

DISTANCE LEARNING

FIELD DAY

BINGO

B	I	N	G	O
Backboard Bank It	Ball Throw	Push-Up Challenge	Towel Flip Challenge	Standing Long Jump
Run Around Your House	Fast Folder	Wall Sit	Coin Flip 400 Meter Dash	Book Balance Challenge
Sit Up Challenge	100 Meter Dash	FREE SPACE	Penguin Race	Flip Your Lid
Spoon Relay	Water Bottle Trap	Look for the Good	Do Something Kind	Milk Jug Relay
Wind Bowling	Paper Plane Corn Hole	Nature Scavenger Hunt	One Legged Hop Race	Discus Throw

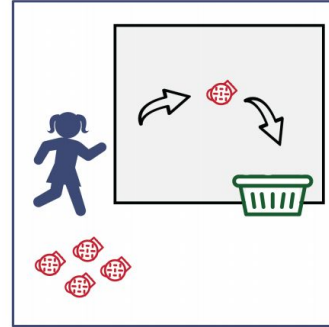
BACKBOARD BANK IT

Get Ready: 5 Large Sock Balls, Laundry Basket or Bucket, A Wall

Get Set: Roll up the socks to make sock-balls. Place the basket or bucket against the wall. Mark a distance 5' – 10' from the basket.

GO!

- This event is called Backboard Bank It.
- 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.
- Write your score down on the official Field Day Score Card.



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COIN FLIP 400-METER DASH

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!

- This event is the Coin Flip 400-Meter Dash!
- The object is to run 400 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 400, time stops, and the dash is over.
- Record your time on the official Field Day Score Card.



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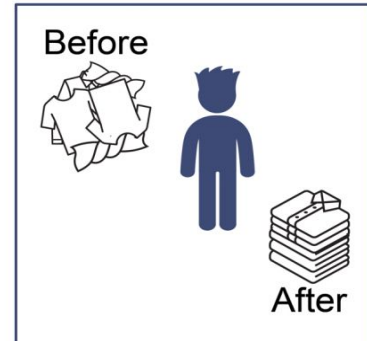
FAST FOLDER

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!

- This event is called Fast Folder.
- The object of this game is to score points by folding each item (shirt, pants, shorts, etc.). You have 1 minute to fold as many as possible.
- On the start signal, begin folding each piece of laundry.
- Score 1 point for each piece of laundry folded in one minute. Max 10 points.
- Write your score down on the official Field Day Score Card.



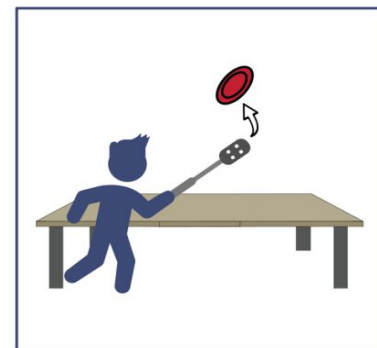
FLIP YOUR LID

Get Ready: Kitchen Spatula, 1 Tupperware/Plastic Lid

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

GO!

- This event is called Flip Your Lid.
- 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 for 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 the lid upside down.
- Write your score down on the official Field Day Score Card.



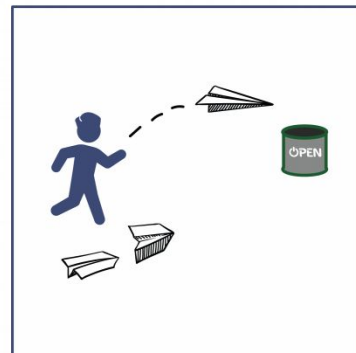
PAPER PLANE CORN HOLE

Get Ready: You'll need 3 paper sheets per player, 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!

- This event is called Paper Plane Corn Hole.
- The object of the game is to score points by throwing your paper airplane into your bucket. 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 and 2 points for every plane that lands in the bucket.
- Write your score down on the official Field Day Score Card.



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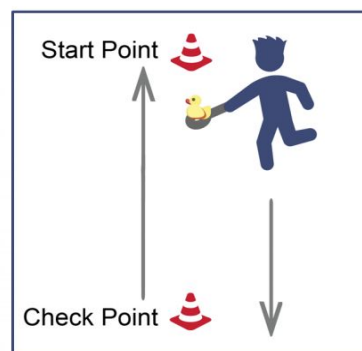
SPOON RELAY

Get Ready: 1 spoon, 1 object to balance (small ball, marble, small toy), Items to Mark Start/Check Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

Get Set: Set a starting point and a check point. 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!

- This is the Spoon Relay. You have 1 minute to Score points by completing laps with an object balanced on a spoon.
- On the start signal, move carefully from the starting point to the check point and back again (1 lap).
- Complete as many laps as possible without a drop.
- If you drop the object, stop walking, place it on the spoon, and begin again.
- Score 1 point for each lap completed without a drop.
- Write your score down on the official Field Day Score Card.



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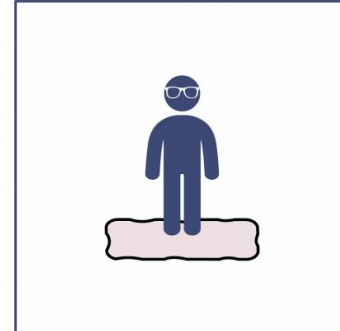
TOWEL FLIP CHALLENGE

Get Ready: 1 large beach or bath towel

Get Set: Lay your towel out flat on your floor and stand on it.

GO!

- This event is the Towel Flip Challenge. The object of this game is to flip the towel as fast as you can without stepping off of it.
- You can take small steps from one part of the towel to another. However, you can only move it when you have both feet firmly in place on top of the towel.
- The towel must be flat at the start and flat at the finish.
- You have 1 minute to complete the challenge.



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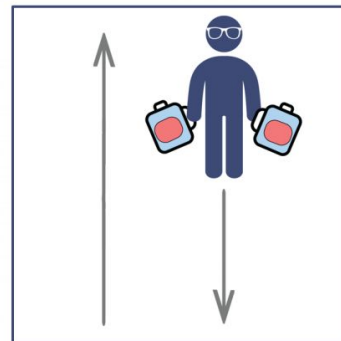
MILK JUG RELAY

Get Ready: Two 1-Gallon Milk Jugs, Items to Mark Start/End Points (cones, socks, plastic cups, etc.), Clock or 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 used 1-gallon milk jugs with water ($\frac{1}{4}$, $\frac{1}{2}$, or full) and place at a start spot.

GO!

- This event is called the Milk Jug Relay. The object of this game is to carry the milk jug across the room as many times as you can.
- You get 1 point for each full length you travel.
- Add extra challenge by carrying two milk jugs at once.
- You have 1 minute to complete the challenge.
- Write your score down on the official Field Day Score Card.

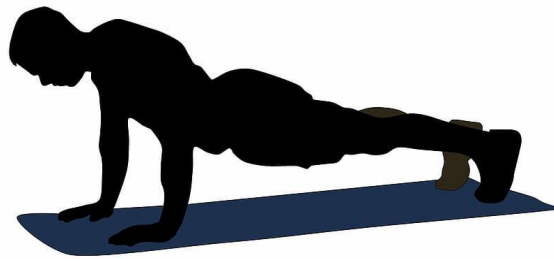


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Push Up Challenge

How many push ups can you do in 1 minute?
Can you beat anyone in your house?



One-Legged Hop Race

1. Create a start line and finish line.
2. The start caller will say, "On you mark, get set, GO!"
3. When "On your mark" is called, everyone lifts up one leg.
4. Each player hops to the finish line on one leg.
5. The first person across is the winner.
6. A different way to play: All players hop on one leg in place until they can no longer hop. Last person hopping is the winner.



Book Balance Challenge

1. Choose one book that every player will use when it is their turn.
2. Balance the book on the player's head. Time how long they can keep it balanced.
3. To make it harder, if needed, have the person being timed begin to walk while the book is balanced on their head.
4. Great posture helps!



LOOK FOR THE GOOD

Get Ready: An Object to Mark Your Home Base

Get Set: Mark a Home Base anywhere in your house. You will be bringing objects back to this spot.

GO!

- This event is called Look for the Good!
- The object is score points by finding 4 objects in your house (1 at a time) that start with the letters L-F-T-G (Look For The Good).
- You have 1 minute to find them all.
- Score 1 point for each object and a bonus point if you find all 4 (maximum 5 possible points).
- On the start signal, leave home base and go find an object that starts with the letter L. When you find it, return the object to home base before looking for the next object. Continue until you find all 4 items, or time runs out.
- Record your score on the official Field Day Score Card.



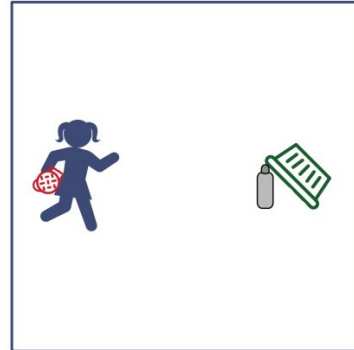
Water Bottle Trap

Get Ready: 1 Empty Water Bottle, 1 Laundry Basket, 1 Sock/Tennis Ball

Get Set: Lean the edge of the laundry basket on top of the empty water bottle. Designate a rolling line 8-10 ft. away (the open side of the laundry basket should be facing you).

GO!

- The objective is to see how many points you can score in 1-minute.
- Do this by rolling the sock/tennis ball at the water bottle.
- To score the ball must hit the water bottle first (the roll does not count if it misses the bottle and knocks over the basket – sorry!).
- Rolls that hit the water bottle first score as follows:
 - 1 point = basket falls and traps ball only
 - 2 points = basket falls and traps water bottle only
 - 3 points = basket falls and traps both ball and water bottle
- Write your total number of points on the official Field Day Score Card.



Find more resources at www.OPENPhysEd.org/nationalfieldday



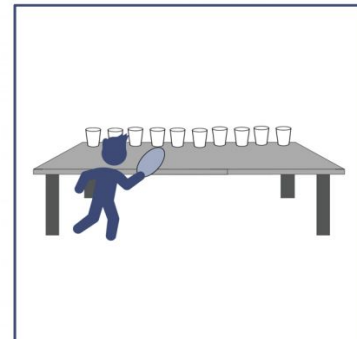
WIND BOWLING

Get Ready: 1 Balloon (or 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 the cups off a table edge using only the air from the balloon or paper-plate fan.
- You'll do that by blowing the balloon up and aiming the escaping air towards the empty plastic cups. If you don't have a balloon you can 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 knock down as many cups as you can.
- Write your score down on the official Field Day Score Card.



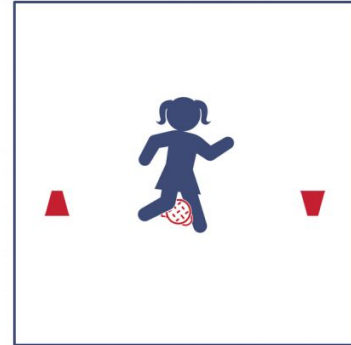
PENGUIN RACE

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 or (2) Race A Partner.
- **By Yourself Challenge** – How many points you can 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.
 - Score 1 point for each cup you turn over.
- **Race A Partner Challenge** – Be the first Penguin to turn over 6 cups!
 - On the start signal, waddle to the first cup and turn it over.
 - Now hustle back to the other cup (as much as one can hustle while waddling). Continue back and forth.
 - If you drop the egg, do 5 jumping before you continue.
 - First to turn over 6 cups wins the race (scores 6 points).



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Ball Throw

Grab any kind of ball you can find (even rolled up socks work). Make a throwing line to stand at. Throw the ball as far as you can and measure how far it went. See who can throw it farthest



Standing Long Jump:

Place your toes at the end of a line. Crouch down and use your arms and legs to jump as far as possible. Measure from the line to the back of your foot. Best out of 3 jumps.



100 Meter Dash

See how fast you can run 100 meters!



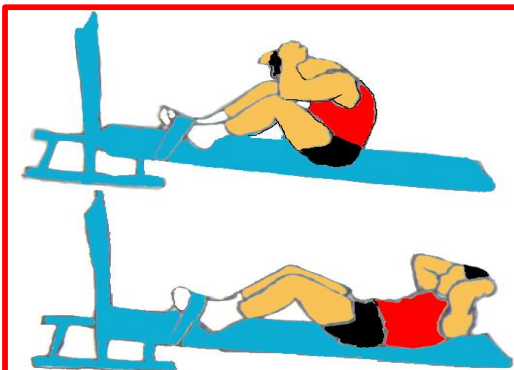
Discus Throw:

Throw a paper plate from the throw line. Measure the distance from where you threw to the where the paper plate landed. Best out of 3 throws.



Sit Up Challenge

How many sit ups can you do in 1 minute? Can you beat anyone in your house?



Nature Scavenger Hunt

1. The scavenger hunt list on the next page is given to one person on each team.
2. The team that finds everything in the nature hunt first is the winner.
3. This must be done outside on a good weather day.



Nature Scavenger Hunt



- ☐ 1. Find something green.
- ☐ 2. Find something non-living.
- ☐ 3. Find something living.
- ☐ 4. Find a flower.
- ☐ 5. Find something man-made.
- ☐ 6. Find something brown.
- ☐ 7. Find something sticky.
- ☐ 8. Find something soft.
- ☐ 9. Find something hard.
- ☐ 10. Find something that has fallen on the ground.

Do Something Kind:

Find something kind that you can do for someone!



Run Around Your House:

How fast can you run around the outside of your house 5 times?



Wall Sit:

Make sure your back is flat against the wall.

Slide downward into a squat position by moving your feet forward until your knees make a 90 degree angle. Hold for as long as you can

