



# Cadette Field Day

From friends playing in the park to countries competing against one another at the Olympics, games unite us all. And Girl Scouts have been inventing their own games since 1912! In this badge, you'll experience this firsthand by organizing teams and events for an exciting, do-it-yourself field day.

## Steps

1. Team up and dress up
2. Host a historical game
3. Play a scientific game
4. Find fun in fiction
5. Stage your grand finale!

## Purpose

When I've earned this badge, I'll know how to organize a field day filled with friends and fun.

### Step 1: Team up and dress up.

Your field day is a team competition. Ideally, you should have at least four teams with five players each. Each team should have a name and a captain to explain rules and keep things organized. Use this step to gather your team (see sidebar for ideas). Then, as a show of team unity and to get everyone excited, pick one of the choices to help you create a uniform.

#### CHOICES – DO ONE:

Go, Blue! Go, Red! One great way to make each team stand out is to color-coordinate them. You might host a captains' meeting before the competition and have a random color raffle. Each team must dress in the color its captain draws.

#### OR

Unique uniforms. Host a T-shirt-making party before your field day kicks off. Ask everyone playing to bring a plain white T-shirt to decorate with markers, fabric paints, sparkles, and anything else that represents your team spirit.

#### OR

Theme costumes. Give each team captain a set of rules for costumes—for example, they shouldn't cost a lot, and players need to be able to run and jump in their outfits. Then let each team's imagination run wild! (How great would it be to watch a team of superheroes competing against a team of cowgirls?)

## Sidebar: Game Planning Checklist

You'll need about two weeks to organize your field day. After picking a date, use this handy checklist to make sure you've got everything in order.

### Two Weeks Before:

- Start scouting locations for your field day. If you need to reserve the space, do so now.
- Begin recruiting teams, team captains, a field day first aider, and adult helpers.
- Decide how and when you'll make costumes (see step 1).
- Finalize the rules and requirements for at least two games. If you need equipment, start gathering it now. If you need to test your rules or instructions for a game you've created, do it now.\*

\*TIP: Talk through game safety with a knowledgeable adult (like a physical education teacher or coach). They might have equipment tips as well—a small budget can go far with a big imagination!

### One Week Before

- Finalize the location for your field day. Create a plan B in case of bad weather.
- Finalize teams and host your first team-captain meeting.
- Finalize the rules and requirements for two more games—or more if you have additional events. Gather equipment; test game rules.
- Optional: If you're going to have a opening or closing ceremonies, plan them out this week. If you'll have awards, begin making them.

### The Day Before

- Call each team captain to confirm times and finalize details.
- Check the weather. If it's looking bad, consider activating your plan B.
- Pack a first aid kit and plan for emergencies.
- Make sure you have water and enough cups/ bottles for everyone competing.
- Optional: If you're going to serve food, shop and prepare today. Make sure any awards are finished.

### Game Day

- Transport everything you need to your field at least an hour beforehand.
- Gather everyone competing. Thank them for coming, and briefly introduce all the games (give full rules just before each game starts).

- Wear a whistle, and let people know that if they hear it, it's time to come back together.
- Ask if there are any questions.
- Make certain everyone knows where to find important things like the first aider, bathrooms, water, and sunscreen.
- Let the games begin—and have a great time!

## After the Games

- Clean up. Put all trash in proper receptacles, and take away anything you brought.
- Thank everyone who helped you make your games a success.

## Step 2: Host a historical game.

Make the first event a blast from the past! Pick a game or event that used to be played but isn't popular anymore. Then give it a modern twist (and explain to everyone the historical inspiration behind your game). If you're having trouble coming up with an event, talk it over with your gym teacher or research games from the past.

### CHOICES – DO ONE:

An amazing race. Re-create a historical racing event. For example, the ancient Greeks and Romans couldn't live without their chariot races. You could replace the chariots with wagons filled with stuffed animals. Each team could take turns pulling the wagon, stopping to replace any animals that fall out along the way.

### OR

Target practice. Everyone from Egyptians to Alaskan Inuits held archery competitions. Create your own target game by setting up 10 objects—soda cans, dolls, paper bull's-eyes strung from branches—and seeing how many objects players from each team can hit with a water balloon or tennis ball.

### OR

Tests of strength. From hammer throws to log-tossing competitions, the Scottish Highland games are famed for their strength competitions. Create your own match of might! Perhaps you could challenge teams to kick a soccer ball or throw a Frisbee the farthest?

## Step 3: Play a scientific game.

Give the next big event at your field day an unexpected twist by getting players to exercise their brains with a unique, science-based game. If you're stuck trying to design a winning



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game, try speaking with a high school science teacher—they'll likely have plenty of great ideas.

### CHOICES – DO ONE:

Construction challenge. One popular construction project is the egg drop, where teams get identical amounts of straws and tape to create a protective shell for an egg. Drop the egg from escalating heights, and the team whose egg remains unbroken the longest wins.

For More FUN: Make this a team-building activity that starts before the field day. Every team mails you a potato chip. Open the packages at the field day—the team whose chip arrives unbroken wins!

### OR

Soar winners. Challenge each team to create a flying object! You could give each team an identical piece of paper to create a paper airplane, and whoever gets the longest toss wins the game. Or maybe the challenge is to create a water-balloon catapult? (Girl Scouts in 1980 staged a kite-flying contest to earn their World of Today and Tomorrow badge.)

### OR

Make it “flink.” A “flinker” is a fun name for an object that doesn’t float to the top or sink to the bottom of a container of water—it stays in the middle and “flinks.” See which team can make an object flink for the longest time. Each team needs a plastic, see-through container filled with water (like a wide-mouthed two-liter bottle), something to be the flinker (like a packing peanut or cork), heavier things to attach to the flinker (like washers, pennies, beads, or paper clips), and something to attach them with (string, waterproof tape, or pipe cleaners).

### Step 4: Find fun in fiction.

Now it’s time to make fiction a reality for an amazing event that your competitors might have read about or seen played, but never experienced in real life. Your challenge is to bring to life a fictional game from a favorite book, movie, TV show, song, video game, or other source of inspiration.

### CHOICES – DO ONE:

From read to reality. Pick a game from a book and find a way to turn it into a competition. For example, everyone knows about Quidditch from the *Harry Potter* series. But until someone invents a flying broom, Muggles need to find another way to play (see sidebar). What about naming someone as Snitch and turning Quidditch into a game of tag?

OR

From virtual to reality. Pick a favorite video game and turn it into a field-day event. Take the arcade classic Pac-Man, for example. You could make a maze filled with tennis balls to collect. The team that collects the most tennis balls without being tagged out by “ghosts” wins!

OR

From board to reality. Turn a favorite board game into a field-day sport. For example, how would you turn Scrabble into an event? One way would be to create a pile of cardboard cutout letters, and challenge each team to create as many words as possible in two minutes.

### **Step 5: Stage your grand finale.**

End your competition with the wildest, craziest event yet—a wacky pentathlon that requires every competitor on every team to take part. A pentathlon is an event made up of five different competitions. Your challenge? Create a five-step end to your field day that the world has never seen before!

#### **CHOICES – DO ONE:**

A puzzle pentathlon. Combine speed and smarts with a series of five puzzle-based challenges. You could start by having captains race to put shuffled decks of cards in numerical order, then have the next team member build a foot-tall house of cards. You have plenty of ways to go— just pick puzzles that can be completed relatively quickly.

OR

A relay pentathlon. There are dozens—if not hundreds—of wacky race games. Your challenge is to pick five that work well in order. On the first leg, you could make players race while balancing an egg on a wooden spoon. Then teammates could partner up for a three-legged race, followed by a 50-yard dash with books balanced on their heads!

OR

A wheel pentathlon. Get pulses racing—and competitors laughing—with five wacky wheel-based events. You could start with a tricycle race, with one player from each team required to pedal a lap on a tiny tricycle. Then you could move onto the likes of a scooter dash followed by limbo on roller skates or a unicycle challenge.

### **Now that I’ve earned this badge, I can give service by:**

- Volunteering to add a field-day game to a charity festival, cookout, or pancake breakfast



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- Hosting a field day for younger Girl Scouts
- Helping plan games for a friend's birthday party or a family reunion

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