

# Bowl Ball

## Instead of **bowls** use:

- Tupperware containers
- Baskets
- Cardboard boxes
- Paper bags with edges rolled down

## Instead of **sock balls** use:

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

## Link to video tutorial:

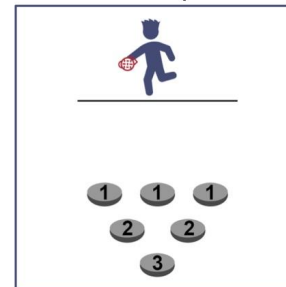
<https://youtu.be/oqxPvNgjuNw>

## **BOWL BALL**

**Get Ready:** 6 Bowls, 1 Sock Ball, Paper & Pencil to Tally Score

**Get Set:** Set the bowls on the floor in a triangle pattern 3-4 inches apart. Put a piece of paper with the point total in the bottom of each bowl. Mark a throwing line 6-8 ft. away.

Hint: Big bowls are easier than small bowls!



## **GO!**

- The object of the game is to see how many points you can score in 1-minute.
- You do this by tossing the sock ball into the bowls and scoring points based upon where they land.
- After each throw, retrieve the sock ball and hustle back and throw again.
- If the sock ball lands in a bowl, use the pencil and paper to tally the points for that bowl.
- After 1-minute, calculate your tally and write your total number of points on the official Field Day Score Card.



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



# Clothes Relay

## Oversized clothes options (pick 3):

- Adult shoes
- Winter hat, scarf, gloves
- Sock layers
- Jacket layers

## Start & checkpoint options:

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

Link to video tutorial:

<https://youtu.be/vrMJrtfKP-U>

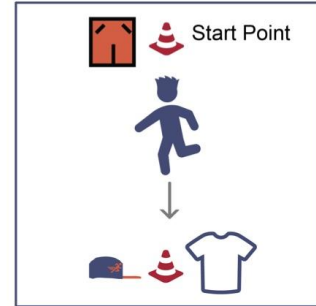
## CLOTHES RELAY

**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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# Flip Your Lid

## Instead of a kitchen spatula use:

- Cardstock (multiple layers)
- Cardboard
- School folder

## Instead of a tupperware lid use:

- Post-it note stack
- Plastic plate
- Potholder
- Cardboard

## Link to video tutorial:

[https://youtu.be/Hts8Sw\\_rjCg](https://youtu.be/Hts8Sw_rjCg)

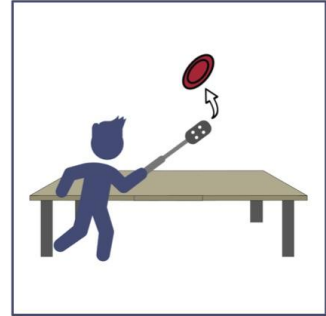
## FLIP YOUR LID

**Get Ready:** Kitchen Spatula, 1 Tupperware/Plastic Lid

**Get Set:** Place the lid facing up on a table or floor.  
Get your spatula ready for some lid flipping!

### GO!

- This event is called Flip Your Lid.
- The object of this game is to flip your Tupperware lid upside down to earn points.
- Place the lid facing up on the table or floor, then slide the spatula under and flip the lid in the air. Let it land flat on the table or floor.
- Score a point for every lid that you flip upside down (0 points if it lands right-side up).
- Quickly reset the lid each time you flip it.
- You will have 1 minute to see how many times you can flip the lid upside down.
- Write your score down on the official Field Day Score Card.



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# If the Shoe Fits

Instead of a tennis shoe use:

- Another type of shoe
  - Boot
  - Sandel
  - Slipper

Link to video tutorial:

<https://youtu.be/KSFnBwe7jzA>

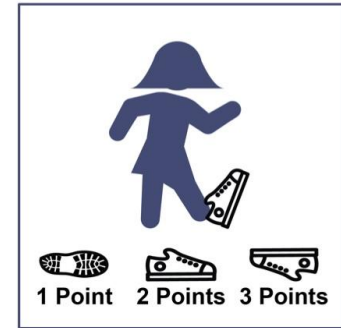
## IF THE SHOE FITS

**Get Ready:** 1 Tennis Shoe, Spacious Area, Clean Feet

**Get Set:** Make sure you have plenty of unobstructed space around you.

**GO!**

- How many points you can score in 1-minute?
- Put your foot partially into the tennis shoe.
- On the start signal, flip the shoe into the air.
- Score as follows:
  - 1 point = shoe lands on its side
  - 2 points = shoe lands right side up (sole of the shoe on the ground)
  - 3 points = shoe lands *perfectly* upside down (no sides touching the ground)
  - 0 points = if the shoe hits you in the head or knocks over a lamp.
- Write your total number of points on the official Field Day Score Card.
- Go wash your foot.



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# Keep it up

Instead of **balloons** use:

- Plastic bags blown up with air
- Squares of light, wispy fabric
- Beach ball

Link to video tutorial:

<https://youtu.be/BGv8vnltKCw>

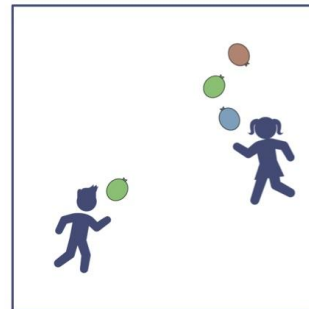
## KEEP IT UP

**Get Ready:** 1–3 Balloons Per Player – Blow Them Up

**Get Set:** Clear a 10' indoor or outdoor space. Start with 1, 2 or 3 balloons.

**GO!**

- This is Keep It Up. The object is to strike the ball(s) up using your hands as many times as you can in 1 minute.
- Don't let it (them) hit the floor.
- On the start signal, strike the balloon(s) upward with your hands and count how many hits you can score in 1-minute.
- If using multiple balloons, alternate striking each balloon. Don't strike the same balloon twice.
- If the balloon hits the floor, pick it back up and continue.
- On the stop signal, record your score on the official Field Day Score Card.



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# Milk Jug Relay

## Instead of milk jugs use:

- Buckets with handles
- Stack of books
- Potted plant
- Hand held weights

## Options for start/end points:

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

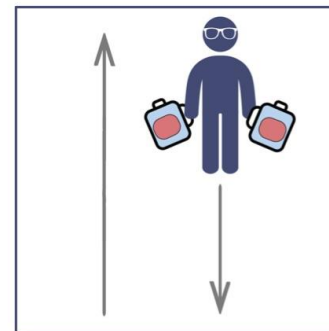
## Link to video tutorial:

<https://youtu.be/JHqIvLT7yhM>

## 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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# Scavenger Hunt

What if an item on the scavenger hunt worksheet doesn't work for me?

That's okay! Cross it off and have an adult pick a different object that you would be able to find in your home.

## Ideas for alternate items:

- School supply
- Something that feels rough
- Something shiny
- Blue book
- Something that makes me happy when I see it

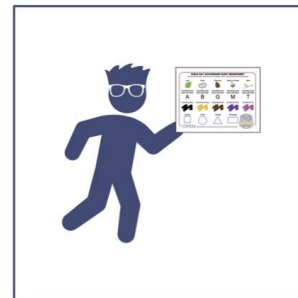
Link to video tutorial:

<https://youtu.be/veKyl1A5dmw>

## 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.
- Record your score on the official Field Day Score Card.

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# Scavenger Hunt - Activity Helper

Remember:

If an item on the list does not work for you, that's okay! Cross it off and have an adult pick a different object that you would be able to find in your home.

**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!*

<p>Leaf</p> 	<p>Rock</p> 	<p>Pinecone</p> 	<p>Weed or Flower</p> 	<p>Stick</p> 
<p>Something that starts with letter</p> <p><b>A</b></p>	<p>Something that starts with letter</p> <p><b>B</b></p>	<p>Something that starts with letter</p> <p><b>G</b></p>	<p>Something that starts with letter</p> <p><b>M</b></p>	<p>Something that starts with letter</p> <p><b>T</b></p>
<p>Something Black</p> 	<p>Something Orange</p> 	<p>Something Brown</p> 	<p>Something Purple</p> 	<p>Something Pink</p> 
<p>Square</p> 	<p>Circle</p> 	<p>Triangle</p> 	<p>Rectangle</p> 	

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# Sock-er Skee-Ball

Instead of **sock balls** use:

- Stuffed animals
- Crushed paper balls
- Plastic bag blown up with air

Options for **targets/containers**:

- Cardboard box
- Paper shopping bags with edges rolled down
- Bowl
- Scarves/string in different sized circles

Link to video tutorial:

<https://youtu.be/62IRhxoDGm8>

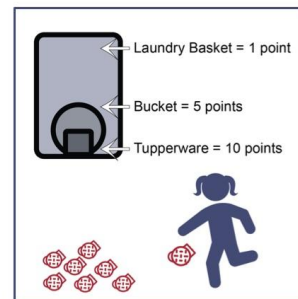
## SOCK-ER SKEE-BALL

**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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# Tennis Shoe Tower

Instead of **shoes** use:

- Different size cardboard boxes
- Different size/shape pillows

Options for **home base**:

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

Link to video tutorial:

[https://youtu.be/gwezKlx\\_amc](https://youtu.be/gwezKlx_amc)

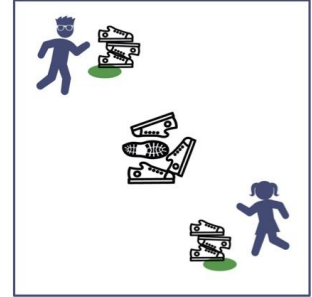
## TENNIS SHOE TOWER

**Get Ready:** 5-10 Shoes per Player, 1 Spot Marker per Player to Create Home Base for Each Player (paper plate, cups, sock etc.)

**Get Set:** Place shoes in a pile in the center of the room. Place Home Base spots 6'-10' from the pile and 6' apart from other players.

**GO!**

- This event is called Tennis Shoe Tower.
- The object is to build a shoe tower with shoes collected from the pile.
- On the start signal, players will run and take 1 shoe from the pile, return it to their home base and place it on their shoe tower.
- Repeat till all the shoes are gone. (Run – Grab – Stack – Repeat!)
- If the tower falls, that's okay. Continue stacking to rebuild and continue.
- On the stop signal, count and score 1 point for each shoe in the tower.
- Write your score down on the official Field Day Score Card.



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# Water Bottle Trap

## Instead of a water bottle use:

- Plastic cup
- Stuffed animal
- Tall tupperware container
- Boot (shoe)

## Instead of a laundry basket use:

- Cardboard box
- Bucket

## Instead of a sock/tennis ball use:

- Soccer ball /basketball /other
- Crush newspaper into a ball and secure with duct tape

## Link to video tutorial:

<https://youtu.be/CC6oSU891Ns>

## Water Bottle Trap

**Get Ready:** 1 Empty Water Bottle, 1 Laundry Basket, 1 Sock/Tennis Ball

**Get Set:** Lean the edge of the laundry basket on top of the empty water bottle. Designate a rolling line 8-10 ft. away (the open side of the laundry basket should be facing you).

### GO!

- The objective is to see how many points you can score in 1-minute.
- Do this by rolling the sock/tennis ball at the water bottle.
- To score the ball must hit the water bottle first (the roll does not count if it misses the bottle and knocks over the basket – sorry!).
- Rolls that hit the water bottle first score as follows:
  - 1 point = basket falls and traps ball only
  - 2 points = basket falls and traps water bottle only
  - 3 points = basket falls and traps both ball and water bottle
- Write your total number of points on the official Field Day Score Card.



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