

# BACKYARD FIELD DAY

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**RUNNING PEAS**

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## **Event Overview**

Host your very own backyard Field Day! It's a great way to get your kiddos outside and engaged in fun, creative and low-key competitive play.

- Duration: 1.5–2 hours
- Age Group: 5–12 (adjust rules and challenges based on age)
- Number of Participants: 4–12 kids
- Location: Backyard or local park with grass and space

## **Opening Ceremony (15 mins)**

- March of the Athletes: Have the kids parade into the "stadium" (backyard) with fun music playing.
- Torch Relay (Optional): Use a torch made from an ice cream cone, or construction paper, or a flashlight for a symbolic "lighting of the torch" (a lamp or lantern).
- Stretch/Warm-Up: Quick, fun stretches and jumping jacks to energize.

## **Event 1: Box Hurdle Jump**

- Setup: Line up 5-7 cardboard boxes (same size) spaced out in a straight line.
- Rules:
  - Kids must try to jump over each box without knocking it over.
  - Time each child or make it a race in heats.
- Materials:
  - 5 - 7 empty cardboard boxes
  - Cones or rope to mark starting/finishing lines
- Safety Tip: Use empty, lightweight boxes and put a towel(s) inside if extra padding or weight is needed.



## Event 2: Slow Dramatic Run

- Setup: Designate a 20-30 foot “runway” Rules:
    - Kids perform the slowest, most dramatic run possible.
    - Encourage over-the-top acting: slow motion arms, exaggerated expressions.
    - Judges (parents and kids) score on drama, style, and crowd reaction.
  - Materials:
    - Music (e.g., *Chariots of Fire*, *Rocky theme*)
    - Judges’ scorecards (1–10) - optional
  - Tip: Record these runs in slow motion for fun replays later!
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## Event 3: Rhythmic Gymnastics (Streamers on Sticks)

- Setup: Performance area marked with cones or chalk Rules:
  - Perform a 30-second routine with streamers: spins, twirls, dramatic poses.
  - Judges score creativity, fluidity, and flair.
- Materials:
  - DIY streamers: ribbon or crepe paper taped to sticks
  - Bluetooth speaker for music (let kids choose their performance song)
- Tip: Let them practice for a few minutes beforehand!

### **Event 4: Broomstick Pole Vault**

- Setup: Place a “vault line” (a string between two chairs or cones) Rules:
    - Kids run with a broomstick and jump over the string (lower height).
    - Focus on imagination and safe landings.
    - Optional- Score based on "form," "height," and "theatrics."
  - Materials:
    - Broomsticks
    - Two chairs or cones + string/ribbon for the vault line
    - Grass, Mat or folded blanket for soft landings if needed. Kids should land on their feet.
  - Safety Tip: Keep the vault bar low; emphasize *pretend* pole vaulting.
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### **Event 5: Frisbee Discus Toss**

- Setup: Mark distance zones (5ft, 10ft, 15ft or more) with cones or chalk
  - Rules:
    - Kids take turns tossing a frisbee. Each gets 3 throws; best one counts.
  - Materials:
    - 1-2 child-safe frisbees
    - Markers for zones and measuring tape
  - Tip: Offer points by zone for a friendly competition.
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### **Event 6: Long Jump Leap**

- Setup: A straight jumping lane (10–15 feet long) marked with chalk or rope, with a "launch line" where kids take off from. Landing zone: soft grass, a gym mat, a beach towel, or even a sandbox if available. Rules:
  - Each child gets 2–3 jumps. Try to jump from the launch line; not over it!
  - Optional - Measure from the launch line to the nearest landing point (heel or body part closest to the start). You can also emphasize creativity (e.g., "Most Stylish Leap").

- Materials:
    - Chalk, tape, or rope for launch line; cones for boundary markers
    - Soft landing zone: towels, grass, old sleeping bags, etc.
    - Optional: tape measure for measuring jumps
  - Safety Tip: Make sure the landing area is clear of rocks, sticks, and other hazards.
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## Event 7: Sprinting Through Streamers (Finish Line Tape)

- Setup: Coordinate a start and finish line 50 yards apart, on preferably a flat surface (grass, trail, road (not busy), with a streamer finish line.
  - Rules:
    - Kids race to the streamer tape and break through it dramatically.
    - Can be run in heats or relays.
  - Materials:
    - Crepe paper or ribbon stretched across two poles, chairs, or adults!
    - Timer (optional)
  - Photo Tip: Capture the tape-break moment for each kid!
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## Awards Ceremony

- Medals: Let the kids enjoy some well earned rest and decorate wooden medals made from pre-cut branches or construction paper, markers and paint. You can check your local [Michael's](#) stores for unfinished wooden circles (medals).
  - Category Ideas:
    - Most Dramatic Performance
    - Best Hurdle Jumper
    - Ultimate Streamer Spinner
    - Frisbee Toss Champion
    - Most Creative Vault
    - Olympic Spirit Award
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## **Materials Checklist**

- ☐ Cardboard boxes (5-7)
- ☐ Broomsticks
- ☐ Frisbees
- ☐ Ribbon or crepe paper
- ☐ Wooden sticks or dowels
- ☐ Cones or chalk
- ☐ Music
- ☐ Scorecards and pens
- ☐ DIY Medals - wood, string, construction paper, paint, markers
- ☐ Water and healthy snacks
- ☐ Camera or phone for photos

**HAVE FUN!!**