A picture containing refrigerator, box, food

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At Home Field Day Activities

Field day is usually a day that the students really look forward to and allows them to do activities that they might not get to do on a regular basis. Since you are home, here are some station ideas that use at home items if you would like to put on a field day for your children at home. Each game has a short list of equipment, a quick explanation of set up and game play. Each also has a link attached if you would like to see videos of how the game is run or what it looks like.

Thank you for all your hard work and support of your kids this quarter. Have a safe and active summer, I can’t wait to see your kids back in the fall!

Potential Inside Stations:

Just Dance—If you don’t have Just Dance, you can go to youtube and search Just Dance. If you need a few of my favorites they are posted on my website: <http://carselleck.weebly.com>

under “Inside Days.”

Speed Stacks—If you have some speed stacks feel free to have a stacking station. If you have a substitute such as legos you can have another inside station as well.

<https://www.speedstacks.com/>

<https://www.youtube.com/watch?v=np07qsr-H7A&feature=youtu.be>

<https://www.youtube.com/watch?v=4tzovqCQGns&feature=youtu.be>

<https://www.youtube.com/watch?v=Yq4jhxEb5LA&feature=youtu.be>

Outside Stations:

**Sidewalk Obstacle Course**—Draw your own sidewalk obstacle course with chalk. Here are some ideas: hopscotch, jumping jacks, shuffle, dancing, crab walk, inch worms, jump and spin, hopping, run, push ups, etc.

How to play: Time yourself on your course and see how fast you can go!

<https://www.youtube.com/watch?v=uzVu5g8tEAs&feature=youtu.be>

**Spill the Milk**—Equipment needed: 3 cups/bottles/cans, 2 tennis balls or small similar balls, bucket to set up the cups/bottles on.

How to Play: Find a line to throw from. Each player gets 2 throws to knock the cans **off** the bucket, not just knocked over. As you get better at knocking off the cans, move the line back farther.

<https://www.youtube.com/watch?v=JGk_SiadEZA&feature=youtu.be>

**Obstacle Course**—Equipment needed: buckets (for the hurdles and army crawls), 2x4 wood/broom stick (balance beam, hurdle/crawl stick), sidewalk chalk (tire run), spoon and beans/almonds (bean race)

Other items to add: baseball bat for head spinning x 4, stop watch to time the course, bucket shot (shoot until you make it)

How to Play: Set up various obstacle courses (see youtube link for ours), and have kids run through the course. Time how fast you can move and compare your times.

<https://www.youtube.com/watch?v=tKxk2_0aTzM&feature=youtu.be>

**Speed Tic-Tac-Toe**—Equipment Needed: cones or bowls for your tic-tac-toe grid, 3 balls or items all the same color, 3 more balls or items (different from the first set)

How to Play: Two people play against each other. On the signal, both people run toward the

grid, and place one of their items in the grid. Once their item is placed, run back to the start to grab another item. Just like Tic-Tac-Toe, this game is played to 3 in a row. Once all three of your items have been played, if no one has 3 in a row, run back to the start and back to the grid and move one of your items. Each time you want to move an item, you need to run to the start and back to the grid before you can move.

<https://www.youtube.com/watch?v=1S4R470sHrs&feature=youtu.be>

**Cornhole**—Equipment Needed: 2 buckets, 3 beanbags or similar matching items, 3 more matching items (different from the first set)

How To Play: Both players start at the same spot or at the same bucket. Play Ro-Sham-Bo to see who goes first. The player who wins Ro-Sham-Bo will underhand toss their item toward the target. After they toss one item, the partner tosses, back and forth until all items have been tossed. Scoring is as follows: 1 point if it is touching the target on the ground, 2 points if it is on the board (you can’t get a score of 2 if you are playing with buckets), 3 points if it is in the target. Pick up the items, the person with the most points that round throws first. Game continues to 21 points.

<https://www.youtube.com/watch?v=MC00vDdYAL4&feature=youtu.be>

**Water Relay**—Equipment Needed: 2 buckets, 2 cups

How to Play: One empty bucket is the start point, the other bucket on the other side of the playing field is full of water. Players must run to the bucket full of water and use their cup to scoop up water and bring it back to dump it in the empty bucket. If you want to make it harder, each person can start with an empty bucket and the team or person to fill their bucket first wins.

<https://www.youtube.com/watch?v=2tchX4ZMjBw&feature=youtu.be>

**Jedi Battles**—Equipment Needed: cones to define playing area or markers, noodles cut in half (one for each player)

How To Play: Each player is a Jedi wielding their lightsaber. This is an everyone versus everyone activity. Players try to hit each other waist or lower with their noodles. You may always block hits, BUT if you get hit you are out. Go outside of the play area, do an exercise (ex: 5 jumping jacks) and then return to play.

<https://www.youtube.com/watch?v=VdtFa6kuKJs&feature=youtu.be>

If you would like to, come up with other activities of you own using what you have at home. I suggest if the weather is nice to do a water activity, the kids always love those (water balloon fights, or hot potato with water balloons are always a great go to). Kids also have a great time with Jedi Battles since they get to hit each other with noodles, and they will be tired by the time they are done. Thanks for all you have done during this difficult time, I know that I appreciate your work as well as your children. Have a fun and active Social Distancing Field Day!

**-Mrs. Donahue**