

Wood School Field Day 2020



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Have Fun! Be Safe! Participate!



Welcome to Wood School Virtual Field Day 2020!!

- Since we cannot have Field Day at school, we are going to have a Virtual Field Day!!
- Field Day events will include items you can find around the house
- Field Day has **15 at home events**
- Complete **at least 10 events** or give them all a try!!
- Some events have **optional** scorecards that you can use to help keep track of your results
- Be sure to read the rules for each game before starting
- Send pictures or videos to my email of you participating in events
dmurphy@plainville.k12.ma.us
- Remember to follow directions, be safe, participate and have fun!!

Field Day Events

1. Standing Long Jump
2. Toilet Paper Toss
3. Passing Patriots
4. Sock Ball Shootout
5. Water Relay
6. Healthy Hopscotch
7. Broomball
8. Tower of Terror
9. Toilet Paper Catapult
10. "Volley"ball
11. Water Bottle Flip Challenge
12. Shoe Balance Challenge
13. Paper Plane Cornhole
14. Water Jug Relay
15. Fast Folder

Field Day Equipment

- Sneakers
- Chalk
- Tape measurer or ruler
- Pencil
- Toilet paper
- Laundry basket
- Tape
- Football (optional)
- Socks
- Basketball and basketball hoop (optional)
- Stopwatch or timer (iphone)
- Plastic cups

- Water
- Coin
- Broom
- Beachball or volleyball (optional)
- Soft ball
- Water bottles
- Paper
- 2 1-gallon water jugs or milk jugs
- Unfolded clothing

Event # 1 Standing Long Jump

Equipment

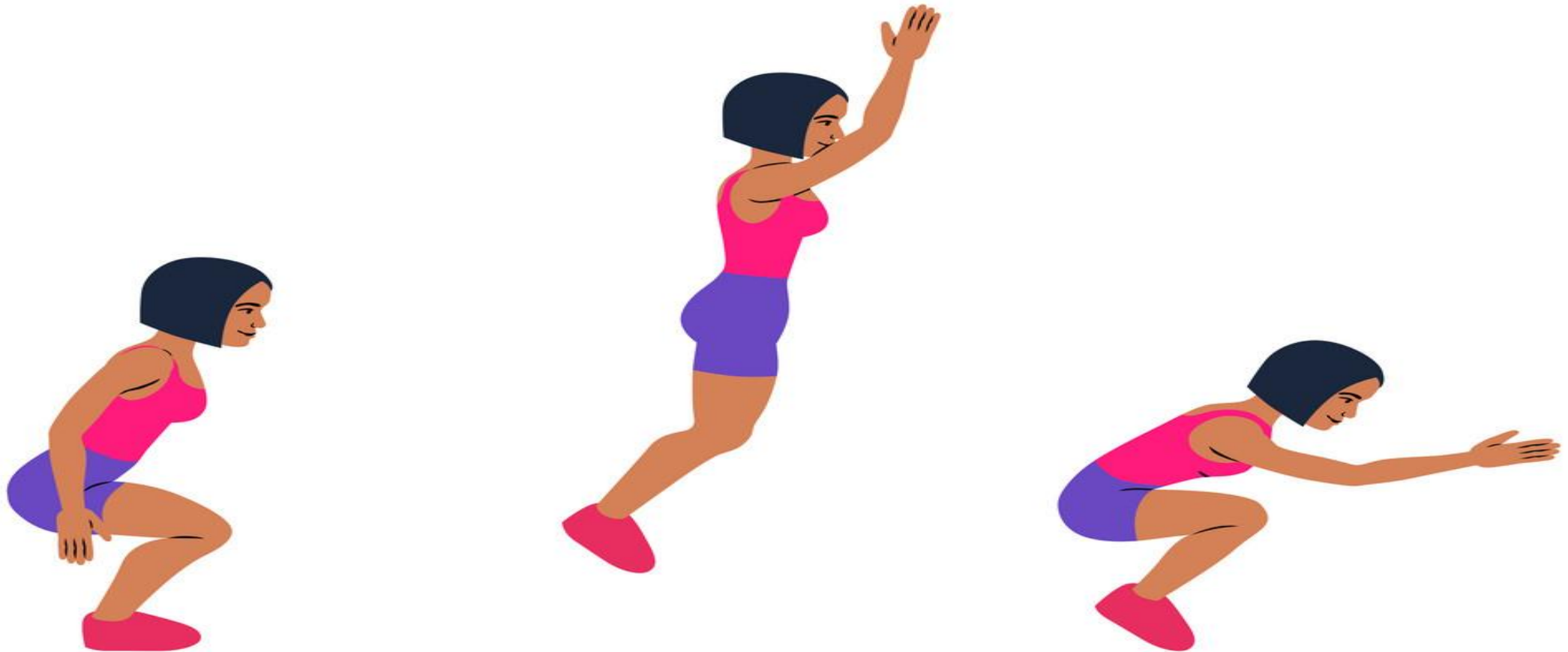
- 6 sneakers or chalk
- Tape measurer, yardstick or ruler
- Pencil
- Scorecard



Playing the Game

- **NOT** a speed event
- Make the longest **2-foot jump** you can make
- Start at starting line
- Pick up sneaker or chalk and jump as far as you can
- After landing, put down sneaker (mark chalk on ground), pick up another sneaker (hold chalk), and make another 2-foot jump from where you landed
- Repeat this until you have made **6** total jumps
- Measure the distance between each jump and record to see which jump went the furthest
- Measure the TOTAL distance of your jumps to see how many feet you traveled from the starting line
- **NOTE:** Swing your arms! Extend your legs! Push hard on your takeoff!

Standing Long Jump



STANDING LONG JUMPS

SCORECARD

<u>Jumps</u>	<u>Inches</u>
Jump #1	
Jump #2	
Jump #3	
Jump #4	
Jump #5	
Jump #6	
TOTAL	

Event #2 Toilet Paper Toss

Equipment

- 1 roll of toilet paper
- 1 laundry basket
- Chalk or tape
- 1 measuring tape

Playing the Game

- **Underhand throw** the toilet paper roll into the laundry basket
- First line is **5 ft. away** from the laundry basket (mark with chalk or tape)
- Second line is **8 ft. away** from the laundry basket (mark with chalk or tape)
- Third line is **12 ft. away** from the laundry basket (mark with chalk or tape)
- **3** underhand throws from behind each line
- Record score on scorecard
- POINTS
 1. **1 POINT** for each throw made into the laundry basket from behind the 5 ft. line
 2. **3 POINTS** for each throw made into the laundry basket from behind the 8 ft. line
 3. **5 POINTS** for each throw made into the laundry basket from behind the 12 ft. line



Underhand Toss



SCORECARD

Underhand Throw	Distance	Points
Throw #1	5 ft.	
Throw #2	5 ft.	
Throw #3	5 ft.	
Throw #1	8 ft.	
Throw #2	8 ft.	
Throw #3	8 ft.	
Throw #1	12 ft.	
Throw #2	12 ft.	
Throw #3	12 ft.	
<u>Total throws- 9</u>		<u>Total Points-</u>

Event #3 Passing Patriots

Equipment

- 1 ball **NOTE: Does NOT need to be a football**

Playing the Game

- This event is for working on **LEAD PASSING**
- One person is the **QUARTERBACK** and one person is the **WIDE RECEIVER**
- **QUARTERBACK** leads **WIDE RECEIVER** into open space and throws a pass **AHEAD** of the **WIDE RECEIVER**
- Rotate positions after **5 lead passes**



Event #4 Sock Ball Shootout

Equipment

- 1 pair of clean socks (rolled into ball) **OR** 1 basketball
- 1 laundry basket **OR** 1 basketball hoop
- Chalk or tape
- 1 Stopwatch (iphone)



Playing the Game

- Shoot the sock ball into the laundry basket **OR** shoot the basketball into the basketball hoop
- First line is **5 ft. away** from laundry basket **OR** basketball hoop (mark with chalk or tape)
- Second line is **7 ft. away** from laundry basket **OR** basketball hoop (mark with chalk or tape)
- Third line is **10 ft. away** from laundry basket **OR** basketball hoop (mark with chalk or tape)

NOTE: Remember **B.E.E.F.**

B. Base Firm (balanced legs)

E. Elbow under the ball

E. Extend arm

F. Follow through

- Make as many shots as you can in **2 minutes!!**





Event #5 Water Relay

Equipment

- 4 plastic cups
- Water
- Chalk, tape, 2 rocks **OR** 2 sticks
- Tape measurer



Playing the Game

- Fill up 4 plastic cups of water
- Start at the starting line- marked by chalk, tape, a rock or stick
- Start with 4 cups of water at starting line
- Measure out 25 feet
- Pick up 1 cup and travel with it as **quickly as possible** to opposite end line and back to starting line **NOTE: Try to keep your cup full of water**
- Put first cup down, pick up the second cup and repeat the relay
- Repeat relay until you have traveled with all 4 cups from starting line to end line
- When you are finished, combine all the water to see how much water you were able to keep!



Event #6 Healthy Hopscotch

Equipment

- Chalk
- Coin, rock **OR** dice
- Stopwatch (iphone)



Playing the Game

- Draw a hopscotch board on the ground
- Toss a coin, rock, dice or other object onto the hopscotch board
- Set a stopwatch **OR** timer for **2 minutes**
- Perform the amount of exercises that the object lands on
- **Example: 8 squats, 4 lunges, 2 jumping jacks, etc..**
- Perform as many exercises as possible in 2 minutes. Choose a different exercise each time
- **Exercises: Squats, Lunges, Jumping jacks, Push-ups, Sit-ups, Mountain climbers, Burpees, Squat jumps, Run in place, Front plank, Side plank, Crabwalk**



Event #7 Broomball

Equipment

- 1 broom
- Clean socks (rolled into ball) **OR** rolls of toilet paper **OR** balls
- 1 goal- (marked with 2 shoes, water bottles, cups or other safe objects)
- 1 stopwatch or timer (iphone)



Playing the Game

- "Hockey Shootout"
- Place 2 objects **5 ft. apart** for a hockey goal (move objects further or closer to challenge yourself)
- Stand 5-10 feet away from goal (move further or closer to challenge yourself)
- See how many goals you can score in **2 minutes**
- **NOTE- You can also do this event outside with a hockey net, hockey stick and hockey puck or ball**



Event #8 Tower of Terror

Equipment

- 6-8 plastic cups
- Stopwatch (iphone)

Playing the Game

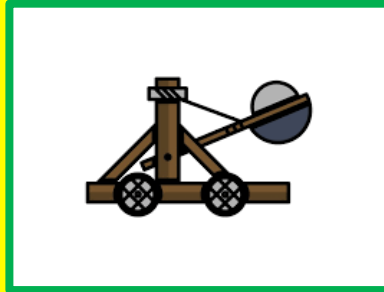
- Start with 6 plastic cups
- Set timer for 1 minute
- Place first plastic cup upside down (as shown in picture)
- Place second cup on top, the opposite way (as shown in picture)
- Repeat the pattern until all 6 cups are stacked
- If tower falls at any time, do **10 jumping jacks** before stacking cups again
- Once completed, stack 8 plastic cups in 1 minute
- Repeat the process



Event #9 Toilet Paper Catapult

Equipment

- 1 roll of toilet paper
- Stopwatch or timer (iphone)



Playing the Game

- Partner activity-Timed activity (1 minute)
- One person lays flat on their back, one person stands in front of the person laying down (about 3 feet away)
- Person laying down starts with toilet paper, does a sit up and tosses (catapults) the toilet paper over their head and to their partner
- Partner catches toilet paper, waits for person laying down to do another sit-up and tosses toilet paper to partner so they can catch it
- Repeat pattern to see how many sit-ups you can do in 1 minute!

Event #10 “Volley”ball

Equipment

- 1 ball (beachball, volleyball, or other soft ball)

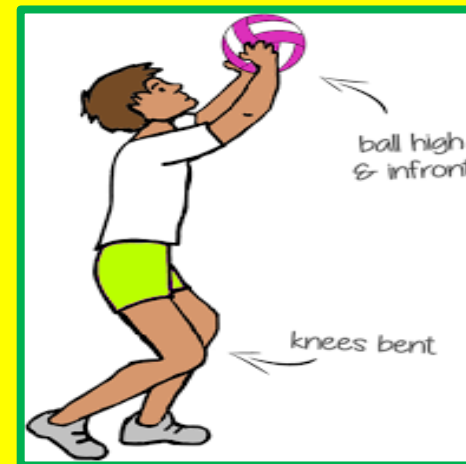
Playing the Game

- Keep the ball in the air as long as possible
- Use the **forearm pass** **OR** **set** to help keep the ball in the air
- If ball touches ground, run in place for **10 seconds** before trying again

Forearm pass



Set



Event #11 Water Bottle Flip Challenge

Equipment

- 1 water bottle
- Stopwatch or timer (iphone)



Playing the Game

- Set timer for **1 minute**
- Start with a water bottle on a flat surface
- Flip the water bottle over so that it lands flat on the surface
- After 3 flips, do 5 squats before flipping again
- **1 point** each time you can land the water bottle



Event #12 Shoe Balance Challenge

Equipment

- 1 sneaker



Playing the Game

- Lay down on a flat surface
- Lift up one leg and balance one sneaker on the bottom of your foot
- Keep the sneaker balanced on your foot as you turn your body completely over
- If the sneaker falls, pick it up and try again!

Event #13 Paper Plane Cornhole

Equipment

- 3 pieces of paper
- Bucket or laundry basket
- Stopwatch or timer (iphone)

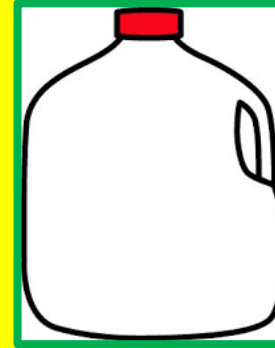


Playing the Game

- **Timed event- 2 minutes**
- Create 3 paper airplanes using a design of your choice
- Place bucket or laundry basket **5-10 ft. away** from throwing line (move further or closer to challenge yourself)
- Score **1 point** if your airplane hits the **outside of the basket**
- Score **3 points** if your airplane goes **into the basket**



Event #14 Water Jug Relay



Equipment

- 2 1-gallon water jugs or milk jugs
- Items to mark starting and ending line (socks, sneakers, plastic cups, tape, etc..)
- Stopwatch or timer (iphone)

Playing the Game

- **Timed event- 1 minute**
- Distance from starting line to ending line is **15-30 walking steps**
- Fill 2 used 1 gallon jugs with water (1/4, 1/2 or full) and place at starting line
- Carry the jugs from starting line to ending line as many times as you can in **1 minute**
- **1 point** for each full length you travel

Event #15 Fast Folder

Equipment

- A bunch of unfolded clothing
- Stopwatch or timer (iphone)



Playing the Game

- **Timed event- 2 minutes**
- Fold as many articles of clothing **NEATLY** using **3 folds OR less**
- **1 point** for each piece of clothing you can fold **NEATLY** in 2 minutes
- **NOTE- NO SOCKS**

