: The event is held every spring to allow students a day of fun and cooperative games.

Suggested Grade Level: K-2

Materials Needed: Tug of way rope, wands, buckets, hula hoops, paddles, poly spots, wooden eggs, spoons, horses, cones, chairs, sponges, swimming pool, pans with holes, ping pong balls, potato sacks.

Description of Idea

This field day will have a western type theme. Students will participate in a variety of activities that encourage teamwork, cooperation & fun. Each station will last 5 minutes. After five minutes, a whistle is blown and students will rotate to another station. Students will be divided up into groups of three or four.

Home on the Range

Needle in a Hay Stack
Each person stands behind the starting line. When the whistle blows the students will throw the needle (noodle) as far as they can and go get it. The student will then hand the javelin to the next person in line and the game continues. The students can do this many different times.

Tumble Weed Tumble
Each student will stand behind the lines to begin the game. The first student in line will roll the hula hoop down around the bucket and back. They will pass it off to the next person. Once everyone has had two turns, the game is finished. There should be enough time for this game to be repeated. Bonus: If there is extra time: Each class will form a circle. All students will hold hands. Three students in each circle will get a hula-hoop between them and the person next to them. On "GO!" students pass the hoop from one to the other by stepping through the hoop. They cannot let go of each other's hands. The first group to get the hoop back to the starting person wins.

Flap Jack Flip
The first student will place the poly spot on the paddle. The student will try and toss the poly spot into the hula hoop. After they toss the poly spot they will go get it and hand it to the next person in line. Each team needs to count how many times their team can get the poly spot into the hoop. After everyone has had three turns the game is over.

The Barnyard

Chicken Coop

The first person in line will have a tennis ball and spoon. The student will put one hand behind their back and walk with the tennis ball and spoon around the cone and back. The person will hand the spoon and tennis ball to the next person in line. The game ends when everyone has gone two times. If there is time, the students can repeat the race using their other hand.

Bucking Bronco
Students will use a foam noodle as their horse. The first person will saddle up and ride down to the cone, around, and back. They will give the noodle to the next person in line and go to the end.

Calf Roping
The students will begin at the start line. The first person in line will take the hula hoop and toss it over the “cow horns” (chairs). The student will then go get the hoop and bring it back to the next person in line. The group needs to count how many their team gets over the cow horns.

Pig Pen
The students will begin at the start line. The students will do over/under race. The first person in line will start with the ball over their head. The second student will pass it under their legs and so on. The last person will run to the front of the line and begin again. (The students should progress forward) The students will stop when they have reached the cone.

The Watering Hole

Laundry Day
Each team will have a partner as their team. Students will use old worn out clothes where they stack as many clothes into a basket, take them to a certain spot on the playground & unpack what they did. The next person would pack the clothes back into a basket & bring them back to the starting line.
Then, the student will do a high five to the next person in line. This continues until everyone in line has had a turn. The team with the most clothes in their basket wins!

Pony Express
Students will zig zag around cones with a small ball in their hand, then pass off to the next person in line. The team that finishes first wins

Panning for Gold
Each class will have a tub with rocks and marbles. The students will begin at the cone, run down to the pool, use the Frisbee, and fish out a ping-pong ball or marble using their Frisbee. They cannot pick up the item using their hands. The student then returns the item to the class bucket. The class with the most in their bucket wins. The students will them return the item, one by one, using the spoon to return the item to the tub. The extra spoon is used for the person waiting for their turn.

Fishing Hole

The will be a starting line for group. The students will be facing a bucket. Each student will have a ping pong ball. The student will step up to the line and attempt to throw the ball into the bucket. If the student makes it successfully, they go to the end of the line. If the student does not make it, they run to retrieve their ball and go to the end of the line.

Cattle Round Up
The first student in line A will run and grab a ball, run to the bucket farther down the playground, drop the ball into the bucket, run back and high five to the next person in line. The next person will do the same. The game is finished when all students have had a turn and the buckets are filled.

Spud Time
Classes will combine to make 6 equal lines. Two lines will work together for this activity. Students hook elbows and put their inside leg in the sack. They walk down around the cone and back, tag the next pair to go, and then give their sack to the next pair waiting in line. This continues until the whole class is finished. The second race will be an individual race. The students will put both feet in the sack and jump down around the cone and back. Each line has 2 sacks. The extra sack is for the person waiting next in line. Once everyone has had a turn the game is over.

End of Field Day – Tug of War
Students will participate in a tug or war game to end Field day.
The students will compete in their classes against another class. Team 1 vs. Team 2, Team 1 vs. Team 3, Team 3 vs. Team 2. The students will get in a line behind the blue ribbon. The students will also be on each side of the rope, zig zagged. Two cones should be placed six steps from the middle of the rope. The middle of the rope is marked by red ribbon. The teams will pull the rope until the red ribbon passes the cone. Blow the whistle to begin and end the game.

Submitted by **Erin Dittmann** who teaches at Hillsboro Primary in Hillsboro, MO. Additional authors for this idea were Nancy Kaalberh. Thanks for contributing to PE Central! **Posted on PEC: 1/23/2010**.
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