

Cooperative Field Day

Field Day activities are a perfect opportunity to introduce cooperative activities to a large number of participants at one time. The activities described in this guide will engage a large number of participants in appropriate, noncompetitive activities that are fun and help to foster cooperative behaviors.

Iceberg

The group is trapped on an iceberg which has broken into two pieces (two tarps). The group must cross the Arctic Ocean to a rescue helicopter. A recent earthquake has shifted the normal ocean current so that the iceberg is flowing away from the helicopter. The iceberg must be physically moved for the group to travel. The water is very, very cold—swimming is not allowed!

Start the group on a tarp at one end of the playing area. Hand them the second tarp. They must cross the playing area without touching the water (grass). If anyone touches, the group must begin again from the beginning.

Two Adventure Options

1. Give the group two tarps. Time how long it takes for the group to complete the adventure. Challenge the group to beat their completion time.
2. Give the group one tarp.

Equipment

Cones (to mark start and finish)
2 Tarps

The Orient Express

A high-speed train must be created to carry valuable cargo across different types of terrain. The cargo? Fragile containers of pure mountain air that may not be touched by human hands! Sorry, there are no gloves available!

The students make a “train” by lining up one behind the other while holding onto the shoulders of the person just in front. A balloon is placed between each person. The group must transport the containers without losing a single one! If a container drops off the train, the group must start over!

Time how long it takes the group to finish the course. If time allows, challenge the group to finish in a faster time.

Equipment

Balloons
Cones

Blood Flow

The task is to transport as many blood cells (balls) as possible from the heart (starting area) to the rest of the body (separate collection sites). The students must create an artery using Flip 'N Catch. The blood cell

may not be touched with the hands once it enters the artery. If the cell (ball) stops when it is in the artery, the whole system will become clogged and a heart attack may occur. If the artery becomes clogged to a point where the cells (balls) are spilling out or are not moving, the group must begin again. The students may not move their feet if a cell (ball) is touching their section of the artery. The group must deliver blood cells to all parts of the body.

Equipment

Skill Trac - #W11209 and #W11261
Floater Volleyball
Cones

Skill Trac Variation: The students split into smaller groups. The groups must transport the blood cells from the heart to four different sections of the body (an “X” setup). The cells (balls) may not be thrown. The cell (ball) may be touched by only ONE person in the entire group. The cell (ball) may not be transported by humans (contamination).

Sled Dog Rescue

An epidemic has engulfed an isolated Alaskan wilderness town during the worst snow storm of the century. Roads are impassable and railways have been wiped out. Dog sleds are the only means of transportation. It is up to the townspeople to travel to neighboring villages in order to collect medicine for the fight against the epidemic.

Divide the grade level into groups of three or four. Each group must build a dog sled using the equipment available (scooters, long jump ropes). Each sled must have at least one driver. The sled team travels across the frozen tundra to collect the medicine spheres (balls). Only team members on the sled may pick up the medicine spheres (dogs do not have hands). The sled can hold up to five medicine spheres at a time. Any sphere that falls off the sled is lost. If a sled overturns, the entire team must return immediately to town for repairs (any medicine on board at the time of tipping is lost). For the town to be saved, it must have at least 50 spheres of medicine at the end of the time limit.

Equipment

Scooters
Whiffleballs
Long Jump Ropes

THE SPACE SHUTTLE

The International Space Station (ISS) is in need of repair and supplies. It is up to each group to create a space shuttle to carry cargo from Earth to the ISS. One catch—the group may not touch the cargo with their hands. Also (okay, two catches), the cargo may not be carried outside the shuttle or it will float away into space!

The group forms a circle with everyone grabbing onto a hoop and facing toward the inside. Place a ball on the ground inside the circle. The group must travel across the playing area without breaking the circle and keeping the ball inside the circle. If the ball rolls out of the circle the group must go back to Earth and start again.

Suggestion: Have the group break into smaller groups of 5-6 students. After completing one mission challenge the group(s) to try two balls, then three, and so on.

Equipment
Cones
Foam Balls
Hoops

Earth Orbit

The Earth has lost its orbit. It is moving closer and closer to the sun. If it gets too close, everything on Earth will be reduced to dust! The group must realign Earth's orbit.

To introduce the group to moving the Earth Beach Ball, line the group up by two's. The pairs should sit on the ground facing each other. The group attempts to roll the ball back and forth in a manner similar to a pendulum. The group is successful if it can swing the Earth back and forth 15 times without letting it get off track.

Further Adventure: How far can the group get the Earth to roll without letting it touch the ground?

How many times can the group orbit the ball while sitting in a circle?

EquipmentBeach
Earth Beach Ball - #W10031
Cones

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