

4th of July Children's Field Games

Note: Parents can stand behind the start and finish lines to encourage their child.

Diaper Dash for Crawlers under 2: Babies crawl to the finish line.

Under 2 Toddlers: Straight dash to the Finish Line.

2-Year-Olds: Straight dash to the finish line.

3-Year-Old Bunny Hop: Hop like a bunny to the Finish Line.

4-Year-Old Backwards Run: Run backwards to the Finish Line.

Starting with the 5-year-olds, move to the furthest distance line.

5-Year-Old Frog Jump: Crouch down with hands on the ground and jump like a frog to the Finish Line.

6-Year-Old Hop: Hop on one foot to the Finish Line.

7-Year-Old Egg Roll: Push the egg to the Finish Line using only your feet.

8-Year-Old Chimp Race: Bend over with feet apart, grab your ankles and run to the Finish line without letting go of your ankles.

9-Year-Old Crab Walk: With hands and feet on the ground and tummy facing the sky, walk like a crab to the Finish Line. Participants can crab walk backwards or forward.

10-Year-Old Penny Balance: With your shoes off, place a penny on the top of one foot and race down to the Finish Line with the penny on your foot. If the penny falls off, put it back on your foot and continue racing. Racers must cross the Finish Line with their penny.

11-Year-Old Dog Ball: Get on your hands and knees and roll a ball to the Finish Line using only your nose and forehead.

12- and 13-Year-Old Penguin Walk: Place a ball between your feet and walk like a penguin to the Finish Line. If the ball falls out, put it back between your feet and continue. If there are not enough racers, 10- and 11-year-olds can participate.

14-Year-Olds: Grab a partner (partner can be an adult), hold a ball between your backs and race to the Finish Line. Arms cannot be interlocked.

Water Balloon Toss: Open to everyone, including adults. A water balloon is tossed between partners at the toddler start and finish lines. After each toss, the announce will inform participants to take each take one step back and toss again. When a balloon is dropped and/or it breaks, the team is out. Toss continues until the team with the last balloon is standing. Winning team gets a medal.