

Start!

Good Luck and
Have Fun!

**Finish Line
PE
Trivia!**



**Broomstick
Limbo**



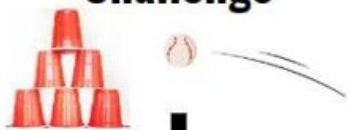
**Dizzy Bat
Race**



**Trash Bag
Race**



**Cup Knock
Challenge**



**Egg Spoon
Race**



**Paper Ball
Basketball**



Healthy Snack Break



Eat a piece of fruit or
another healthy option!

DANCE PARTY



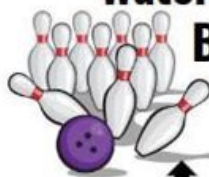
**3 Legged
Race**



Lunch Break!



**Water Bottle
Bowling**



Create a tower



Field Day at Home Game Board

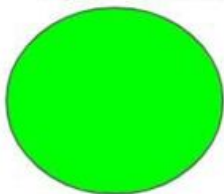
Move the game piece to keep track of where you are throughout the day!

The following slides have directions for each activity.

These can all be done with items found around the house.

If you do not have something, be creative and change up the activity as
much as you can!

Most importantly, HAVE FUN!



Game Piece

Some important things to remember are...

- Read and follow the instructions for each activity.
- If you don't have certain items, be creative and use other objects around your house.
- If you want to replace an activity with a different activity of your own, that's okay!
- **USE GOOD SPORTSMANSHIP!** (read these together)
 - Congratulate each other and say "good game" and give a high five!
 - Do not brag if you win.
 - There's no reason to be upset if you lose. They are just meant to be fun activities to be done with your family.
- You can choose to keep points and add them up throughout the day or just play for fun!
- On the day you decide to do field day, have fun with it and each pick a certain color to wear to represent different teams. Deck yourself out in that color to show the most spirit!
- We would love to see pictures of your Field Day At Home experience! (not required)
- Please email the pictures to (insert your email).

Edit the Scoreboard to keep track of points!

	Player 1	Player 2	Player 3	Player 4
Cup Knock Challenge				
Egg Spoon Race				
Paper Ball Basketball				
3 Legged Race				
Create a Tower				
Water Bottle Bowling				
Trash Bag Race				
Dizzy Bat Race				
Broomstick Limbo				
Total Points				

Cup Knock Challenge!

For this challenge you will make a stack of either 6 or 10 cups.

You must stand at least 10-15 feet away from the cups.

You will get 5 attempts to knock over the cups with the paper ball.

You get a point for every cup you knock over.

Play as many rounds as you want and add up your points.

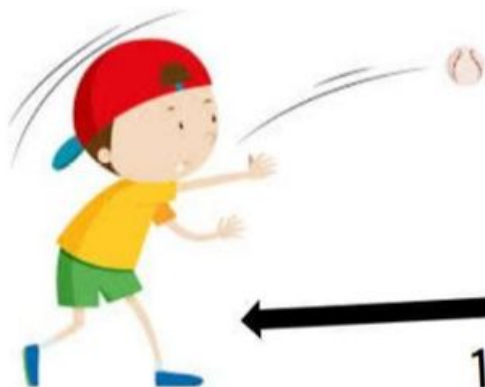


OR



Materials

- 6 or 10 cups
- 5 paper balls



10-15 feet away

Egg Spoon Race!

For this activity, you will see how fast you can get from the start to the finish line.

Someone says go.

If you drop the item off the spoon, you must start at the beginning again.

First one to cross the finish line will get a point.

Play as many rounds as you want and add up your points.

Materials

- 1 spoon per player
- 1 egg or small ball per player
- Start/Finish line



Paper Ball Basketball!

For this activity, you will shoot 10 paper balls into a bucket, garbage can, box, or whatever else you may have.

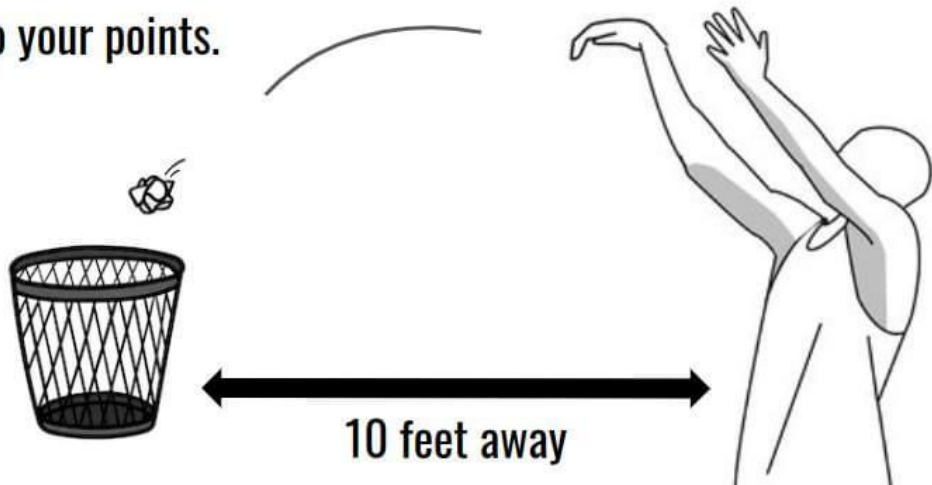
You must shoot from at least 10 feet away.

Every basket you make is worth 1 point.

Play as many rounds as you would like and add up your points.

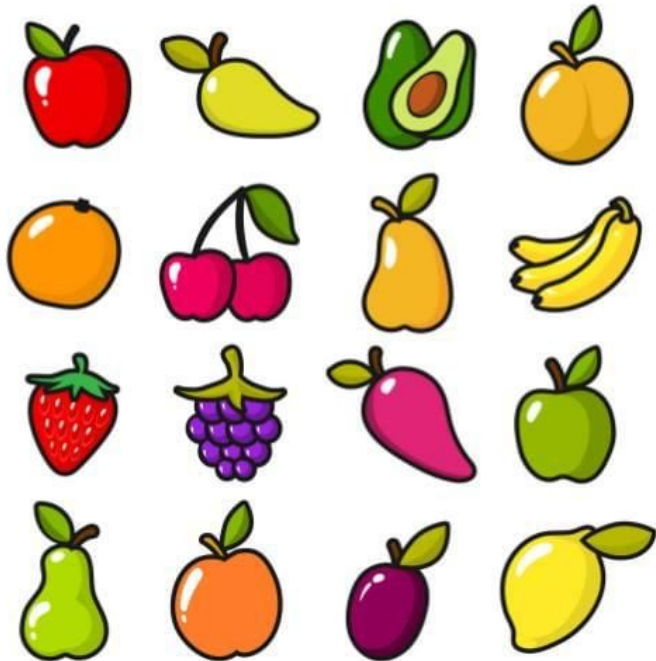
Materials

- 10 paper balls
- 1 container to shoot them in (bucket, garbage can, box)



Healthy Snack Break!

Go grab a piece of fruit or something else that is healthy.



HEALTHY



UNHEALTHY



Dance Party!

Make up your own dances or follow along with these dance along videos!

[10 Kidz Bop Dance Along Songs](#)

[Kidz Bop "Old Town Road" Dance Along](#)

[Kidz Bop "The Git Up" Dance Along](#)

[Kidz Bop "High Hopes" Dance Along](#)

[Baby Shark](#)

Materials

- Music
- Youtube Videos



Dance Party Links

[10 Kidz Bop Dance Along Songs](#)

[KidzBop "Old Town Road" Dance Along](#)

[Kidz Bop "The Git Up" Dance Along](#)

[Kidz Bop "High Hopes" Dance Along](#)

[Baby Shark & Friends | Sea Animals Finger Family | Nursery Rhymes for Kids](#)

3 Legged Race!

Tie someone's left leg to another person's right leg (not too tight).

Line up at the starting line and race to the finish line as fast as possible.

If you have 4 players then two people will race against the other two people and the fastest pair will each get a point.

If you have 3 players, take turns being with everyone and the pair with the fastest time will each get a point.

If you only have 2 players, see how fast you can do it. If you worked well together, you each get a point.

Play as many rounds as you want.

Materials

- Something to attach your legs together (belt, long cloth)
- Start/Finish line



Lunch Break!

Go relax and eat lunch.

We hope you've been having fun so far!

Take as long as you want before starting the second half of Field Day.



Create a Tower!

For the activity, use any small items around your home.

Set a time limit.

Build the tallest tower.

The person with the tallest tower will get a point.

Play as many rounds as you want.

Materials

- Any small items around your house.



Water Bottle Bowling!

Line up 6 or 10 nearly empty water bottles.

Roll from 10-15 feet away.

Take turns rolling a ball to hit them over.

You get a point for every bottle you knock down.

Play as many rounds as you want.

Keep track of your points and add up the total.

Materials

- 6 or 10 empty water bottles or cups
- 1 ball or balled up socks



Trash Bag Race!

Line up at the starting line while standing in a trash bag or sack.

Someone says go.

Jump in the bag to the finish line.

Whoever gets there first gets a point.

Play as many rounds as you want.

Materials

- Large trash bag or any sack you can fit in
- Start/Finish line



Dizzy Bat Race!

Use a bat, stick, or pole about waist height.

Place your forehead on the top of it with the other end on the ground.

Spin around the bat 5-10 times.

Race to the finish line.

Whoever gets to the finish line first gets a point.

Play as many rounds as you want. Don't get too dizzy!!!

Materials

- Bat, stick, or pole about waist height
- Start/Finish line



Broomstick Limbo!

See how low you can limbo.

Start with it high off of the ground.

Lower it each round.

You must pass under it by bending backwards without falling or touching the ground with your hands.

Last one standing gets a point.

Play as many rounds as you want!

Materials

- Broomstick
- Someone to hold the broomstick

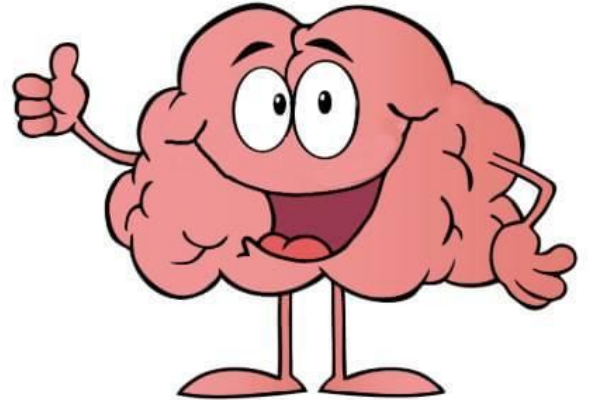
HOW LOW CAN YOU GO?!



Finish Line Trivia!

- Players will label a piece of paper 1-10 down the side of the paper to write down their answers.
- Parents will get 1 point for every answer they get correct!
- Students will get 2 points for every answer they get correct!
- Answers on the next slide, **no peeking!!!**

1. What foot do you step with for an overhand throw?
2. What part of the body do you bend to do a push up?
3. What muscle pumps blood throughout the body?
4. What sport involves an orange ball?
5. Which sports ball has red laces on it?
6. Which sport uses a stick and a puck?
7. How long is it recommended to wash your hands for?
8. How many pumps of soap do you need to wash your hands?
9. Which sport can only the goalie touch the ball with their hands?
10. Name 4 places on your head where germs can enter your body. (1 point for each correct location)



Trivia Answer Key!

1. Opposite foot.
2. Elbow.
3. Heart.
4. Basketball.
5. Baseball.
6. Hockey.
7. 15-30 seconds.
8. 1 pump.
9. Soccer.
10. Eyes, Ears, Mouth, Nose



We hope you had fun with your

Field Day At Home!

