

Push The Rock Field Day

9:00 – 9:15

Welcome/Prayer/Split groups

9:15 – 9:45

- Tangled Arms
- Wheel Barrel Races
- Ball Hop Race

9:45 – 10:00

- Water Break/Sign up for tournament play

10:00 – 11:30

- Tournament Play

11:30 – 11:50

- Wiffle Ball Game

11:50 – 11:55

- Pray for lunch and explain free time

11:55 – 12:40

- Lunch and free time

12:40 – 1:10

- Crab Soccer Game

1:10 – 1:30

- Blindfold Scavenger Hunt

1:30 – 2:00

- Line Tag

2:00 – 2:15

- 3 Legged Race

2:15 – 2:45

- Chapel

2:45 – 2:50

- Closing and dismissal

Game Instructions:

Tangled Arms

Have group of 8-10 cross their arms and hold hands. The object is for the group to untangle themselves without letting go of their hands.

Wheel Barrel Races

In partners have one person get on all fours and have the other person stand behind them, pick up their legs, and hold their ankles. They must “wheel barrel” to the given point and switch positions on the way back.

Ball Race

Have about 5 teams in a line. The first person must put the ball between their knees and race to the given point and back. Then the next person in line goes and so on. (use soccer ball)

Tournament Play

- 3 v 3 Basketball
- 7 v 7 Soccer
- 4 v 4 Volleyball

Free Time

Allow students to have some free time along with their lunch. They may use any athletic equipment.

Wiffle Ball Game

- The batter can strike out only if he/she swings at a pitched ball and does not foul tip the third strike. Foul tips count as a strike for the first two strikes only. A foul tip caught in back of the batter's box does not count as an out.
- Fly balls caught in fair or foul territory
- Ground balls caught while the ball is in motion, in fair territory. Bunting is not allowed and the batter cannot obtain a base on balls.
- Runners may not take leads
- Fielders cannot throw ball at runner to get them out

Crab Soccer Game

Divide the group into two teams. Decide which side of the room or field each team will be on. Mark the goals with cones. Find a large, soft ball to use when playing this game. Sit on your bottom with your feet flat on the floor. Place both of your hands palms downward with fingers facing outward next to you on the ground. Lift your body up and walk on your hands and feet like a crab. Walk this way while trying to kick the ball into the opposite team's goal.

Blindfold Scavenger Hunt

Spread out the stuffed animals all over the gym floor. Have the kids get into partners. One of the partners will put the bandana on. The object is for the blindfolded partner to listen to the seeing partners directions. They want to collect as many stuffed animals as possible. When the last stuffed animal is collected the game is over. The group with the most stuffed animals, win!

Line Tag

Have all everyone line up on an end-line. There is one “it” person. Everyone must run from the end-line to mid-field. Anyone who is tagged must connect hands with the “it” person. They must work together to tag other people.

Three Legged Race

Have everyone get into partners and tie two of their legs together. On “go” everyone will race to the given point and back.

EQUIPMENT NEEDED:

- Soccer Balls
- Footballs
- Bandanas
- Wiffle balls/bat
- Large beach ball
- Kickball
- Old stuffed animals
- Cones
- Volleyball
- Volleyball net
- Basketballs
- Poster board and markers for tournament brackets

Field Day Chapel

Gather students.

Talk about how the challenges involved in today's games. Some were easier and others harder. When looking at these games from a team's perspective, what did they learn? Break them up into groups of about 5-8 for about 5 minutes and have them discuss the challenges they faced and how they overcame them.

Bring students back together and allow them to share what they discussed. As the leader take the conversation toward the challenges that the activities had and how as a group or team, the students had to overcome them in order to reach their goal. The challenges were most likely teamwork, listening, leadership, cooperation, determination, creativity... All these require different components in order for a team to be successful.

Transition into 1 Corinthians 12:12-26

¹²The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ. ¹³For we were all baptized by ^[C] one Spirit into one body—whether Jews or Greeks, slave or free—and we were all given the one Spirit to drink.

¹⁴Now the body is not made up of one part but of many. ¹⁵If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body. ¹⁶And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason cease to be part of the body. ¹⁷If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? ¹⁸But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. ¹⁹If they were all one part, where would the body be? ²⁰As it is, there are many parts, but one body.

²¹The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" ²²On the contrary, those parts of the body that seem to be weaker are indispensable, ²³and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, ²⁴while our presentable parts need no special treatment. But God has combined the members of the body and

has given greater honor to the parts that lacked it, ²⁵so that there should be no division in the body, but that its parts should have equal concern for each other. ²⁶If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

Make clear that as a body of believers, we too have many challenges that require many of the characteristics we learned during our games. As Christians we each have our role within the body of Christ. In order to be unified, we must each fulfill our role as others fulfill theirs.

Pray