

# Family Field Day

## Game 1

### Wall Ball

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#### What's Needed:

- Racquet ball/Inflatable/Cushioned Ball
  - Brick wall
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#### How to Play:

- Everyone stands around 20-30 feet away from the wall
- Begin with someone throwing the ball against the wall
- When the ball returns to the players, the person closest to it must attempt to catch it
- If the player catches it, it is their turn to throw the ball against the wall
- If the player fumbles the ball, they must then run to touch the wall, leaving the fumbled ball on the ground
- They must touch the wall before another player is able to pick up the ball and hit the wall again
- Touching the wall before the ball makes contact means you are safe
- If the ball makes contact with the wall before the player who fumbled, they are considered out

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## Game 2

### Monkey in the Middle

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#### What's Needed:

- A ball (a rubber ball or lacrosse ball)
  - 3-4 Players
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#### How to Play:

- Two players will stand facing each other, with 20 to 30 feet in between them
- The other player(s) will stand in between them—they are the “monkeys in the middle”
- The two players on opposite ends will attempt to throw the ball to one another while the players in between will try to intercept the ball

#### Scoring

- A successful pass from one side to the other results in the receiving party earning a point
- An intercepted pass counts as a loss of point for the receiving party
- A successful interception by one of the “monkeys in the middle” results in 2 points earned to that person
- First person to 20 points wins the game!

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## Game 3

### Bean Bag Toss

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#### What's Needed:

- 5 Bean Bags or Balls
  - 5 Paper Plates or Cones
  - 2+ Players
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#### How to Play:

- Write a point amount on each paper plate— 10, 20, 30, 40, and 50 points
- Lay the plates on the ground so that the lower point plates are closer to the thrower and the higher point plates are further
- Each person will take turns throwing the 5 bean bags, aiming at whichever plate they prefer
- You must hit the plate with the bean bag to earn the points listed on the plate
- Once all players have thrown in a round, each player's score will be totaled
- The person with the lowest point total does not advance to the next round
- Rounds will continue until there is one winner

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## Game 4

### Glow-in-the-Dark Bowling

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#### What's Needed:

- 6—10 Plastic Water Bottles and Glow Sticks
  - 1 Small—Medium Ball (glow-in-the-dark if available)
  - 2+ Players
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#### How to Play:

- For better effect, wait to play this game until after sunset
- Fill the water bottles with water, if using recycled bottles
- Activate the glow sticks and drop them into the bottles
- Set up the bottles as you would see pins in a bowling alley
- Each round, every player gets to roll the ball once in attempt to knock down as many “pins” as possible
- Each pin is worth one point, and points are tracked for each player across all rounds
- After 8 rounds, the person with the highest point total is the winner