

PE Field Day

In honor of the end of the school year, we are going to have Field Day from home. Enclosed in this week's packet are the rules, equipment list, score card, and activities. All activities are designed to be completed at home with household objects. Be sure to double check with your parents. Activities are also designed to be completed individually. Students will be scored based on their individual effort. Please submit your scores by June 8th so I can post the scores by June 10th before school is out. This is entirely optional. There will be packet pick up on June 8th and you can still upload your score card on Google Classroom.

***Spirit of the Game** (noun): an overarching concept that places the responsibility of fair play on each player; respect, adherence to the rules, and the joy of play are valued over competition.*

Rules:

1. You may have only one practice day to run through the events.
2. Your practice attempts and real attempts must be completed on separate days.
3. For the real deal - no more than three legitimate attempts in each category.
4. Be honest and accurate when recording your score.
5. Upload or submit your score card.
6. **Bonus points:** Wear a Crazy Outfit during your field day attempt and submit a picture with your score card.
7. **Double Bonus:** Come up with a chant or cheer and submit with your score card (can be written or recorded - your choice!)
8. Have fun and good luck!

Equipment List:

Timer/Stopwatch	1 basket
1 Pencil	1 bucket
1 oversized t-shirt	1 tupperware container
1 pair of oversized shorts	10 tennis balls or sock balls (folded
1 hat	pair of socks)
2 cones/markers	2 plastic cups
10 regular t-shirts	1 large tower
2 gallon milk jugs filled with water	1 spoon
3 sheets of printer paper	1 small object to fit inside spoon


Name: _____

Field Day Score Card

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Event	Attempt #1	Attempt #2	Attempt #3	Score (Filled by Teacher)
Clothes Relay				
Fast Folder				
Milk Jug Relay				
Paper Plane Cornhole				
Penguin Race				
Sock-er Skee Ball				
Towel Flip Challenge				
Spoon Relay				
			Bonus	
			Double Bonus	
			Total	

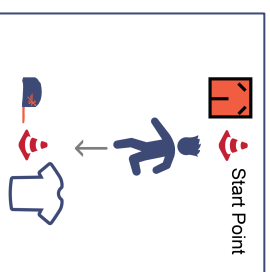
CLOTHES RELAY

Get Ready: Oversized Tee Shirt, Oversized Shorts, and a Hat; Items to Mark Start/Check Points (cones, socks, plastic cups, etc.); Clock or Stopwatch

Get Set: Set up an area to move in by making a starting point and a check point. Distance can be 15 to 30 walking steps from point to point. Put the shirt and hat on the check point opposite from the start point, put the shorts on the start point.

GO!

- This event is called the Clothes Relay. The object of this game is to see how fast you can go from point to point putting on the clothes and then finishing at the starting point.
- On the start signal, jog down to the check point and put on the t-shirt, then jog back to the start point and put on the shorts, then jog back to the check point and put on the hat, then jog back to finish at the start point.
- Start the Clock on "Go" and stop when you cross the finish with all the clothes on.



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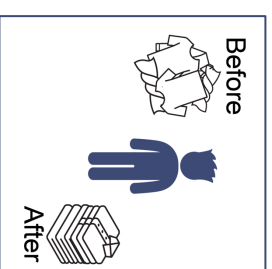
FAST FOLDER

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.



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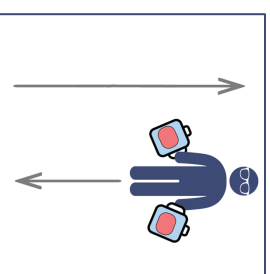
MILK JUG RELAY

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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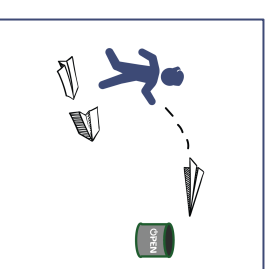
PAPER PLANE CORN HOLE

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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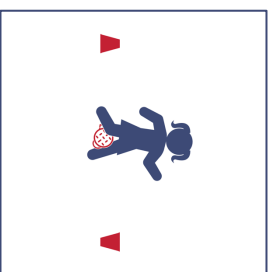
PENGUIN RACE

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:
 - 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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Find more resources at www.OPENphysED.org/nationalfieldday



SPOON RELAY

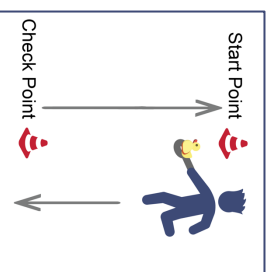
Get Ready: 1 spoon, 1 object to balance (small ball, marble, small toy), Items to Mark Start/Check Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

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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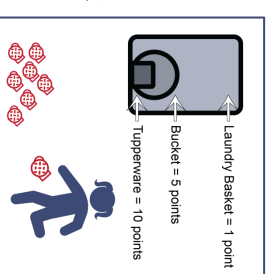
SOCK-ER SKEE-BALL

Get Ready: 10 sock balls, 1 Laundry Basket, 1 Bucket, 1 Tupperware container

Get Set: Roll up the socks to make sock-balls. Stack the targets into Skee-ball formation with the Tupperware inside the bucket and the bucket inside the laundry basket.

GO!

- This event is called Sock-er Skee-ball. The object of this 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 sock ball into the target.
- Score 1 point for every sock ball that lands in the laundry basket.
- Score 5 points for sock balls in the bucket.
- Score 10 points for sock balls in the Tupperware container.
- You get 10 chances to score as many points as you can.
- Write your score down on the official Field Day Score Card.



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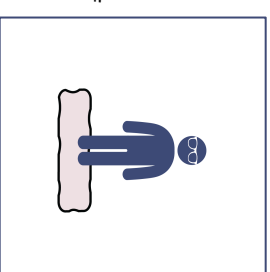
TOWEL FLIP CHALLENGE

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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