

# Backboard Bank it

Instead of **sock balls** use:

- Stuffed animals
- Crushed paper balls
- Crushed water cans
- Tennis balls

Instead of a **bucket** use:

- Chalk/tape/string lines
- Blanket folded into a rectangle
- Cardboard box

Link to video tutorial:

<https://youtu.be/yX1A4bUwOJs>

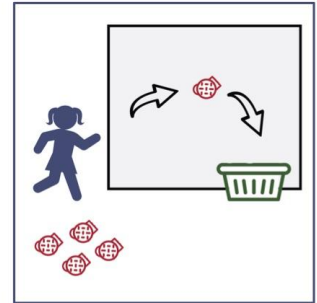
## BACKBOARD BANK IT

**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

## Instead of a coin use:

- Another flip-able object. Be sure to indicate a “heads” side and a “tails” side
  - Cup
  - Cone (can be made from paper)
  - Cube (3 sides labeled “heads”, 3 sides labeled “tails”)

## Link to video tutorial:

[https://youtu.be/jVXCPsZI\\_lg](https://youtu.be/jVXCPsZI_lg)

## 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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# Coin Flip 400-meter Dash - **Activity Helper**

Instructions: Each time you complete 20 running steps, cross off one of the boxes. When all boxes have been crossed off you will have completed 400 running steps!

20 running steps	20 running steps	20 running steps	20 running steps	20 running steps
20 running steps	20 running steps	20 running steps	20 running steps	20 running steps
20 running steps	20 running steps	20 running steps	20 running steps	20 running steps
20 running steps	20 running steps	20 running steps	20 running steps	20 running steps
20 running steps	20 running steps	20 running steps	20 running steps	20 running steps

# Fan-A-War

## Instead of a paper plate use:

- Cardboard square
- School folder
- Binder

## Instead of a ping pong ball use:

- Balloon
- Plastic bag blown up with air

## Options for a center-line:

- Chalk/tap/string lines
- Cups
- Stuffed animals

## Link to video tutorial:

<https://youtu.be/ufLo0qsh2g8>

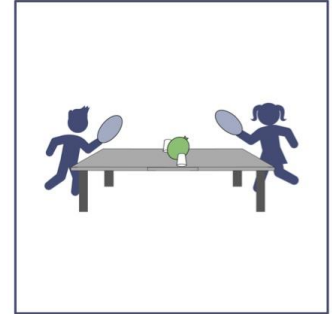
## **FAN-A-WAR**

**Get Ready:** 1 Paper Plate (Piece of Cardboard or a School Folder) per Player, Center Line (2 Shoes or Cups will work) 1 Ping Pong Ball or a Balloon

**Get Set:** Create a center line on a table or the floor. Place the balloon or ball on the center line. Both players across from each other with the centerline in between them.

### **GO!**

- This event is called Fan-a-War.
- The object of this game is to keep the ball on the opponent's side of the center line. You will have 1 minute.
- On the start signal, begin fanning the ball toward your opponent's side of the center line and away from your side.
- Continue for 1 minute. Score 5 points if the ball is on your opponent's side.
- Play and score 2 rounds and then write your score down on the official Field Day Score Card.



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# Fast Folder

Instead of clothing items use:

- Towels
- Blankets
- Napkins
- Sheets

Link to video tutorial:

<https://youtu.be/rudVau8VxGE>

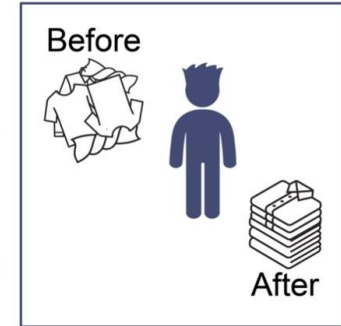
## FAST FOLDER

**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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# Look for the Good

## Options for **home base**:

- Chalk/tape/string lines
- Cups
- Stuffed animals
- Boxes

## Link to video tutorial:

<https://youtu.be/sC-Yleiaz3M>

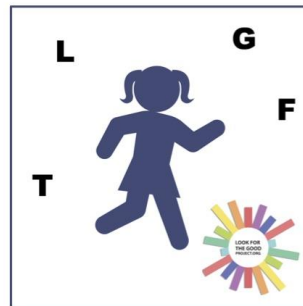
## LOOK FOR THE GOOD

**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 (**L**ook **F**or **T**he **G**ood).
- 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.



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# Paper Plane Corn Hole

## Instead of paper airplanes use:

- Crushed paper balls
- Crushed water cans
- Playing cards (throw sideways)

## Instead of a bucket use:

- Chalk/tape/string lines
- Blanket folded into a rectangle
- Cardboard box

## Link to video tutorial:

<https://youtu.be/HamjCOVbUR8>

### 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.

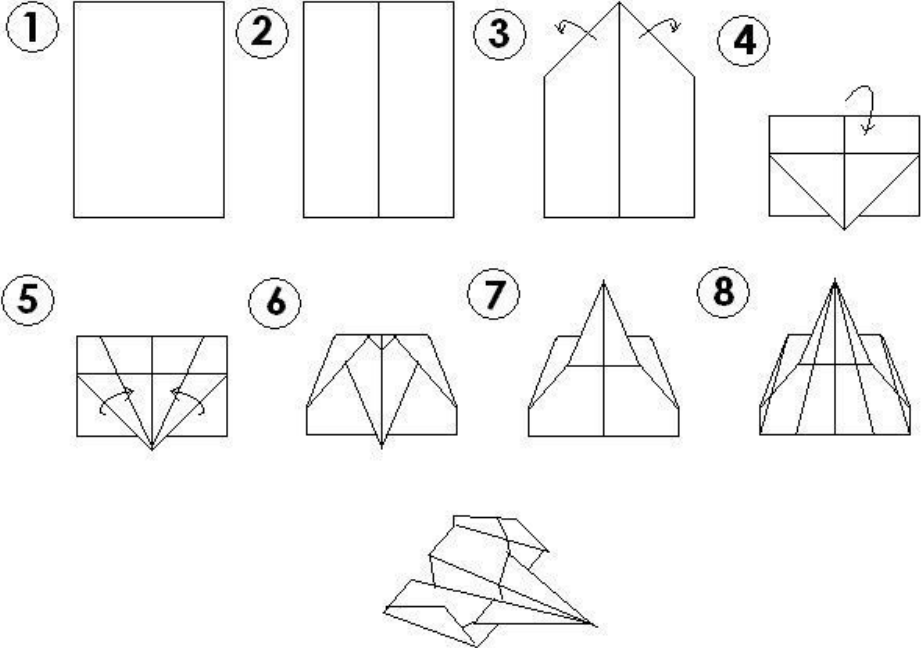
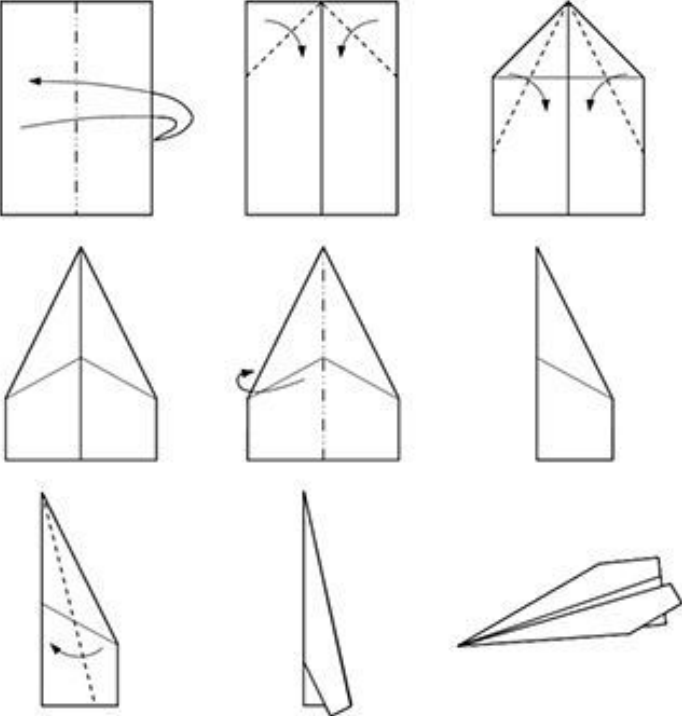


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# Paper Plane Corn Hole - **Activity Helper**

Instructions: Choose one of the patterns below to create your paper airplanes.





# Penguin Race

Instead of **sock/tennis balls** use:

- Small stuffed animal
- Small pillow
- Soccer ball /basketball /other
- Folded up blanket

Instead of a **plastic cups** use:

- Bowls
- Buckets
- Cardboard boxes
- Stuffed animal (sitting -> laying down)

Link to video tutorial:

[https://youtu.be/jiFUmvHk6\\_o](https://youtu.be/jiFUmvHk6_o)

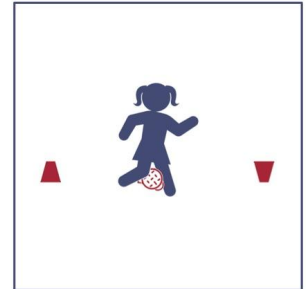
## PENGUIN RACE

**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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Find more resources at [www.OPENPhysEd.org/nationalfieldday](http://www.OPENPhysEd.org/nationalfieldday)



# Spoon Relay

## Instead of a spoon use:

- Cardboard square (hold flat)
- Spatula
- Notepad

## Options for object to balance:

- Crushed paper ball
- Small ball
- Marble
- Small toy

## Options for start/check points:

- Chalk/tape/string lines
- Cups
- Stuffed animals
- Boxes

## Link to video tutorial:

<https://youtu.be/ohNjoyRHkAM>

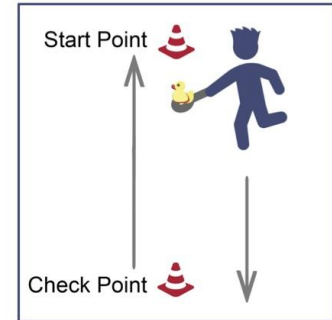
## **SPOON RELAY**

**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

Instead of a towel use:

- Article of clothing
- Sheet
- Blanket
- Table cloth
- Trash bag
- Tarp

Link to video tutorial:

[https://youtu.be/LPmQOXcg\\_c0](https://youtu.be/LPmQOXcg_c0)

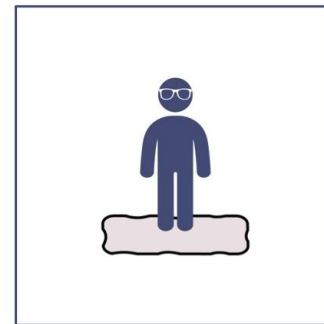
## TOWEL FLIP CHALLENGE

**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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# Wind Bowling

Instead of a **balloon** use:

- Paper plate
- Cardboard square
- School folder

Instead of **plastic cups** use:

- Uncrushed water cans
- Crushed paper balls
- Paper cones

Instead of a **table** use:

- Chairs lined up in a row
- Edge of a bed
- Edge of a step

Link to video tutorial:

[https://youtu.be/kU61AS\\_kuCM](https://youtu.be/kU61AS_kuCM)

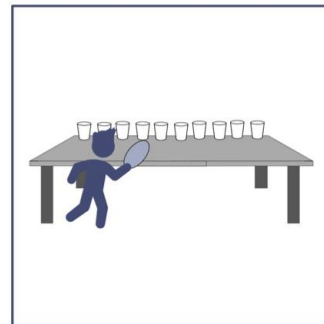
## WIND BOWLING

**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.



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