

Virtual Field Day Field Day

May 8th, 2020

Field Day will never be cancelled! Rain or shine, at school or at home! We hope you and your family enjoy this opportunity to get out and be active together! Friday, May 8th is National Field Day, but you can complete as many of these activities as you can in one day, or spread them out throughout the week. Get creative with the materials you use, capture the fun, and share your pictures/videos using the following hashtags:

#D6VirtualFieldDay #MadisonFD2020 #JacksonFD2020 or insert your school's name.
Have fun!!

1. Egg on a Spoon Relay

Equipment: Spoon, small toy or object (plastic egg, ping pong ball, ball of paper, timer (watch, smartphone), distance markers (cups, cones, socks)

How to Play: Use cups, socks, or other markers to set a start and end point with your desired distance. Have players begin at the start marker with a small object on a spoon. Set a timer for one minute. On the go signal, see how many laps each player can complete in one minute, or see which person can go down and back the fastest.

2. Water Bottle Trap

Equipment: Laundry basket, socks or small ball, empty water bottle or cup

How to Play: Place a laundry basket upside down with an empty bottle or cup holding up one end of the basket. Stand at your desired distance with a pair of rolled up socks or a small ball. To score points, players must toss the ball toward the propped-up end of the basket and try to trap the ball and bottle under the basket. 1 point for trapping the ball only. 2 points for trapping the bottle only, and 3 points for trapping the bottle and ball. 0 points if the ball is trapped without hitting the bottle first.

3. Parachute

Equipment: Large sheet or blanket, small soft objects or stuffed animals

How to Play: Use one large sheet or blanket, and have participants spread out around it with even spacing, holding the sheet at waist level with two hands. Place small soft objects or small stuffed animals in the center. Shake the sheet on the “shake” signal and stop on the “stop” signal. Now, place the object in the center of the sheet, and on the “up” signal, lift the sheet together. On the “pop” signal, pull the parachute down to your waist quickly, trying to launch the objects in the air as high as you can like popcorn. If you do not have one large sheet, you can use two smaller ones, and try to pass objects from one to the other.

4. Towel Flip Challenge

Equipment: Large beach or shower towel, timer (watch, smartphone)

How to Play: Lay a large towel on the ground and stand in the middle of it. The goal is to flip the towel upside down without touching the ground, and keeping both feet on the towel when it is being moved. You can use your hands to move the towel, but anytime the towel is being moved, both feet must be on the towel. Be the fastest to flip the towel completely, until it is lying flat on the other side.

5. Skee Ball

Equipment: Socks, 3 sizes of baskets or bowls (laundry basket, bucket, bowl)

How to Play: Place a large laundry basket or kiddie pool at your desired distance. Inside of the large basket, place a bucket. Inside of the bucket, place a bowl, or tupperware container. The goal is to have 3 sizes of targets. Toss your small ball or rolled up socks toward the targets. The largest target is 1 point. The medium target is worth 5 points, and the smallest target is worth 10 points. Each player gets ten tosses to see how many points they can score. Play as many rounds as you'd like.

6. Penguin Race

Equipment: Rolled up socks, or a medium to large sized ball, or balloons

How to Play: Decide a start and end point. Place the “egg” (ball) between your knees and set a one-minute timer. On the start signal, see who can be the first to go to the end and back. You can also see who can complete the greatest number of laps in one minute. If a player drops the egg, they must stop and do 5 jumping jacks before continuing.

7. Bocce Ball

Equipment: Pairs of socks (different colors if possible), one separate sock or other small object to use as a target (kids block, small white sock, round white rock)

How to Play: Start each player at one side of the playing area with 2-4 pairs of socks each (preferably the same color/pattern for each player). Use a white pair of socks, or any other white round object as a target rock. Have one player toss the target out to the playing space, and then toss their first pair of socks. Take turns (alternate) tossing a pair of socks toward the target. Only the player closest to the target receives a point. Play to ten points. Another way to add points is to give points for every ball that is closer to the target than the other team. Up to 4 points in one round. Whoever gets closest to the target gets to toss the target ball out on the next turn.

8. Fill the Bucket *water*

Equipment: 1-2 large buckets/pans, 1-2 small cups or sponges, 1-2 equal sized containers or measuring cups.

How to Play: Try to have two containers that are the same size if playing with more than one player. If playing alone, just mark your desired fill line on your container. At the other end of the space, place a larger bucket filled with water. On the start signal, players will run to the bucket of water with a small cup or sponge and fill it with water. They will then run back to their container and dump the water cup or wring out their sponge. Continue running back and forth to get water until one player fills up their container to the fill line. If playing alone, time yourself to see how fast you can get to the fill line, and try to beat your time!

9. Dress Up Relay

Equipment: Large outfit for each player (shirt, bottoms, shoes, hat)

How to Play: Place a large t-shirt, large pants/shorts, shoes, and a hat on the opposite side of your space. On the start signal, run down and put on the outfit as fast as you can, and run back to the start when all items are on. Be the first to be back to the start line or set a time to beat if playing by yourself.

10. Laundry Pile Long Jump

Equipment: Pile of clothes, take-off marker (detergent bottle, cup, sock)

How to Play: Place a pile of laundry or other soft objects on one end of the space. Use a bottle of laundry detergent, or any other item as a take-off point. Decide your starting distance and place your take off marker there. Run toward the pile, and try to jump over your pile of clothes by jumping from your takeoff marker. If playing by yourself, challenge yourself to see how far you can go. If playing against someone else, see who can jump from the farthest distance and clear the pile.

11. Scavenger Hunt (Bonus Activity)

Equipment: Attached OPEN National Field Day PDF

How to Play: Use the attached scavenger hunt document and find as many items on the list as possible. You can work as a family, work in teams to see who can complete the hunt the fastest, or set a timer and see who finds the most items in that amount of time. Have fun!

FIELD DAY SCAVENGER HUNT WORKSHEET

Find as many of the items below as you can in 5 minutes. Score 1 point for each one your team collects!

Leaf



Something that starts with letter

A

Rock



Something that starts with letter

B

Pinecone



Something that starts with letter

G

Weed or Flower



Something that starts with letter

M

Stick



Something that starts with letter

T

Something Black



Something Orange



Something Brown



Something Purple



Something Pink



Square



Circle



Triangle



Rectangle



OPEN

