March–July

Spring Field Day Challenge

BE ACTIVE HAVE FUN!

Featured Classroom Activity



Objective

Build teamwork and confidence while celebrating spring through cooperative field day events.

Grades

K–5

Time

30–40 Minutes

Students Practice

Teamwork · Sportsmanship · Coordination · Communication · Physical Fitness

Materials Needed

- Cones
- Playground Balls
- Bean Bags
- Jump Ropes
- Flying Discs

Activity

1. Set up five activity stations around the playground.
2. Examples include:
   - Relay Race
   - Target Toss
   - Jump Rope Challenge
   - Soccer Dribble Course
   - Team Carry Relay
3. Rotate teams every six minutes.
4. Finish with one large cooperative challenge where every class works together.



Teacher Tip



Celebrate teamwork, encouragement, and effort—not just speed.

Make It Easier



Allow walking relays and shorter distances.

Make It Harder



Add obstacle courses, balance challenges, or timed team events.

WORK TOGETHER ★ PLAY TOGETHER ★ GROW TOGETHER!

GREAT MEMORIES START WITH TEAMWORK!