

Field Day

Day 1

A large, dark blue, diagonal shape that starts from the bottom left corner and extends towards the top right corner, covering the bottom half of the page.

PAPER PLANE CORN HOLE

DEMONSTRATION

<https://www.youtube.com/watch?v=nnQa1oMU2IM>

GET READY: You'll need to make 3 paper airplanes and a bucket or laundry basket.

GET SET: Create 3 paper airplanes using a design of your choice. Place your bucket 5-10 feet away from your throwing line.

GO!

-The object of the game is to score points by throwing your paper airplane into your bucket or laundry basket. You have 1 minute to score as many as possible.

-Design and create 3 paper airplanes.

-On the start signal, fly your airplanes as many times as you can toward your bucket.

-Score 1 point for every plane that hits the outside of the bucket/basket and 2 points for every plane that lands in the bucket/basket.

-Take a photo and share it!

TOWEL FLIP CHALLENGE

DEMONSTRATION

<https://www.youtube.com/watch?v=u5uwwnUC2SM>

GET READY: 1 large beach or bath towel

GET SET: Lay your towel out flat on your floor and stand on it.

GO!

-The object of this game is to flip the towel as fast as you can without stepping off of it and without the use of your hands!

-You can step all over the towel, but you are not allowed to step off the towel. If you do, you restart.

-The towel must be flat at the start and flat at the finish.

-You have 1 minute to complete the challenge.

-Take a video of you completing the challenge and share!

ABC SCAVENGER HUNT

DEMONSTRATION

DIRECTIONS:

<https://www.youtube.com/watch?v=gNhC0Klibv0>

ITEMS:

<https://www.youtube.com/watch?v=iq8aQ1SuDGQ>

GET READY: Household items

GET SET: Pick a central location to bring back what you find!

GO!

-The object of this game is to collect items in your house that starts with each letter of the alphabet! Only one item per letter!

-You have as long as you need to complete the alphabet.

-Take a picture of you and all the items that you have found and share!

ABC EXERCISE CHALLENGE

DEMONSTRATION

<https://www.youtube.com/watch?v=460JU8ZFXCM>

GET READY: Your body!

GET SET: Pick a central location to show your skills!

GO!

-The object of this game is to perform an exercise or a sport skill for each letter of the alphabet.

-If you can not think of an exercise or skill for a letter then do 5 jumping jacks!

-Time yourself to see how long it takes you to get through the entire alphabet.

-Record yourself performing the challenge or share a written list of what you chose for each letter and share!

-Example: B=Burpee P=Push up D=Dribble
T=Throw

MINUTE JUMP

DEMONSTRATION

<https://www.youtube.com/watch?v=SbwMHbe089w>

GET READY: A jump rope or a line on the ground

GET SET: Pick a spot!

GO!

- The object of this game is to see how many jumps you can do in one minute.
- If you have a jump rope count how many jumps you can do in a minute.
- If you do NOT have a jump rope, pick a line on the ground and jump back and forth over the line!
- Have someone time you or time yourself for 1 minute!
- Record yourself performing the challenge and share!

FIELD DAY POSTER

GET READY: Paper or Digital

GET SET: Get supplies (paper, colored pencils, markers, stickers, etc.)

GO!

- The object of this event is to see your creative side!
- Create a poster for field day that includes your school name and classroom teachers name.
- Take a picture of your poster or you with your poster and share!

LAUNDRY BALL

DEMONSTRATION

<https://www.youtube.com/watch?v=zGRFjIBTb50>

GET READY: 1 Laundry Basket, 3 sock balls, 1 piece of tape or something to mark the floor.

GET SET: Roll up the socks to make 3 sock balls. Place the laundry basket 5 feet (more or less) away from the start line.

GO!

- The object of the game is to shoot the socks into the laundry basket.
- You score 2 points for every pair of socks you make into the laundry basket.
- You can rebound (gather the socks you have already made/missed) as long as there's time still on the game clock.
- You have 1 minute to score as many points as possible.
- Record yourself completing the challenge and share!

SOCK-ER SKEE-BALL

DEMONSTRATION

<https://www.youtube.com/watch?v=nBmG2DcVmxI>

GET READY: 8 socks rolled up, 3 different sized containers (1 large, 1 medium, 1 small)

GET SET: Roll up the socks to make sock balls. Place the containers in a line, large bucket counts for 1 point, medium bucket counts for 5 points, small bucket counts for 10 points.

GO!

-This event is called the sock-er Skee-ball. The object of the game is to score points by kicking the sock ball into the skee-ball targets.

-You'll do that by using your feet to kick the ball into the target.

-You get 8 chances to score as many points.

-Record yourself completing the challenge and share!

WIND BOWLING

DEMONSTRATION

<https://www.youtube.com/watch?v=nDdMDwyXCQY>

GET READY: Paper plate, 10 plastic cups

GET SET: Set 10 empty plastic cups at the edge of a table in single file along the edge.

GO!

-This event is called Wind Bowling. The object of the game is to knock all of the cups off a table edge using only the air from a paper plate fan.

-You'll do that by fanning the plate and aiming the escaping air towards the empty plastic cups. Wave the paper plate like a fan with the fan's air hitting the cups.

-Score a point for every cup that gets knocked off the table.

-You have 1 minute to complete this challenge.

-Record yourself completing the challenge and share!

OBSTACLE COURSE

DEMONSTRATION

<https://www.youtube.com/watch?v=ill9YLLxBSExBSE>

GET READY: Household items or anything outdoors!

GET SET: Create your own obstacle course!

GO!

- The object of the game is to create and complete your own obstacle course!
- The obstacle course can be indoors or outdoors!
- Use household items to create your obstacle course or use chalk outside!
- Record yourself completing your obstacle course and share!

YOUR SPORT EVENT!

DEMONSTRATION

<https://www.youtube.com/watch?v=yDLfa-UgZzl>

GET READY: Pick your favorite sport/physical activity

GET SET: Create your challenge!

GO!

-The object of this event is for you to choose your own sport.

-Once you pick your own sport set a challenge for yourself.

-Examples: Lacrosse-how many passes can you throw, soccer - how many goals can you kick Basketball- how many layups/baskets can you make in certain time, Dance-How many pirouettes can you do, Karate- how many punches/kicks can you do?

-You have one minute to complete your challenge.

-Record yourself/take a photo of you completing your sport challenge and share!

BAG HOP

DEMONSTRATION

https://www.youtube.com/watch?v=gBP1dq_0-rs

GET READY: Reusable Shopping bag or pillow case

GET SET: Mark a space of about 8 feet with an item to start from, and an item to hop around.

GO!

-The object of this game is to see how fast you can hop to the 8 feet mark and back.

-Hold the handles of the bag or edge of the pillow case and hop!

-Have someone time you or time yourself to see how fast you can hop!

-Record yourself performing the challenge and share!

3-3-3 CUP STACK

DEMONSTRATION

<https://www.youtube.com/watch?v=TqpTIVGBvhs>

GET READY: 9 Plastic Cups

GET SET: Flat surface to stack your cups on.

GO!

- The object of this game is to see how fast you can perform the 3-3-3 cup stack.
- The goal is to build a cup stacks, as pictured, on the event card, and take them down as quickly as possible.
- Have someone time you or time yourself to see how fast you can stack!
- Record yourself performing the challenge and share!

WATER BUCKET RELAY

DEMONSTRATION

<https://www.youtube.com/watch?v=T9qP4xRQVDs>

GET READY: 2 buckets or bowls, 1 sponge or cloth.

GET SET: Fill one container with water and set the buckets about **8 feet apart**.

GO!

- The object of this game is to see how much water you can get from one bucket/bowl to the other in 2 minutes!
- Use the sponge/cloth to absorb water from the first bucket/bowl and bring it to the other.
- Set the time and see how much water you were able to transfer in 2 minutes.
- Record yourself performing the challenge and share!

BALANCE RELAY CHALLENGE

DEMONSTRATION

<https://www.youtube.com/watch?v=qUzaxv6WtzU>

GET READY: Let's test your balancing abilities!

GET SET: Spoon and an egg

GO!

- The object of this challenge is to see how well you can balance the egg on the spoon as you go around your objects.
- Place the egg in your spoon
- Mark a distance of about 8 feet and see how fast you can get there and back without dropping the egg..
- Record yourself and share!