



# Distance Learning Field Day

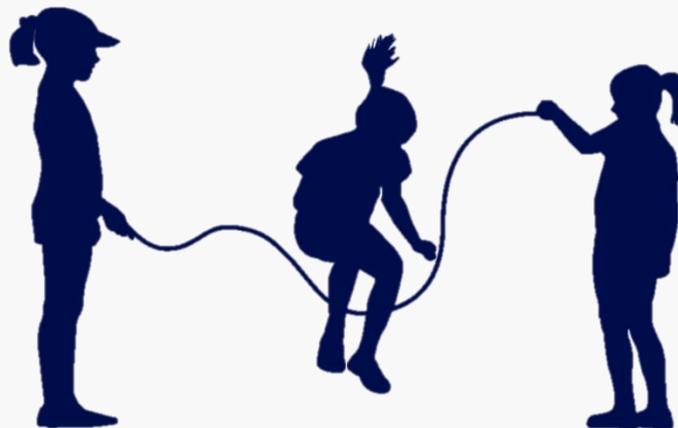
Field Day from your home, with your families, with your equipment, GO!



# Virtual Field Day Activities

- \* Our Distance Learning Field Day activities are going to be much different than the Field Day activities you would experience at school.
- \* These activities can be done on any day of the week, at any time, with your families.
- \* All these activities can be done with very little equipment found around the house.
- \* All these activities can be done inside or outside, depending on the weather.
- \* Remember Field Day is meant to be a ton of fun, so have a blast with these activities, rather than thinking about the competition.

HAVE



FUN!

# Sharing Your Pictures and Videos

- \* Please share pictures and videos of you and your families participating in our Distance Learning Field Day Activities using our Padlet platform.
- \* Each day will have its own Padlet link for you to post your photos and videos from the activities you're doing.
  - \* If you would like to try some of these activities and post over the weekend, please use the Monday Padlet and post on that board.
- \* Just follow the link on the next page and when your browser pops up, click on the pink plus sign in the bottom right hand corner of the screen to add to our board.



# Padlet Links by Day

**Monday:** <https://padlet.com/tunderwood9/j86nr0coojg4kt5r>

\*If you would like to try some of these activities and post over the weekend, please use this link to the Monday Padlet and post on this board.

**Tuesday:** <https://padlet.com/tunderwood9/jrsfbobvd1p0r43u>

**Wednesday:** <https://padlet.com/tunderwood9/tcgx4c6lxwxm5pa>

**Thursday:** <https://padlet.com/tunderwood9/ch9shzn0llko7lx>

**Friday:** <https://padlet.com/tunderwood9/hgcl6lpbi8si04u0>

# The Coin Flip 400

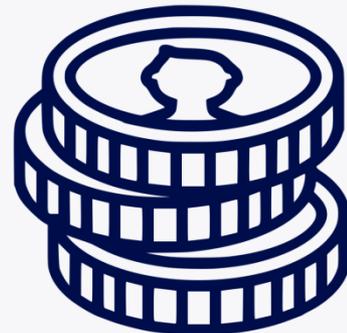
## \* Equipment Needed:

- \* Coin
- \* Timer

## \* Activity Description:

- \* Find an open space with plenty of room to run.
- \* If you can't flip a coin yourself, give it to an adult or sibling who can. If you can flip a coin, do it yourself for this activity.
- \* Begin running in place, these steps do not count toward your total.
- \* To start the activity flip a coin and start a timer.
  - \* If the coin lands heads up, run 20 steps counting them out loud as you go.
  - \* If the coin lands tails up, continue running in place where you are.
- \* When you get to 400 steps stop the timer and record your score.

\* Mr. Underwood's High Score: 4 Minutes, 15 Seconds



# Ball and Spoon Relay

## \* Equipment Needed:

- \* Spoon of Any Size
- \* Appropriate Size Ball or Sock Ball
- \* Check Point Markers
- \* Timer

## \* Activity Description:

- \* Find an open space outside or use a hallway in the house.
- \* Set up two check points, 5 big steps away from each other.
- \* To start the activity stand next to a check point, place your ball on your spoon, and start a timer.
- \* Balancing your ball on your spoon walk quickly back and forth between check points.
- \* Each time you make it to a new check point count your score out loud.
- \* If the ball is dropped off the spoon between check points put the ball back on and continue.
- \* When 1 minute is up, stop and record the number of check points you made it to. Each check point is worth 1 point.

\* Mr. Underwood's High Score: 11 Points (0 Drops)



# Water Bottle Bowling

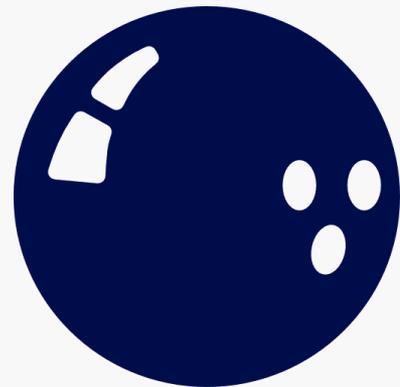
## \* Equipment Needed:

- \* Appropriate Size Ball or Sock Ball
- \* 6 Water Bottles
- \* Timer

## \* Activity Description:

- \* Find an open space on your driveway or use a hallway in the house.
- \* Set up your 6 water bottles in a pyramid formation, 1 in the front, 2 in the middle, 3 in the back. If you're doing this activity outside, you may need to fill the bottles with some water so they don't blow away.
- \* To start the activity stand 5-10 big steps away from the bottles (depending on your challenge level), prepare your ball in your rolling hand, and start a timer.
- \* Rolling your ball towards the bottles, knock down as many as you can in 1 roll.
- \* If there are still bottles standing, go pick up your ball and head back to your spot to roll until all the bottles have been knocked down.
- \* Each time all the bottles have been knocked down, you receive 1 point.
- \* Bottles should only be set up when they have all been knocked down.
- \* When 2 minutes are up, stop and record the number of times all bottles were knocked down.

\* Mr. Underwood's High Score: 3 Points



# Bowl Ball

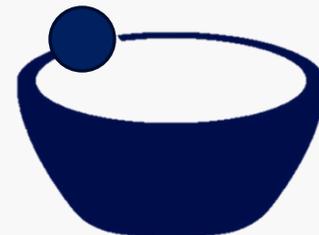
## \* Equipment Needed:

- \* Appropriate Size Ball or Sock Ball
- \* 6 Bowls
- \* Timer
- \* Piece of Paper and Pen

## \* Activity Description:

- \* Find an open space on your driveway, in your yard, or use an open space in the house.
- \* Set up your 6 bowls in a pyramid formation, 3 in the front, 2 in the middle, 1 in the back.
- \* Rip 6 small pieces off a piece of paper, label 3 of them with the number 1, 2 of them with the number 2, and 1 of them with the number 3. Place the number 1's in the front bowls, the number 2's in the middle bowls, and the number 3 in the back bowl.
- \* To start the activity stand 5-10 big steps away from the bowls (depending on your challenge level), prepare your ball in your underhand throwing hand, and start a timer.
- \* Throwing your ball towards the bowls, attempt to land the ball in one of the bowls.
- \* After your throw, you'll need to hurry to get your ball and bring it back to your spot.
- \* Each time your ball lands and stays in a bowl count the point value for that bowl out loud.
- \* When 1 minute is up, stop and record the number of points you scored.

\* Mr. Underwood's High Score: 9 Points (One 3 Pointer, Four 2 Pointer's)



# Paper Plane Corn Hole

## \* Equipment Needed:

- \* 3 Paper Planes
- \* Bucket/Laundry Basket
- \* Timer

## \* Activity Description:

- \* Find an open space on your driveway, in your yard, or use an open space in the house.
- \* Set up your bucket or laundry basket (target) and create your 3 paper airplanes.
- \* To start the activity stand 2-4 big steps away from the target (depending on your challenge level), prepare one paper airplane in your throwing hand, and start a timer.
- \* Throwing your paper airplanes towards the target, attempt to hit the target or land in the target with your paper airplanes.
- \* After your 3 throws, you'll need to hurry to get your paper airplanes and bring them back to your spot.
- \* Each time your paper airplane hits the target, it counts for 1 point, each time your paper airplane lands in the target, it counts for 3 points. Don't forget to count your points out loud.
- \* When 1 minute is up, stop and record the number of points you scored.

\* Mr. Underwood's High Score: 4 Points (1 Hit, 1 In)



# Bottle Flip Challenge

## \* Equipment Needed:

- \* Water Bottle  $\frac{1}{4}$  Full
- \* Small Table (Optional) or Flat Surface
- \* Timer

## \* Activity Description:

- \* Find an open space on your driveway, in your yard, or use an open space in the house.
- \* Fill an empty plastic water bottle to about  $\frac{1}{4}$  full and locate a flat surface. The smaller the surface (small table, for example) the more challenging this activity will be.
- \* To start the activity stand next to your flat surface with the cap of your bottle in your hand, and start a timer.
- \* Flipping your bottle in the air so it makes a full turn upside down, attempt to land the water bottle on the bottom of the bottle so it lands flat.
- \* After your flip, you'll need to hurry to get your water bottle and flip it again.
- \* Each time your bottle lands flat on the bottom it counts for 1 point.
- \* When 1 minute is up, stop and record the number of points you scored.

\* Mr. Underwood's High Score: 16 Flips



# Trash Can Trick Shot

## \* Equipment Needed:

- \* Paper Ball or Sock Ball
- \* Trash Can/Laundry Basket/Bucket

## \* Activity Description:

- \* Find an open space on your driveway, in your yard, or use an open space in the house.
- \* Find a trash can/laundry basket/bucket (target) and crinkle up a piece of paper or create your sock ball.
- \* This is not a timed activity because I would like to see your best creativity.
- \* Using your ball and your target, imagine and create a crazy trick shot that you can make.
- \* It doesn't matter how many tries it takes for you to make your shot.
- \* Share a video of your trick shot for everyone to see on the Distance Learning Field Day Padlet.

