

FIELD DAY

2020



FIELD DAY

WELCOME to an ACTION PACKED day of Field Day fun! A few things first...



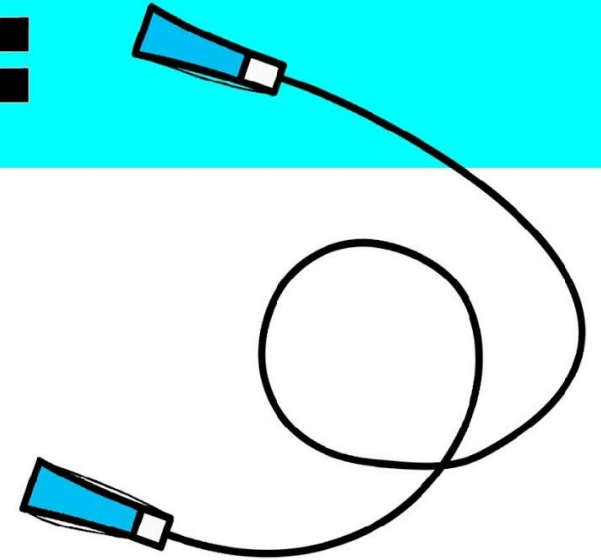
FIELD DAY

- There is no need to print any of the pages. However, if you are creating an Obstacle Course, you may wish to print page 22 to draw your design. Or, use a piece of blank paper.
- Enjoy any or all of the workout videos, songs, and inspirational videos found between pages 1 -10.
- Go ahead and complete some or all of the Field Day Minute Challenges found on pages 11 -17.
- For the Field Day Outdoor Choice Board found on page 19, complete as many options as you'd like. Tomorrow's choice board will be different.
- Most important ~ HAVE FUN!

FIELD DAY

Prep list:

- Comfortable athletic clothes
- Sneakers
- Water bottle
- Sunscreen (if needed)
- Parent or guardian's permission for you to participate (there are parts where it is suggested to go outside- do not do so without parent permission and supervision)



OPENING THOUGHTS: Dream Big. Work hard.



CLICK: [YOU CAN DO IT!](#)

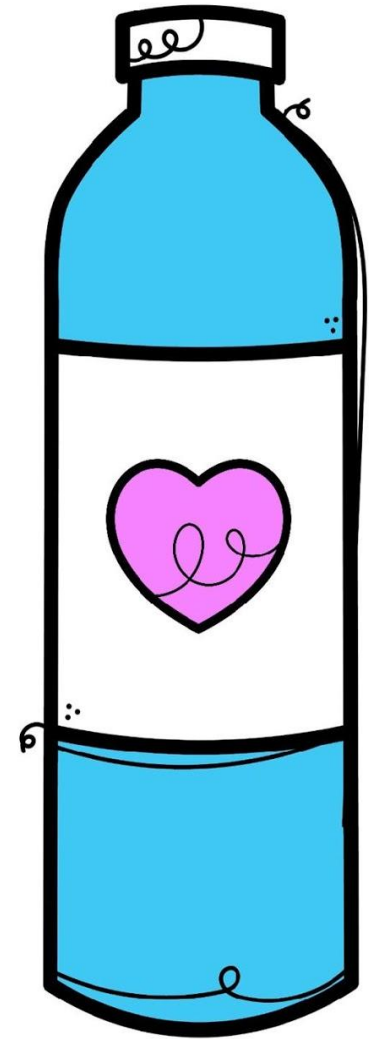
Duration: 4-5 mins - Try your best with all the activities today. Work hard and be positive. You can do it! ☺

PLAYFUL POSES WORKOUT



Duration: 20 mins - stretching and posing

WATER
BREAK

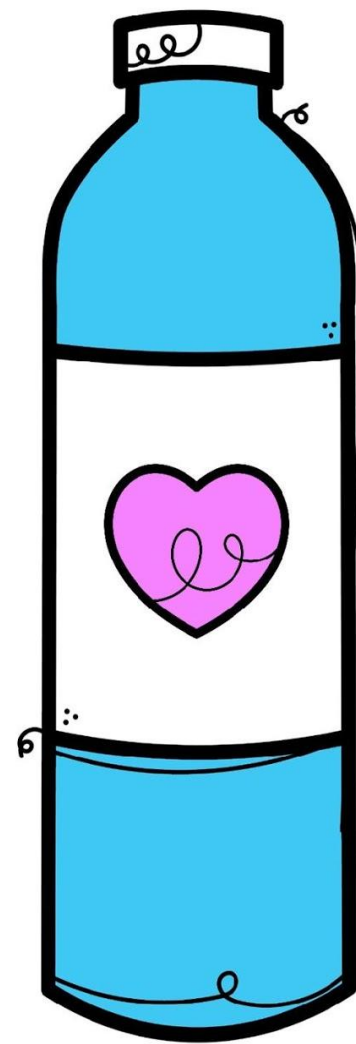


MEATBALL RUN!



Duration: 4-5 mins - simulated run with game components

WATER
BREAK



AMAZING ATHLETES:



Duration: 11-12 mins - set your goals high and work hard to reach them!

FIELD DAY

MINUTE CHALLENGES!

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MINUTE CHALLENGES!

- ❖ Each activity will be presented on the slide. See how many of each you can do in one minute and/or if you can do the listed activity for the whole minute. When you are ready to start, click to the next slide to start the timer!
- ❖ Have fun!

MINUTE CHALLENGE #1

How many jumping
jacks can you do?



click video timer to start!

MINUTE CHALLENGE #2

How many times can you clap your hands?



click video timer to start!

MINUTE CHALLENGE #3

**Stand super still on
only one foot**



click video timer to start!

MINUTE CHALLENGE #4

Wall sit: Lean against a wall and slide down until you are “sitting” against the wall and hold it!



click video timer to start!

MINUTE CHALLENGE #5

How many push-ups
can you do?



click video timer to start!

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OUTDOOR CHOICE BOARD!

- ❖ Spend some time outside enjoying the sunshine! Choose some activities from the Choice Board on the next page to do outside. Make sure to wear sunscreen if needed.
- ❖ How many activities can you do?
- ❖ Have fun!

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OUTDOOR CHOICE BOARD #1

draw with chalk	take 5 photos outside	ride your bike	plant something in the garden	pull out weeds
collect sticks from the yard	have a toy car wash	go on a nature walk	play catch	kick a ball
hula hoop	run around	bubbles	build rock towers	go on a family walk
hopscotch	jump rope	practice your sport of choice	play on swing set	trampoline

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STEM:

Use items around your house/backyard to design and construct an obstacle course.

WHAT IS AN OBSTACLE COURSE?



OBSTACLE COURSE

Draw and label your design plan:

OBSTACLE COURSE

TIME TO BUILD!