



# STEP RIGHT UP!

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Come and Join the Fun!

From 5-7 for Family Fun games  
at Heritage Park

5-6 will be children 4-11

6-7 will be mixed ages 12+ - adults

Egg and Spoon Race

Crab soccer

Potato Sack Races

3 legged Race

Tug of War

Hula Hoop toss

Stick Pull

Look for sign up  
sheets at the Post  
Office and Library to  
participate.

For any questions call or text:

Liz at (587) 691-1013

## **Family Games Layout:**

### **Crab soccer**

ages 4-5 game of 5 minutes  
ages 6-8 game of 5 minutes  
ages 9-11 game of 5 minutes

### **Potato Sack Race**

ages 4-5 game of 5 minutes  
ages 6-8 game of 5 minutes  
ages 9-11 game of 5 minutes

### **3 legged Race**

ages 4-5 (with an teen/adult)  
game of 5 minutes  
ages 6-8 game of 5 minutes  
ages 9-11 game of 5 minutes

### **Egg on a Spoon Race**

ages 4-5 game of 5 minutes  
ages 6-8 game of 5 minutes  
ages 9-11 game of 5 minutes

### **Team Relay Race**

**(potato sack, egg and spoon, ball  
waddle, hula hoop toss)**  
**(3 kids on a team)**

ages 5-8 game of 5 minutes  
ages 9-11 game of 5 minutes

**Stick Pull (2 sticks going at once,  
one female group and one male  
group)**

start with the youngest and work your  
way up till everyone has gone. **(10  
minutes)**

### **Tug of War**

#### **5 minutes**

ages 4-5 game of 3 minutes (boys vs  
girls, split evenly, little kids vs. big  
kids)

ages 6-8 game of 3 minutes  
ages 9-11 game of 3 minutes

\*\*\*Transition into older group\*\*\*

### **Tug of War**

**Everyone versus all of the young  
adult/teenage males**

### **Potato Sack Race**

2 - 3 races top two winners move on  
ages 12-14  
ages 15+

### **3 legged Race**

2 races top two winners move on  
ages 12-14  
ages 15+

### **Team Relay Race**

**(potato sack, egg and spoon, ball  
waddle, hula hoop toss)**  
**(3 individuals on a team)**

ages 12-14  
ages 15+

**Stick Pull (2 sticks going at once,  
one female group and one male  
group)**

ages 12-14  
ages 15-16  
ages 17+ (start out with similar  
weight, smallest to the largest)





# Family Game Schedule

**5:00**

**Crab soccer**

5:00 - ages 4-5

5:05 - ages 6-8

5:15 - ages 9-11

**5:20**

**Potato Sack Race**

5:20 - ages 4-5

5:25 - ages 6-8

5:30 - ages 9-11

**5:35**

**3 legged Race**

5:35 - ages 4-5 (with an teen/adult)

5:40 - ages 6-8

5:45 - ages 9-11

**5:50**

**Egg on a Spoon Race**

5:50 - ages 4-5

5:55 - ages 6-8

6:00 - ages 9-11

**6:05**

**Team Relay Race**

(potato sack, egg and spoon, hula hoop toss)

(3 kids on a team)

6:05 - ages 5-8

6:15 - ages 9-11

**6:15**

**Stick Pull (2 sticks going at once, one female group and one male group)**

**6:15**

**Tug of War 4-11**

5 minutes

**6:20**

**Tug of War**

Everyone

**6:25**

**Potato Sack Race**

ages 12-14

ages 15+

**6:35**

**3 legged Race**

ages 12-14

ages 15+

**6:45**

**Team Relay Race**

(potato sack, egg and spoon, ball waddle, hula hoop toss)

(3 individuals on a team)

ages 12-14

ages 15+

**6:45**

**Stick Pull (2 sticks going at once, one female group and one male group)**

ages 12-14

ages 15-16

ages 17+

# Supplies needed:

## Crab soccer:

- 6 Pylons (dollar store)
- soccer ball/big ball

## Egg and spoon race

- spoons
- plastic eggs/water balloons
- 4 pylons (start/finish lines)

## Potato sack races:

- 10 potato sacks (taber home and farm)
- 4 pylons

## 3 legged race

- 10 ties
- 4 pylons

## relay race:

- hula hoop - pylon
- eggs and spoons
- ties
- potato sack

## tug of war:

- rope (grandma E)

## stick pull

- 2 sticks (uncle Joe)
- baby powder/chalk (amazon)

plastic medals (amazon)