

# FIELD DAY



DAY 2

# BALANCE CHALLENGE

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=5BN6BZXLDRA](https://www.youtube.com/watch?v=5BN6BZXLDRA)

**GET READY:** Let's test your balancing abilities!

**GET SET:** Yourself (on one leg), a book, a broom, anything you can balance, self choice.

**GO!**

- The object of this challenge is to see how well you can balance.
- Balance on one foot
- Ball on your foot
- Book on your head
- Pencil on your finger
- Record yourself or take a picture of yourself performing the challenge.

# FITNESS HEPTATHLON

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=9FGQ9ILARKQ&t=335](https://www.youtube.com/watch?v=9FGQ9ILARKQ&t=335)

**GET READY!** Timer

**GET SET:** Get in an open space!

**GO!**

-The object of this challenge is to see how many rounds of the exercises you can do in 5 minutes.

-The order of the exercises are:

5 squats, 10 hop overs, 10 mountain climbers, 10 flutter kicks, 10 toe taps, 10 plank jacks, 10 jumping jacks

-you go through the cycle of exercises as many times as you can in 5 minutes

-record yourself and/or share your score!

# BACKBOARD BANK IT

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZSF0P9HTROM](https://www.youtube.com/watch?v=ZSF0P9HTROM)

**GET READY:** 5 Large sock balls, Laundry Basket, A wall

**GET SET:** Roll up the socks to make sock - balls. Place the basket or bucket against the wall.

Mark a distance of 5'-10' from the basket

**GO!**

- The object of this game is to score as many points as you can in 1 minute.
- Do that by tossing the sock balls off of the wall and into the basket. You **MUST** use the wall as your backboard and bank it into the basket.
- Score a point for every sock that is banked into the basket.
- Keep your own score and pictures or video

# BOWL BALL

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=8KKBCCXXDX8](https://www.youtube.com/watch?v=8KKBCCXXDX8)

**GET READY:** 6 bowls, 1 sock ball

**GET SET:** Set the bowls on the floor in a triangle pattern, 3-4 inches apart. Put a piece of paper with the point total in the bottom of each bowl. Mark a throwing line 6-8 ft. away.

**GO!**

- The object of the game is to see how many points you can score in 1 minute.
- You do this by tossing the sock ball into the bowls and scoring points based upon where they land.
- After each throw, retrieve the sock ball and hustle back and throw again.
- If the sock lands in a bowl, record the points and keep going!
- Take pictures/videos, add up your score, and post!

# CLIMB THE LADDER

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=QNJ80AQYQMK](https://www.youtube.com/watch?v=QNJ80AQYQMK)

**GET READY:** 6' Ladder, 6 sock balls, 6 empty cups

(staircase is acceptable)

**GET SET:** Set up the ladder. Place a cup on each step of the ladder. Mark a throwing line 10-15 ft. away.

**GO!**

- The object of this game is to knock each cup off the ladder starting from the bottom step.
- You have 1 minute to knock off each cup with the 6 socks you previously rolled up.
- On go, throw the sock balls at the first cup on the bottom, and work your way up. If you miss you cannot move onto the next step until the cup underneath is knocked off. If you run out of socks, you must gather your socks and continue.
- Share with us a picture or video as well as the time you completed the challenge. If it took you longer than a minute, don't give up! Try again :)

# CLOTHES RELAY

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=BUCQTJXWfYk](https://www.youtube.com/watch?v=BUCQTJXWfYk)

**GET READY:** Oversized Tee Shirt, Oversized Shorts, and Hat: Items to the starting line and check points (you can use cups, socks, cones, anything) clock/stopwatch

**GET SET:** Set up an area to move in by making a starting point and a checkpoint. Distance can be 15-30 walking steps from start to each checkpoint. Place shirt at checkpoint A, shorts at B, Hat at C and then a finish line.

**GO!**

-The object of this game is to see how fast you can go from point to point putting on that article of clothing and then finishing.

-On the start signal, SPRINT to checkpoint A and put on the shirt. Then to B and put on the shorts, then C to put on the hat and then to the finish. The finish line can be the same as the start line.

-Take a video and share

# COIN FLIP 100 DASH

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=B-YJL\\_LZJGQ](https://www.youtube.com/watch?v=B-YJL_LZJGQ)

**GET READY:** 1 coin

**GET SET:** Find an open space with enough room to run in place safely. Hold the coin in your hand, be ready to flip it.

**GO!**

- The object is to run 100 running steps as fast as you can. Remember, you're running in place. Your feet move but you stay in one spot.
- On the start signal, flip the coin. Let it land flat on the floor, if it lands on heads, run 20 running steps and then flip the coin again.
- If the coin lands on tails, do not run, flip again until it lands on heads.
- Count your steps out loud. When you get to 100, time stops and the dash is over.
- Take video/pictures, share your time!

# WASH YOUR HANDS RELAY

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=PK03NQB4T](https://www.youtube.com/watch?v=PK03NQB4T)

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**GET READY:** 20 seconds or More Music by Doug E. Fresh, 2 objects (shoes, cones, plastic cups)

**GET SET:** Create 2 end lines by setting objects 6' to 12' apart in an area safe for movement.

**GO!**

- The song 20 seconds or more helps to teach us how to wash our hands and keep our family safe from disease.
- The object of this game is to move from line to line as many times as you can in 1 minute while pretending to wash your hands.
- You must walk, skip, gallop, running or jogging.
- On the start signal, begin moving from line to line.
- Count each time that you move to an end line.
- Send pictures, tell us your score

# TENNIS SHOE TOWER

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=8AQZIMLUJZI](https://www.youtube.com/watch?v=8AQZIMLUJZI)

**GET READY:** 5-10 shoes per player, 1 spot marker per player to create home base for each player.

**GET SET:** Place shoes in a pile and place home base spots 6'-10' from the pile and 6' apart from other players.

**GO!**

- The object is to build a shoe tower with shoes collected from the pile.
- On the start signal, players will run and take 1 shoe from the pile, return it to their home base and place it on their shoe tower.
- Repeat till all the shoes are gone. (run - grab - stack - repeat!)
- If the tower falls, that's ok. Continue stacking to rebuild and continue.
- On the stop signal, count and score 1 point for each shoe in the tower.
- Take pictures and post!

# SPoon RELAY

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=QUZAXV6WTZU&t=255](https://www.youtube.com/watch?v=QUZAXV6WTZU&t=255)

**GET READY:** 1 spoon, 1 egg. Items to mark the starting point and checkpoints (cones, socks, plastic cups) stopwatch/clock

**GET SET:** Set a starting point and a checkpoint. Distance can be 15 to 30 walking steps from beginning to end. At the start point, get ready by placing the object on the spoon and balance it.

**GO!**

- You have 1 minute to complete as many laps as you can while balancing the egg on the spoon.
- On the start signal, move carefully from the starting point to the checkpoint and back again, that's 1 lap.
- Complete as many laps as possible without a drop.
- If you drop the egg, stop walking and start over with a new egg.
- You have 3 tries to complete the full minute.
- Record and post! Let us know how many laps you completed in the minute.

# PENGUIN RACE

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=XNP6A0JFLQM](https://www.youtube.com/watch?v=XNP6A0JFLQM)

**GET READY:** 1 sock or tennis ball and 2 plastic cups per person

**GET SET:** Set the plastic cups 15-20 ft. from each other.

**GO!**

-You are a penguin, the ball is an egg.

-There are 2 different ways to play:

1: By yourself- How many points can you score in 1 minute? Place the egg between your knees and waddle back and forth from one cup to the other. When you reach the cup, turn it over. If you drop the “egg”, do 5 jumping jacks before you continue to complete the minute.

2: Race a partner- Be the first penguin to turn over 6 cups! On the start signal, waddle to the first cup and turn it over. Hustle back to the other cup with the leg between your knees and flip over the other cup (2 points). Waddle back to the other cup and flip it over for 3 points. Continue back and forth, if you drop the egg do 5 jumping jacks before you continue. First to turn over 6 cups wins.

# MILK JUG RELAY

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=QU\\_XD7Y6FK0](https://www.youtube.com/watch?v=QU_XD7Y6FK0)

**GET READY:** Two 1 Gallon milk Jugs, Items to mark start/end end points (cones, socks, plastic cups, etc.) clock/stopwatch

**GET SET:** Set up an area to move in by making a starting point and ending point. Distance can be 15 to 30 walking steps from beginning to end. Fill two 1 gallon jugs with water (half full is ok too) and place at a start spot.

**GO!**

- The object of this game is to carry the milk jug across the room as man times as you can.
- You get 1 point for each full length you travel with two milk jugs in your hands.
- You have 1 minute to complete the challenge.
- Record and post! Let us know how many lengths you completed!

# IF THE SHOE FITS

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=BAH9\\_LRZMYE](https://www.youtube.com/watch?v=BAH9_LRZMYE)

**GET READY:** 1 Tennis shoe, spacious area, clean feet

**GET SET:** Make sure you have plenty of unobstructed space around you .

**GO!**

- How many points can you score in 1 minute?
- Put your foot partially into the tennis shoe, just the toes.
- On the start signal, flip the shoe into the air.
  - 1 point = shoe lands on its side
  - 2 points = shoe lands right side up (sole of the shoe on the ground)
  - 3 points = shoe lands *perfectly* upside down ( no sides touching the ground)
  - 0 points = if the shoe hits you in the head or knocks over a lamp.
- Record, post and tell us your final score!
- Wash your foot.

# FLIP YOUR LID

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=60ZWCYPW7AQ](https://www.youtube.com/watch?v=60ZWCYPW7AQ)

**GET READY:** Kitchen spatula, 1 Tupperware lid/ and plastic lid

**GET SET:** Place the lid facing up on a table or floor. Get your spatula ready for some lid flipping!

**GO!**

- The object of this game is to flip your Tupperware lid upside down to earn points.
- Place the lid facing up on the table or floor, then slide the spatula under and flip the lid in the air. Let it land flat on the table or floor.
- Score a point every lid that you flip upside down ( 0 points if it lands right-side up).
- Quickly reset the lid each time you flip it.
- You will have 1 minute to see how many times you can flip your lid.
- Record, post and tell us how many times you flipped it!

# FAST FOLDER

DEMONSTRATION:

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=I44BZRWUYMI](https://www.youtube.com/watch?v=I44BZRWUYMI)

**GET READY:** 10 clothing items from a laundry basket for each player

**GET SET:** Place 10 items from your laundry basket in a pile next to you.

**GO!**

- The object of this game is to see how long it takes for you to fold 10 items (shirt, pants, shorts, etc.)
- On the start signal, begin folding each piece of laundry.
- How long did it take you?
- Record and share!