

RIVER EVES

"AT HOME"

FIELD DAY

2020



At Home Field Day

Instructions

Hello Friends!



I hope you are enjoying all this extra time at home with your families! I miss you all so much and you all know Field Day is my favorite day of the whole school year. I wish we could have Field Day together at school like we normally do, but since we can't, the next best thing is to create some fun activities you can do at your own house! Just make sure to get your parents permission before you play!

In this packet you will find lots of game ideas and activities! Feel free to play one of them or all of them! It is your choice! You can play them all in one day, or maybe play a few games for the whole week! You can do the activities by yourself or get the whole family involved! If you are playing by yourself- make sure to do the event more than once to see if you can beat your own score or time! You could also chat virtually with classmates to compare!

Remember, Field Day is all about having fun, making memories, celebrating the year, and showing off your teamwork skills! Those things may look a little different at your house, but I think we can still have a great time with these games and activities in this packet!

I hope to see you all soon! If you take any pictures of your "At Home Field Day", I would love to see them! Ask a parent to send them to snyderk@fultonschools.org!

Have fun and be safe!
- Coach Snyder

List of Games and Activities

Field Day Events- Remember you do not have to play every game!

- 1 - Clothes Relay
- 2 - Spoon Relay
- 3- Cross the River Treasure Challenge
- 4 - Dance Battle
- 5 - Top Ten Challenge
- 6 - Walk Bingo
- 7 - The "No Hand" Stand
- 8 - Target Challenge
- 9 - Scavenger Hunt
- 10 - Penguin Race
- 11- Towel Flip Challenge
- 12- Wacky Race Challenge
- 14- Right Way, Wrong Way Challenge
- 15- Bowling Challenge
- 15- Paper Airplane Contest (STEM Connection)
- 16- Design your own Field Day Shirt (Art Connection)
- 17- Write a Field Day Anthem (Music Connection)
- 18- Write a short story about your favorite field day memory or event
(Media Center Connection)



Water Games (Make sure to ask a parent's permission!)

- 19- Wring it Out Challenge
- 20- Cup Pour Challenge



Supply List

If you were to do every event in this packet, here is a master list of all the items to gather! Options are listed in the (parenthesis).

For a detailed breakdown of equipment needed for each activity- see the next page!

- Over-sized Tee Shirt and a shirt that is smaller
 - Over-sized Shorts
 - Hat of any kind
- Items to mark start/end points (Cones, Socks, Cups, Chalk if outside, etc.)
 - Stopwatch (or a family member to count for you!)
 - Spoon
- Small Ball (tennis ball, paper ball, sock ball, marble, small toy, etc.)
 - Two pillows (Cushions, other flat objects)
 - Something to play music from
- Plastic Water Bottle (or reusable)
- Socks (to make sock balls with)
 - Beach Towel
- 10 plastic cups (or small toys, water bottles, cones)
 - Paper
 - Coloring utensils
 - Pencil



For Water Activities

- Bucket full of water (Large Bowl, Pot, Pitcher, etc.)
 - Empty water bottle or clear plastic cup
 - Sponge or Washcloths
 - 1 cup for each player

Detailed List of Supplies Needed for each activity

- 1 - Clothes Relay: Over-sized Tee Shirt, Over-Sized Shorts, Hat of any kind, Items to mark start/end points (Cones, Socks, Cups, Chalk if outside, etc.), Stopwatch (or a family member to count for you)
- 2 - Spoon Relay: 1 spoon, 1 object to balance (Small ball, marble, paper ball, sock ball, small toy, etc.), Items to mark start/end points (Cones, Socks, Cups, Chalk if outside, etc.), Stopwatch (or a family member to count for you)
- 3- Cross the River Treasure Challenge: Two Pillows (Cushions or other flat objects that you can stand on), 5-10 small toys (or socks, plastic cups), Items to mark start/end points (Cones, Socks, Cups, Chalk if outside, etc.),
- 4 - Dance Battle: - Music playing from anything!
- 5 - Top Ten Challenge: Small ball, (sock ball, small stuffed toy)
- 6 - Walk Bingo: Bingo Board in this packet and a pencil
- 7 - The "No Hand" Stand: Full (or half-full) water bottle of any kind
- 8 - Target Challenge: A Tee Shirt (optional to add a smaller shirt too), and a ball of any kind (Sock Ball, Paper Ball, Tennis ball, bean bag, stuffed animal, etc.)
- 9 - Scavenger Hunt: Scavenger Hunt List, Pencil
- 10 - Penguin Race: Sock Ball (small stuffed animal, tennis ball), 2 plastic cups, Stopwatch (or a family member to count for you)
- 11- Towel Flip Challenge: Towel
- 12- Wacky Race Challenge: Items to mark start/end points (Cones, Socks, Cups, Chalk if outside, etc.)
- 13- Right Way, Wrong Way: 10 plastic cups (or small toys, cones, water bottles), Stopwatch (or a family member to count for you)
- 14- Bowling Challenge:- 10 plastic cups (or small toys, cones, water bottles), one sock ball (or small ball)
- 15- Paper Airplane Contest: Paper, Items to mark start/end points (Cones, Socks, Cups, Chalk if outside, etc.)
- 16- Design your own Field Day Shirt: Coloring Utensils of your choice
- 17- Write a Field Day Anthem: Pencil
- 18- Write a short story about your favorite field day memory or event: Pencil
- Water Games
- 19- Wring it Out Challenge: Bucket full of water (or large bowl, pot, pitcher, etc) sponge (or washcloth, small towel), empty clear plastic cup or water bottle. 2 sponges/bottles if you are having two people race at the same time
- 20- Cup Pour Challenge: Bucket full of water, a cup for each player, empty clear plastic cup or water bottle, Stopwatch (or a family member to count for you)

Clothes Relay

This is a fun relay where you see how quickly you can put on the clothes! If you are playing by yourself- have someone time you- or time yourself- to see how fast you can complete the challenge! If you are playing against someone else- race to finish the challenge first!

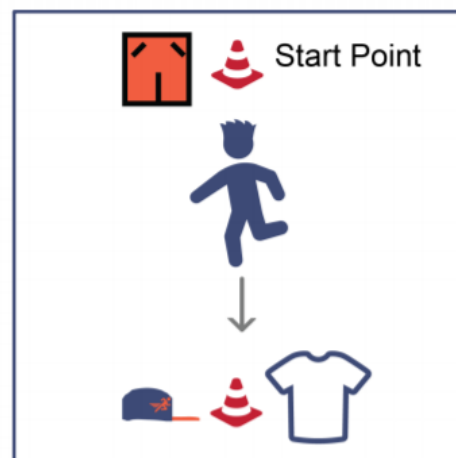
CLOTHES RELAY

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.



Spoon Relay

This is a modified version of the spoon/egg relay we traditionally would have at field day! But instead of wooden eggs, you will balance a sock ball (or tennis ball, small toy, etc) on a spoon! See how many laps you can make in 1 minute! Can you beat your own score? If you balance a different object, does that make the race easier or harder?

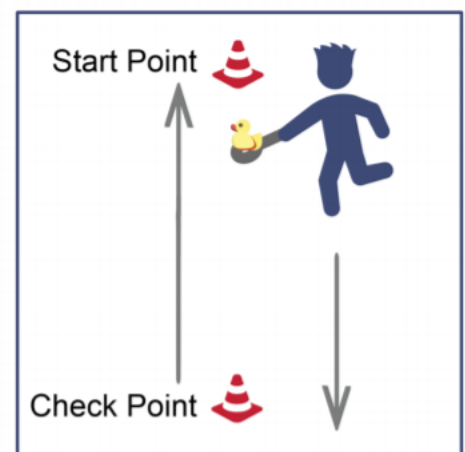
SPOON RELAY

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.



Cross the River Treasure Challenge

Save the Treasure Home Physical Education

Can you play by the rules and if you touch the floor start again?

How to play:

- Agree a starting point. Spread treasure across the floor. Use toys and socks as treasure.
- Using two objects can you move without touching the floor, picking up the treasure and returning it to your starting point.
- If you touch the floor you must drop the treasure and start again.
- Create a scoring system so that shoe = 1 point and socks = 2 points. How many points can you score?



Can you keep trying to think of the best ways to use the objects to move?

Top Tips

Do not carry too much treasure in one go!

If you carry too much treasure then you risk falling and losing your treasure.

Let's Reflect

What tactic did you use for collecting treasure?

How did you use your two objects to move around safely and efficiently?

Dance Battle

Dancing is one of the best ways to have fun! For this Dance Battle event, play your favorite song and bust out your best dance moves! Ask your family to dance along with you! If they can- ask if they have any dance moves you've never seen! Then, show them your best dance moves! Have fun and dance it out!!!

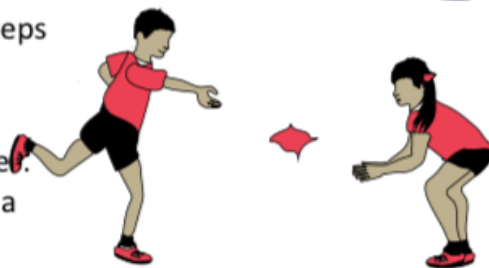


Top Ten Challenge

Top Ten Home Physical Education

How to play:

- With a partner, start by standing 3 steps apart.
- Throw a ball to each other.
- Challenge yourself to make 10 catches. Each time you make 10 catches take a step back.
- How many times can you throw the ball without dropping it?
- How far back do you get?



Can you encourage your partner even if they make a mistake?

Can you concentrate on your throw and focus on where to aim?

Top Tips

Catching

Are your hands ready creating a target? Spread your fingers and watch the ball into your hands.

Let's Reflect

How did you change your throwing technique as the distance increased?

How did it feel when you dropped the ball and how did you respond?


Walk Bingo



LET'S GO FOR A WALK!
BINGO CHALLENGE



Ask for a family member to take a walk with you! Along the way, look for these items! Try and find 5 spaces in a row to make "BINGO!" or see if you can complete the entire board! Print out the board or follow along as a picture on a phone! Just remember to check off the items as you see them! Be sure to stay with your family and keep distance from anyone else you may see on your walk. Have fun!

5 fire hydrants  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A mailbox with a "9" in the address  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A squirrel  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A satellite dish  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	4 trash cans  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
A crack in the sidewalk or street  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A flower  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A bird  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A car with a licence plate from another state  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A tree with leaves or flowers blooming  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
2 speed limit signs  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A stick longer than your arm  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	FREE SPACE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A pine cone  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	5 stop signs  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
A dog or a cat  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A bird's nest  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A bumblebee  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A rock  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A tree with no leaves or flowers  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3 storm drains  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Wave at someone else out for a walk  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A bug  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A flag on display  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	3 different types of leaves  <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

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The "No Hand" Stand

This is another traditional River Eves Field Day event! Usually we would use a bowling pin, but a water bottle works just as well! Make a start marker with a cup and about 10-20 steps away, lay the bottle down flat on the floor. Run to the bottle, sit down, and using only your feet-stand the water bottle up! Then run back to your cup! How quickly can you complete the challenge? Time yourself and see how quick you can go! Remember, don't use your hands! Only feet!!!



Cup to mark our start/finish line (or use a cone or chalk if you are outside

Water bottle (Can be plastic, or reusable, full or empty!) Make sure it is laying down!

Target Challenge

Created on Canva by @_CoachSnyder



PE at Home Target Challenge



Supplies Needed:

- Any article of clothing
- A ball (made from socks rolled together OR a paper ball)



Challenge yourself to see how many times you can land your ball on the target!

For example, I used a T-shirt and laid it flat on the floor. Then I took 10 steps back to complete these challenges. Choose your distance and have some fun!

Challenge #1

How many times can you land the ball on the shirt using an underhand toss in 1 minute



Challenge #2

How many times can you land the ball on the shirt using an overhand throw in 1 minute



Challenge #3

How many times can you land the ball on the shirt in 1 minute shooting your ball like a basketball?



Level Up!

Here are a few changes you can make to increase the level of difficulty of the target challenge!

Can you make the ball bigger or smaller? What about the target? Can you fold the shirt smaller?

Use a big shirt and a smaller shirt (or sock) to make a target. The big shirt is 1 point, the small shirt or sock is 3!



Create your own target challenge! Maybe you could kick the ball on the target?

Challenge a family member to beat your score!

Which sports or activities use the skills you just practiced in each challenge?

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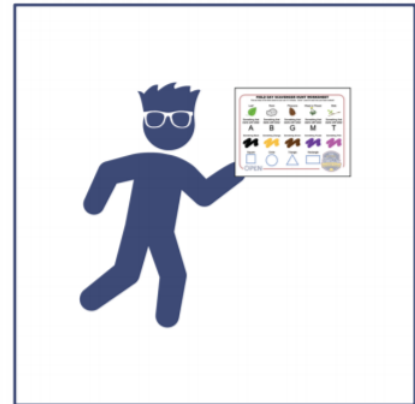
Scavenger Hunt

Get Ready: Scavenger Hunt Worksheet

Get Set: Have a printed copy of the Scavenger Hunt Worksheet. The items you have to find are things lying around your house and/or yard.

GO!

- This event is called Field Day Scavenger Hunt.
- The object of this game is to find as many items listed on the worksheet as possible in 5 minutes.
- On the start signal, search around your house and/or yard and collect the items that fit the description on the worksheet.
- Score a point for every item that you find. If an item can't be collected/moved, simply check it off on your scavenger hunt worksheet.



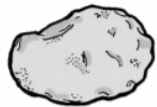
FIELD DAY SCAVENGER HUNT WORKSHEET

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

Leaf



Rock



Pinecone



Weed or Flower



Stick



Something that starts with letter

A

Something that starts with letter

B

Something that starts with letter

G

Something that starts with letter

M

Something that starts with letter

T

Something Black



Something Orange



Something Brown



Something Purple



Something Pink



Square



Circle



Triangle



Rectangle



Penguin Race

This is another traditional River Eves Field Day event! Usually we would use a foam ball between the knees, but for this challenge use a sock ball! (or a tennis ball or small stuffed animal). Instead of just going to a cone and back like a relay race, this challenge has you going down and back 3 times! Each time you get to a cup- you have to bend down and turn the cup over! That adds to the challenge of keeping your egg safe!

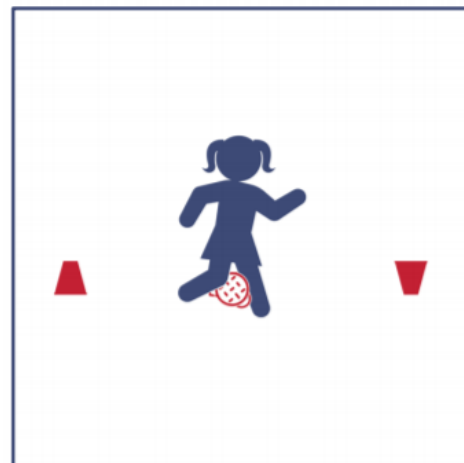
PENGUIN RACE

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).



Find more resources at www.OPENPhysEd.org/nationalfieldday



Towel Flip Challenge



For this challenge, you are going to turn your towel over, while you are still standing on it! So if you start with your beach towel with the design side up- you will complete the challenge once the design side is face down!

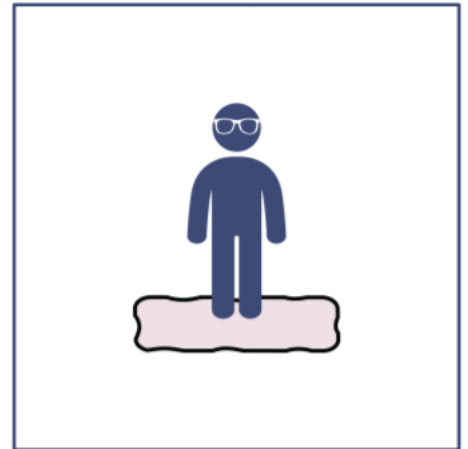
TOWEL FLIP CHALLENGE

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.



Wacky Race Challenge

Wacky Races Home Physical Education

Can you
create your
own Wacky
race ideas?

How to play:

- Mark out a start and finish line using an object to mark out these points.
- Think of different ways you could move from the start to finish.
- Can you move on your hands and feet? Can you move backwards?
- What is the quickest way of moving? What is the slowest way of moving?
- Can you race against a partner using the different ways of moving?



Can you
challenge
yourself to
always try
your hardest?

Top Tips

Crawling

Make sure your hands, feet are touching the floor, spread your hands wide, keep your head and bottom down.

Let's Reflect

Which way of moving was the easiest and which was the hardest? Explain why.

How did you feel if you did not win a race?

Right way, Wrong Way Challenge

Right Way Wrong Way Home Physical Education

Can you play fairly and encourage each other?

How to play:

- Layout objects; teddy bears, cones or toys across the space making sure they are all upside down.
- On 'go' how long does it take to turn all the objects the right way up?
- What could you do to get quicker and beat your time?
- Play against an opponent. Who can turn all the objects around the quickest?



Can you keep trying even if someone else is quicker than you?

Top Tips

On your toes!

Moving on the balls of your feet, and bending your knees will help you move quicker to each object!

Let's Reflect

Were you able to move on the balls of your feet to be quick?

Did you have a plan for which order you would turn the objects over?

Bowling Challenge

Bowling Home Physical Education

Can you play fairly and keep the score?

How to play:

- Set up 10 targets at one end of the space; lay these out in a triangle shape.
- Using a ball, each player takes it in turns to roll the ball towards the targets.
- Count how many targets you knocked over then reset for the next turn.
- Each player has 5 turns.
- The winner is the player with the most points at the end.



Can you keep focused on the targets and roll accurately?

Top Tips

Rolling Underarm

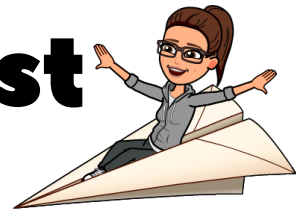
Step forwards with one foot, releasing the ball along the using your opposite hand.

Let's Reflect

How did you feel when you knocked the targets down?

If you did not win what could you change for next time?

Paper Airplane Contest

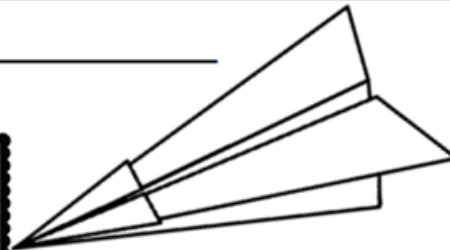
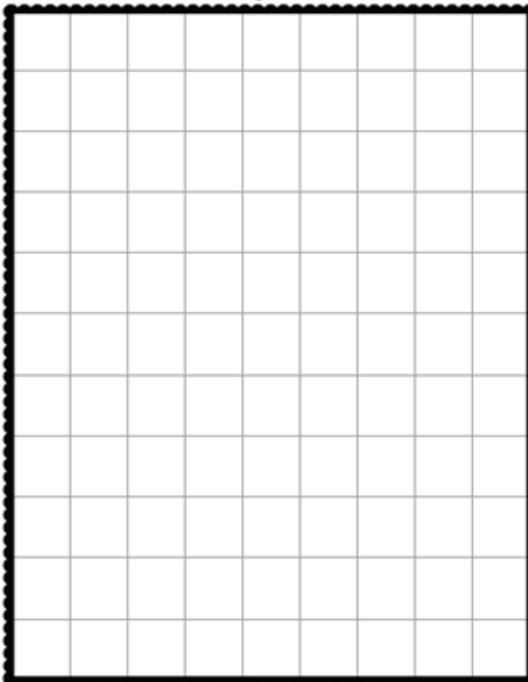


STEM at field day? Of course!!! Use a piece of paper to craft a paper airplane! Make more than one if you can. Use the design below to plan your ideas and to test your planes. Then once you are ready- Let them fly! Make sure to mark a fair starting point and mark where each plane lands. Using plastic cups to mark your place works! Or you can use chalk if you are outside! Challenge a family member if they can beat your design and distance!

PAPER AIRPLANE Maker Station Creation

Name: _____

Blueprint



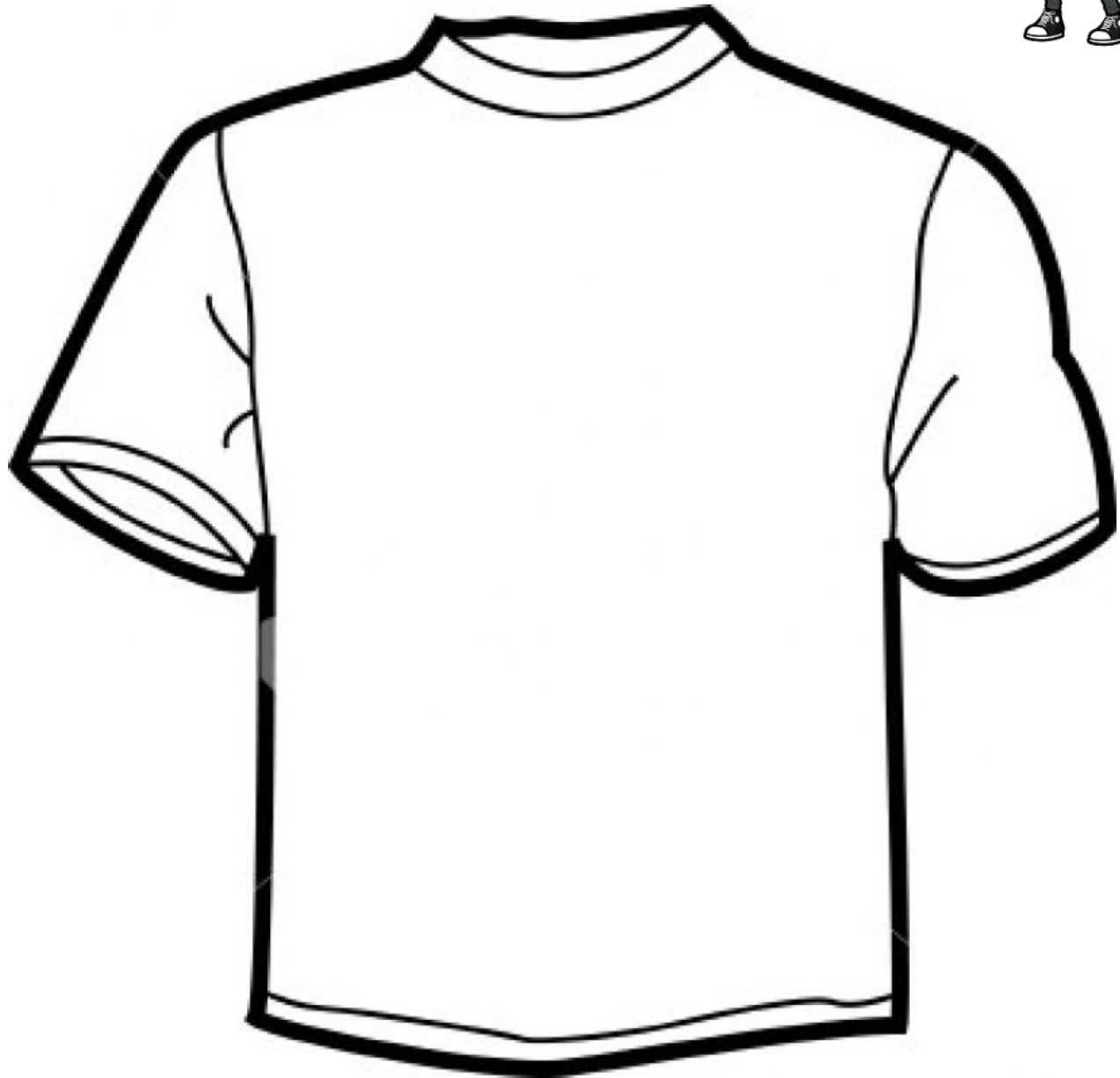
MATERIALS

FLIGHT TESTS

TEST	How far did it fly?
1	
2	
3	

Design your own Field Day Shirt

Art at Field Day? Of course! Here is your chance to show off your art skills! Use any coloring material to personalize your field day shirt for this year. If you'd like, send your picture to Coach Snyder or Ms. O'Hara!



Write a Field Day Anthem!

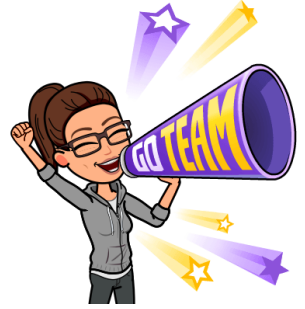


Music at Field Day? Of course! Here is your chance to show off musical talents! Write a field day anthem! If you want- and have your parents permission- record your performance and send it to Ms. Evans!





Write about your favorite field day game of all time!

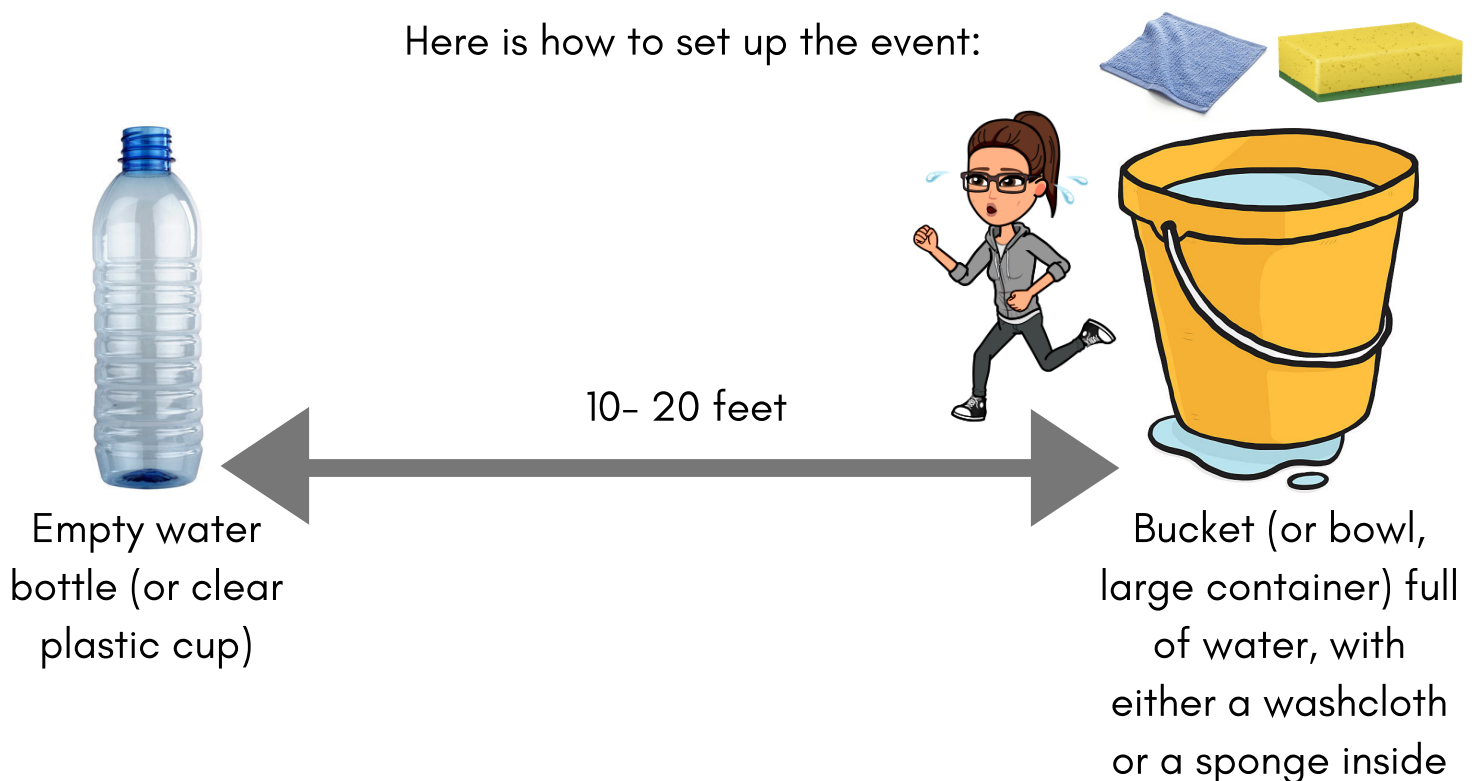


Writing at Field Day? Of course! Here is your chance to tell Coach Snyder what your favorite Field Day event is. Maybe it was an "At Home" Event, or maybe it is an event we usually do at school! Tell her all about it!

Wring it Out Challenge

This is another Traditional Field Day Event, just changed a little to work at your house! Make sure to do this event outside, and ask your parents permission before using the supplies!

Here is how to set up the event:

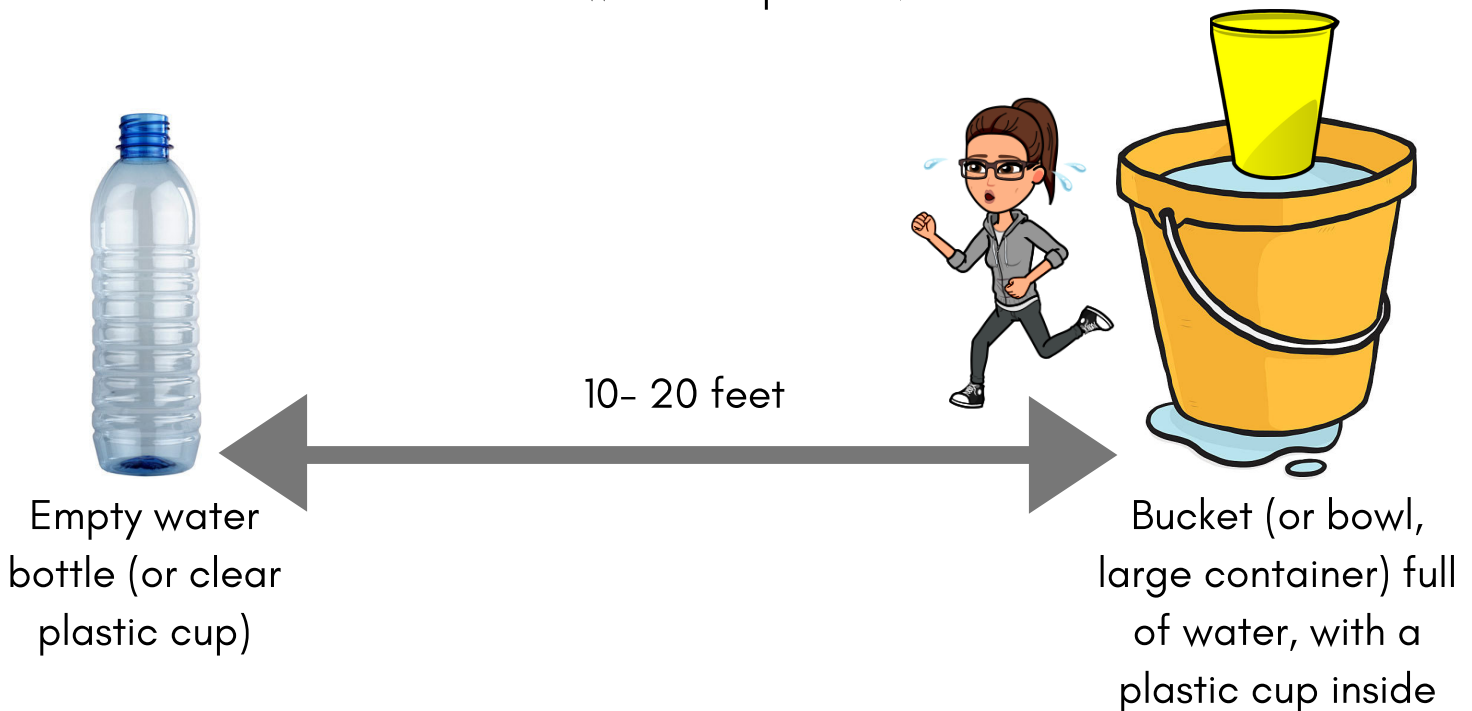


Start by the water bucket and pick up your sponge. Have someone say "Go" and start the timer! You have 1 minute to see how full you can make the water bottle. Dip your sponge in the bucket of water, then quickly run to the empty bottle and carefully wring out your sponge into the bottle. If you have more than one bottle and sponge/washcloth, you can compete to see who can fill up their bottle the furthest in 1 minute! Have fun and be safe!

Cup Pour Challenge

This is another Traditional Field Day Event, just changed a little to work at your house! Make sure to do this event outside, and ask your parents permission before using the supplies!

Here is how to set up the event:



Start by the water bucket and pick up your cup. Have someone say "Go" and start the timer! You have 1 minute to see how full you can make the water bottle. Dip your cup in the bucket of water, then quickly run to the empty bottle and carefully pour out your cup into the bottle. If you have more than one bottle and cup, you can compete to see who can fill up their bottle the furthest in 1 minute! Have fun and be safe!

Thank you for playing!

I hope you all had fun playing some games! Whether you played one or all 20 activities, remember what Field Day is all about! It's not about winning or being the best! It's about having fun, making memories, celebrating the year, and showing off your teamwork skills! If you did that- then you are a winner!



I miss you all and hope to see you soon! If you'd like to email me pictures of you or your family's field day, my email is snyderke@fultonschools.org

If you need more fun- Check out our Special Areas Resource Website for hundreds of activities you can do at home now or this summer!
www.respecialareas.weebly.com