



American Heart
Association.
**AMERICAN
HEART
CHALLENGE™**



FIELD DAY GAMES GUIDE



WHAT IS FIELD DAY?

Field Day will become a highly anticipated tradition where teams compete for the ultimate bragging rights – **winning 1st place by saving lives.**

Students will form teams of 10 and participate in fun physical and mental challenges while raising money for the American Heart Association.

HOW DOES IT WORK?

- ✓ Recommend that the event is held on a weekday afternoon or evening.
- ✓ 10 members per team - \$25 per person registration (+ fundraising). You may want to consider setting a cap for the number of teams, based on space and equipment. The first teams to reach \$250 secure a spot in the games.
- ✓ Event day features 6-7 games – including the fundraising competition, that happens leading up to the actual event.
- ✓ Each team is responsible for securing two team volunteers.

KEY PLAYERS:

- ✓ **TEAM CAPTAIN/CO-CAPTAIN**
 1. Recruits a team of 10 students to participate in the games, along with two team volunteers.
 2. Creates team fundraising goal and fundraising plan, and ensures all students are registered online at heart.org/AHC.
 3. Assigns team members to specific games ahead of time.
- ✓ **TEAM VOLUNTEERS**
 1. Keeps score of each game, turns in score sheet immediately after each game.
 2. Helps to enforce game rules and reset equipment to ensure the games run smoothly.
- ✓ **EVENT COORDINATORS**
 1. Briefs volunteers and team captains, makes announcements, rotates teams, opens and closes the event announcing the winning team.
 2. Master Scorekeeper - Assign someone that each team volunteer is bringing their score sheet to after each game, who is keeping a running score throughout the event.

YOUR PASSION IS ABOUT TO PAY OFF AND YOU'RE GOING TO HELP SAVE LIVES! THIS IS JUST AN EXAMPLE OF WHAT YOUR EVENT CAN LOOK LIKE. MAKE THE EVENT YOUR OWN!

FIELD DAY EVENT BASICS

GAME SCORING:

- ✓ Points are earned for each game.
- ✓ Points are also earned for fundraising.
- ✓ Team volunteers keep track of points and scoring.
- ✓ Keep updated scoring throughout the event.

FUNDRAISING CHALLENGE POINTS:

- ✓ Set a minimum team fundraising amount to earn points. Recommended amount: \$500
- ✓ Tally the fundraising points the day BEFORE your Field Day event!
- ✓ 1st place fundraising team earns 6 bonus points.
- ✓ 2nd place fundraising team earns 4 bonus points.
- ✓ 3rd place fundraising team earns 2 bonus points.

HOW TO DETERMINE THE FIELD DAY CHAMPION



Bonus points for the top 3 fundraising teams going into the games.



At the event, team volunteers will tally points for each game, which will be added to the fundraising points.



The winning team is the Field day champion!

OPTIONAL IDEAS:

- ✓ Have grade levels compete against each other, like juniors versus seniors and freshman verses sophomores.
- ✓ Have a contest for the best team outfits or a best cheer contest.

**REMEMBER, THE DOLLARS YOU RAISE TODAY COULD SAVE
THE LIFE OF SOMEONE YOU KNOW TOMORROW!**

FIELD DAY GENERAL RULES

CHECK IN 15 MINUTES BEFORE THE EVENT STARTS



VOLUNTEERS

1. Receive overview of games, how to score and the schedule of the games.
2. Receive team clipboard with game rules and score sheets for each event.
3. We've included a sample score sheet, but you may want to create your own dependent on your events.



TEAM CAPTAINS

1. Make sure ALL team members are present.
2. Brief your team on event rules and order of events.
3. Know which team members will participate in each event ahead of time.

OPTIONAL EVENT STRUCTURE:



OPENING CEREMONY

1. Teams introduced as they run through a high-five tunnel with music playing!
2. Welcome and mission message from a survivor.
3. Top 3 fundraising teams announced.
4. Fundraising total announced.



LET THE GAMES BEGIN!



CLOSING CEREMONY

1. Thank you message.
2. Winning team of each event announced.
3. Field Day champions crowned!

EQUIPMENT NEEDED:



MEGAPHONE/ MICROPHONE:

The emcee will give the welcome message, rotate teams and announce the winners.



MUSIC:

Search Spotify for the American Heart Association's channel for playlists. You can even have a student DJ the event!



STATION EQUIPMENT:

Be sure to gather any equipment you may need for your game activities. (Ex. hula hoops, bean bags, whiffle ball and bat.)



VOLUNTEER EQUIPMENT:

Team volunteers need whistles, stopwatches and clipboard with event instructions and scorecards.

OBSTACLE COURSE

GAME ESSENTIALS:



HOW IT WORKS:

1. Choose 4 players to compete.
2. Have the fastest time!
3. Place in the top 3 to receive points!



TEAM VOLUNTEERS:

1. Keep time and ensure all obstacles are achieved properly.
2. Record the time/score on the score sheet.



GAME RULES:

1. On "Go!" each team sends one player to complete the course. The next player cannot go until the player returns to the start/finish line and tags them.
2. The event is over when all four players complete the course.



SCORING:

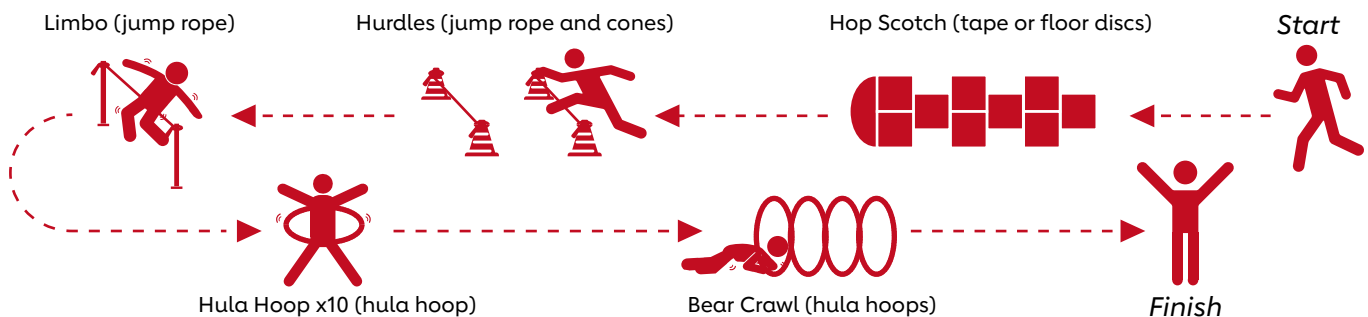
1. 1st place: 6 points
2. 2nd place: 3 points
3. 3rd place: 1 point

EQUIPMENT NEEDED:

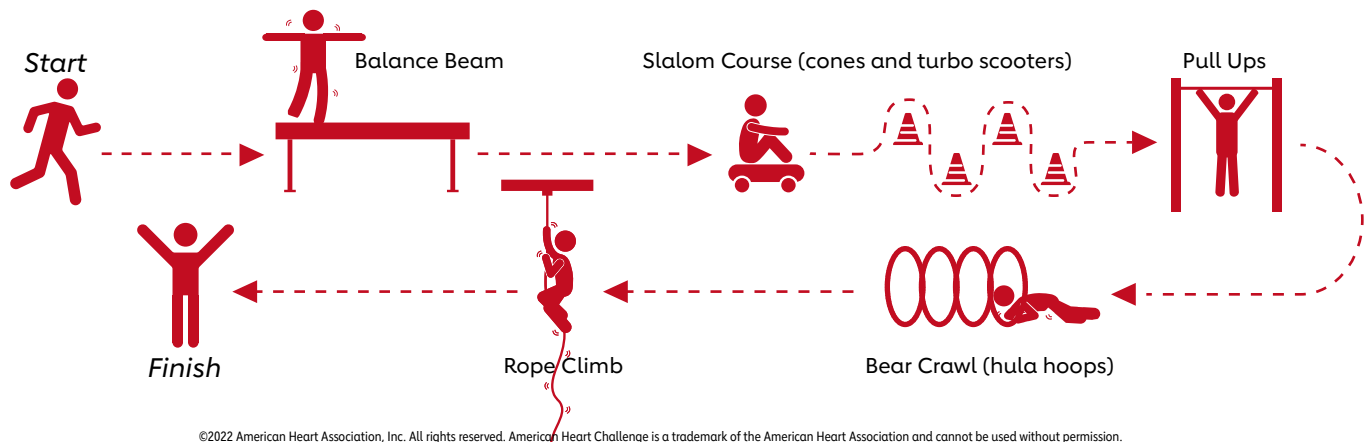


Dependent on your course (see below)

GAME SET UP:



ALTERNATIVE COURSE



WATER BALLOON TOSS

GAME ESSENTIALS:



HOW IT WORKS:

1. Choose 8 players to compete.
2. Have the most intact water balloons in your bucket at the end of 3 minutes!
3. The team with the most balloons wins!

their towel. (No, you can't skip players to go faster!)

4. The balloon placer catches the balloon from the last pair of tossers and put it in the bucket.
5. The balloon controller can go as quickly as they can, they do not need to wait for the balloon to be in the bucket.



GAME RULES:

1. Line up according to the diagram.
2. On "Go!" the balloon controller tosses the balloon on the hand towel of the first pair of players with their hands.
3. Each pair of balloon tossers must toss the balloon to the next pair using



TEAM VOLUNTEERS:

Record score on the score sheet.



SCORING:

Every intact water balloon is worth 1 point.

EQUIPMENT NEEDED:



3 hand towels
per team

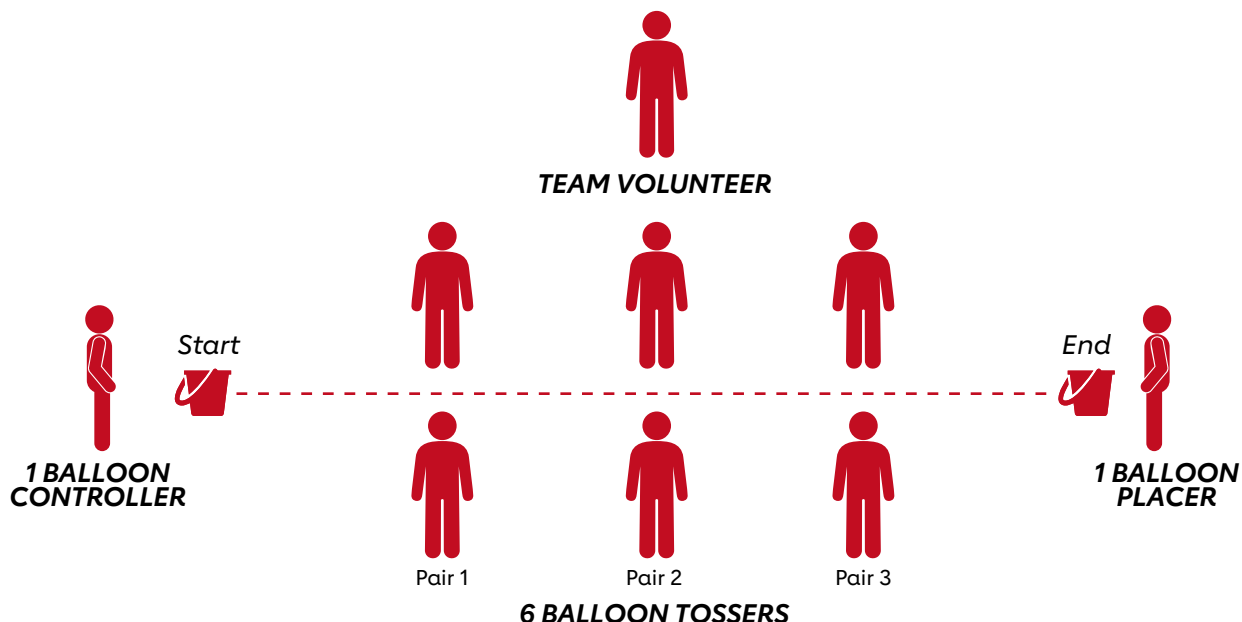


2 buckets
per team



Water
balloons

GAME SET UP:



DIZZY BAT RACE

GAME ESSENTIALS:



HOW IT WORKS:

1. Choose 6 players to compete.
2. The team with the most balls in the bin wins!

4. After two shots are taken, run back and tag the next person. (In the meantime, the team volunteer puts the balls back inside the hula hoop and records the score).
5. Repeat until all players are finished!



GAME RULES:

1. On "Go!" the first player spins around 5 times with their forehead facing down on the bat.
2. Run to the hula hoop where two balls are located.
3. Remain in hula hoop and toss the balls into a bin.

TEAM VOLUNTEERS:

1. After each player's turn, put balls back inside the hula hoop.
2. Record each players' score.



SCORING:

Every shot made is 1 point.

EQUIPMENT NEEDED:



1 bat
per team



1 hula hoop
per team



1 large can
per team



2 balls
per team

GAME SET UP:





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BEAN BAG TOSS

GAME ESSENTIALS:



HOW IT WORKS:

1. Choose 3-5 players to compete.
2. The team with the most points wins!



TEAM VOLUNTEERS:

1. Ensure your players stay behind throw line.
2. Record each player's score.



GAME RULES:

1. Teams line up behind cones.
2. All teams play at the same time.
3. Each player throws 4 bags (one at a time) for points.



SCORING:

1. +3 game points for bags that land in the hole
2. +1 game point for bags that land on the board
3. +0 game point for bags not on the board

EQUIPMENT NEEDED:



2 cones or tape
for throw line



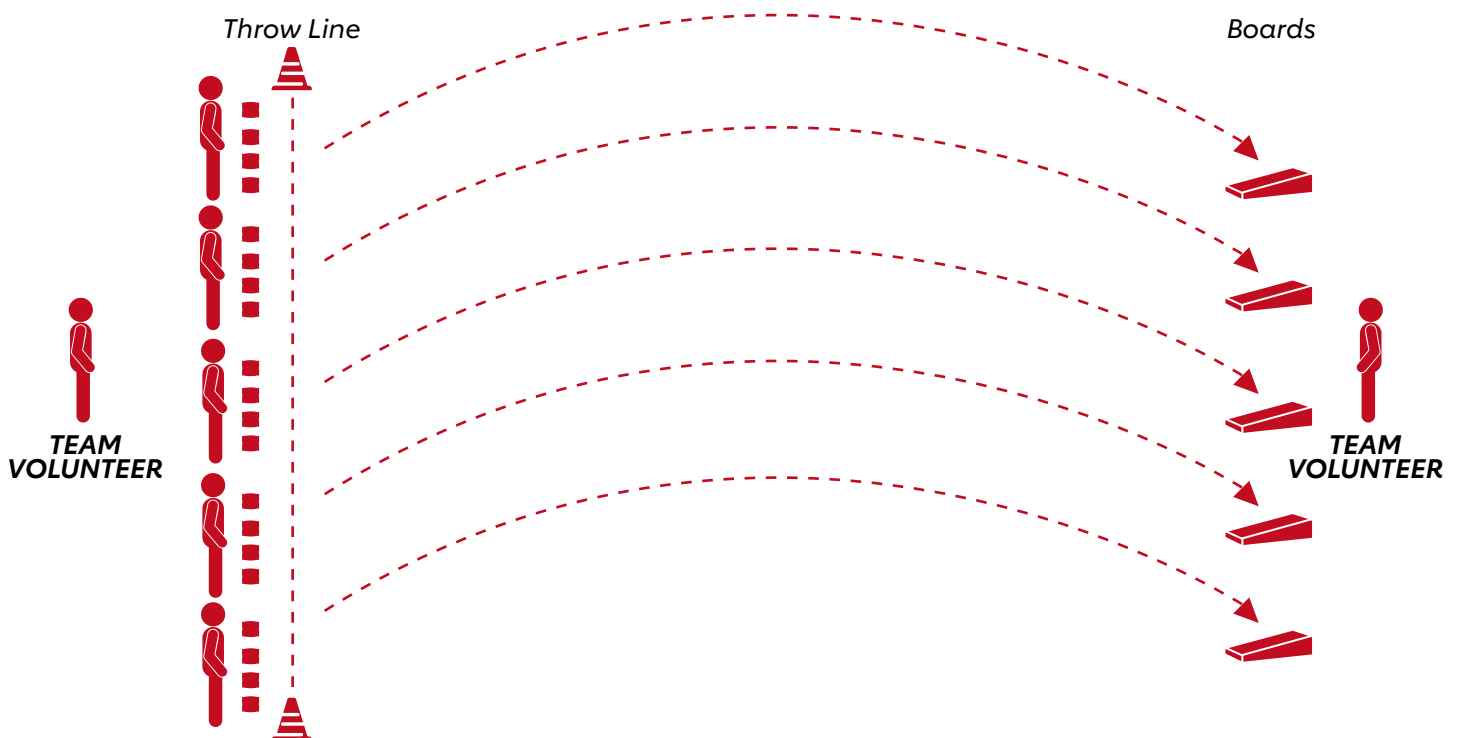
1 cornhole board
per team player



4 bean bags
per team player

*Tip: If you do not have boards, you can tape
a board outline on the floor.*

GAME SET UP:



TUG O' WAR

GAME ESSENTIALS:



HOW IT WORKS:

1. Choose the number of players to compete that your rope length allows.
2. Single elimination each round.
3. Place in the top 3 to receive points!

3. Winning teams proceed to the next round in the bracket.



TEAM VOLUNTEERS:

Record scores on provided score sheet.



GAME RULES:

1. Teams line up on each side of the lines.
2. On "Go!" teams pull against each other until the flag crosses the "Victory Line".



SCORING:

1. 1st place: 6 points
2. 2nd place: 3 points
3. 3rd place: 1 point

EQUIPMENT NEEDED:



1+ ropes
(to have multiple
teams going at
the same time)

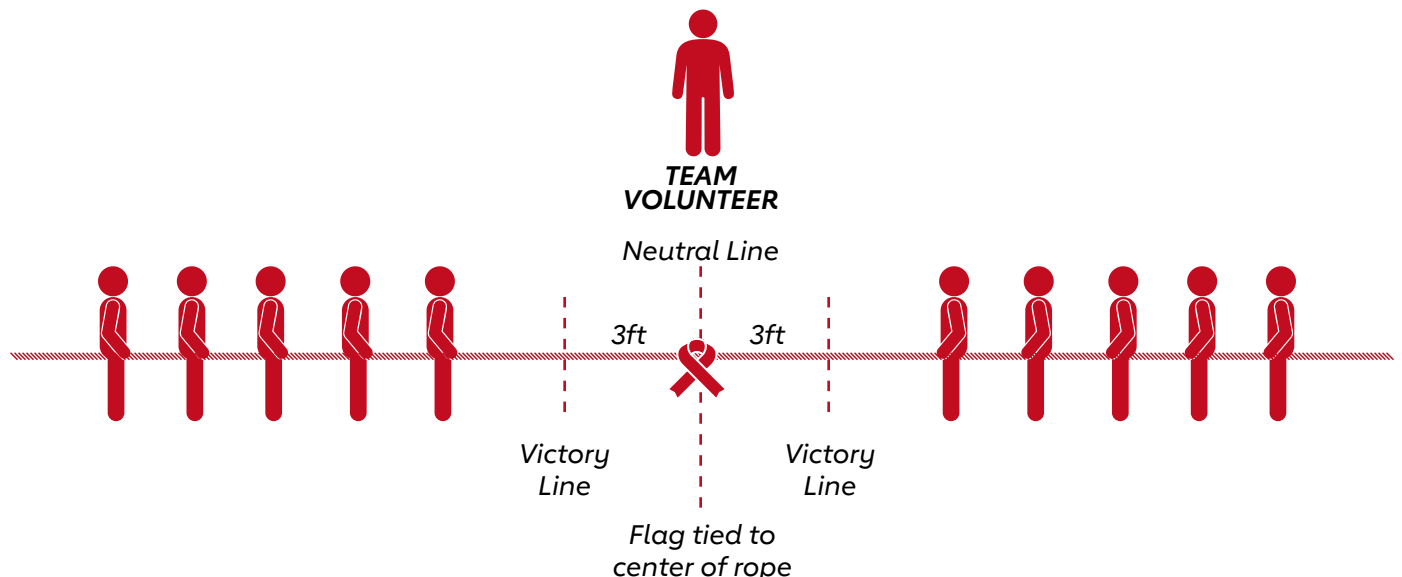


Flag, ribbon or
bandanna
(to mark center)



Optional:
Players are allowed
to use gloves and/
or cleats.

GAME SET UP:



THREE-LEGGED SACK RACE

GAME ESSENTIALS:



HOW IT WORKS:

1. Choose 8 players to compete.
2. Place in the top 3 to receive points.
3. There will be two heats with the top 3 teams from each heat advancing to a 3rd and final round.

4. The second pair of teammates hops back to the start line and transfers the sack to the next teammates. This continues until the last teammates hop across the finish line!



TEAM VOLUNTEERS:

1. Keep time
2. Record the time/score on the score sheet.



GAME RULES:

1. Line up according to the diagram with 4 players on each side.
2. Each teammate must have one leg in the sack at ALL times!
3. On "Go!" the first two teammates hop to the opposite side and transfer the sack to the second pair of teammates.



SCORING:

1. 1st place: 6 points
2. 2nd place: 3 points
3. 3rd place: 1 point

EQUIPMENT NEEDED:



1 sack or bag
per team



4 cones or tape for
start/finish lines

GAME SET UP:



THREE-LEGGED SACK RACE

GAME ESSENTIALS:



HOW IT WORKS:

1. 10 players to compete.
2. The team with the most points wins!

GAME RULES:



1. Teams line up in an arc formation in order to maintain equal distance to the pools.
2. On "Go!" a player from each team retrieves just one toy soldier from the pool and gives it to the team volunteer, who records the color and number of each soldier.
3. The next player cannot go until the previous player returns to the start line.

4. Game ends in 10 minutes, so hurry!



TEAM VOLUNTEERS:

Keep score on the score sheet.



SCORING:

1. Yellow soldier is 1 game point
2. Green soldier is 2 game points
3. Purple soldier is 3 game points
4. Blue soldier is 4 game points
5. Magenta soldier is 5 game points
6. Silver soldier is 10 game points

EQUIPMENT NEEDED:



*Kiddie pools, or
a similar object*



*Straw to fill
pools with*



*Painted toy soldiers
in 6 different colors*

GAME SET UP:

*Kiddie pools are spaced
equally in a line, with
one for each team.*

*Two silver soldiers
(bonus points!) will
be in each pool.*

*Players are allowed to go to
any pool. Each pool is filled
with 50 toy soldiers, 10 of
each color, excluding silver.*

Start

TEAM VOLUNTEER

BRAIN GAMES

GAME ESSENTIALS:



HOW IT WORKS:

1. 10 players to compete.
2. Answer as many questions correctly as you can!
3. The team with the most points wins!



GAME RULES:

1. Teams have 30 seconds to answer each trivia question.
2. Teams can confer but only one final answer is allowed. Write answers on white board or notepad.

3. If no answer is given within 30 seconds, it is considered an incorrect answer!



TEAM VOLUNTEERS:

Keep time and score on the score sheet.



SCORING:

Each correct answer is 1 point.

EQUIPMENT NEEDED:



Trivia
questions



White board or
notepad per team



Marker
per team



30 seconds
per question

SAMPLE TRIVIA QUESTIONS:

Q: What drink has at least 9 teaspoons of added sugar? Diet soda, regular soda, sports drink or juice.

A: Regular soda. If you drink two cans of soda you are also drinking 18 teaspoons of added sugar!

Q: What is the recommended number of hours of sleep a high schooler should have each night?

A: 8 to 10 hours a day.

Q: What are the five different food groups?

A: Grains, vegetables, fruits, dairy, meat/beans.

Q: What song should you use as a guide when performing hands only CPR?

A: Stayin' Alive by the Bee Gees.

Q: What is lachanophobia?

A: Fear of vegetables.

Q: Potatoes are high in what vitamin?

A: Vitamin C. They are also high in potassium and are a good source of fiber.

Q: This fancy footwork game (that involves a 'court' drawn on the sidewalk) was actually invented as a form of training for Roman soldiers, what is it?

A: Hopscotch

Q: Doing this is your body's natural way of cooling itself...

A: Sweating

Q: Name 5 purple fruits or vegetables.

A: Possible answers: blackberries, eggplant, grapes, plums, prunes, purple figs, purple onions, radicchio, red cabbage, red onions

Q: Name two of the foods that are Americans' top sources of sodium.

A: Possible answers: chicken, pizza, soup, sandwiches, bread and rolls, cold cuts, and cured meats



SAMPLE SCORE SHEET

TEAM NAME:

GAME:

GAME POINTS:

SCORE POINTS:

FUNDRAISING CHALLENGE:

GAME #1:

GAME #2:

GAME #3:

GAME #4:

GAME #5:

GAME #6:

GAME #7:

TOTAL SCORE:



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THANK YOU FOR HELPING HEARTS!



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Three-Star
Charity



Better Business Bureau
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National Health Council
Standards in
Excellence Certified



GuideStar
Platinum Seal of
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