

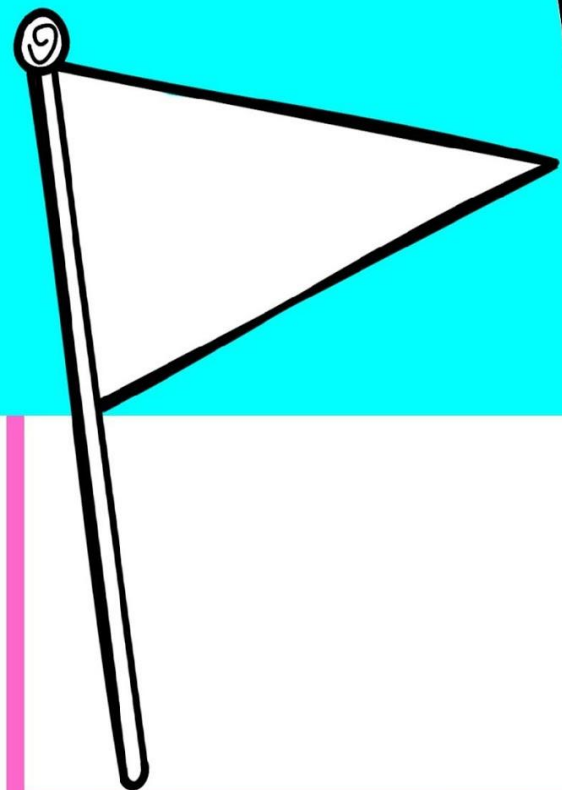
FIELD DAY

2020



FIELD DAY

WooHoo! Hopefully you are feeling inspired to do your best today! Let's get started!



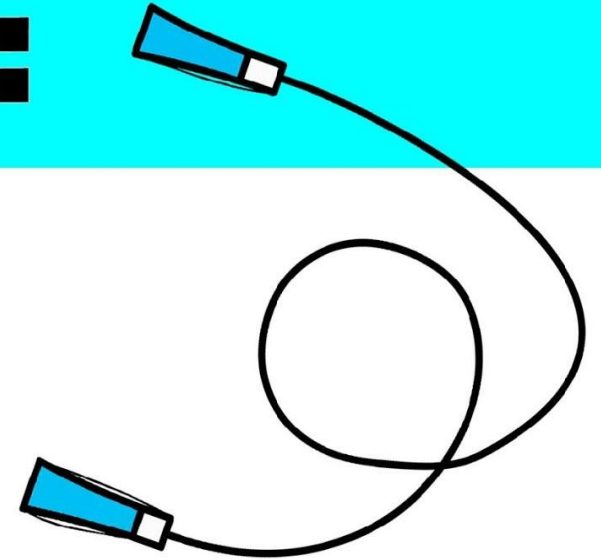
FIELD DAY

- There is no need to print any of the pages.
- 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 -18.
- For the Field Day Outdoor Choice Board found on page 20, complete as many options as you'd like.
- 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.

be
BRAVE

EXPLORE
the day

dream
BIG

be
KIND

think
HAPPY
thoughts

SMILE
often

CLICK: [REACH FOR THE STARS!](#)

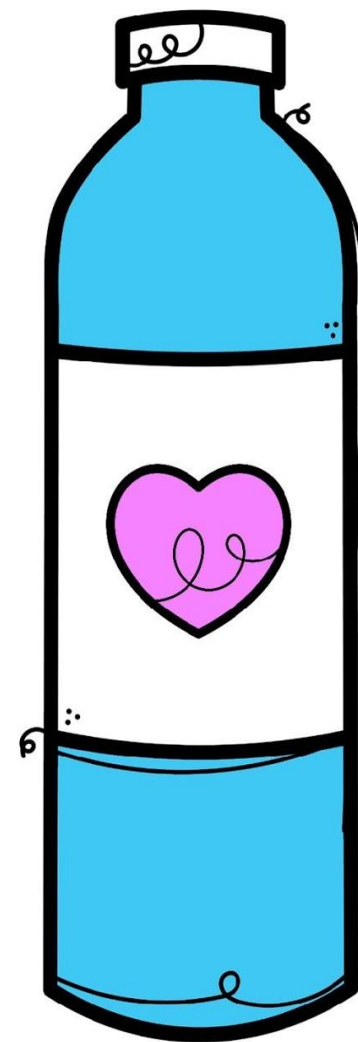
Duration: 4-5 mins - Try your best with all the activities today. Work hard and be positive. You can do it! ☺

WORKOUT!



Duration: 16 mins - traditional workout, great to get heart rate going!

WATER
BREAK

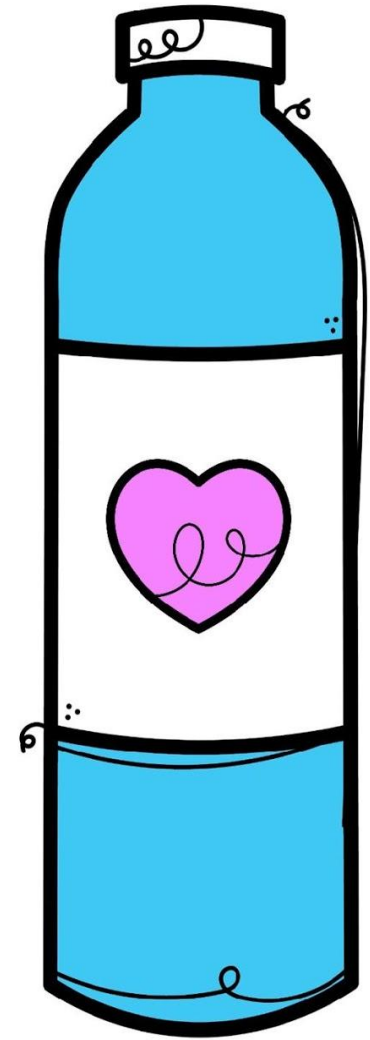


WALK THE ROPE!



Duration: 3-4 mins - use this as a cool down.

WATER
BREAK

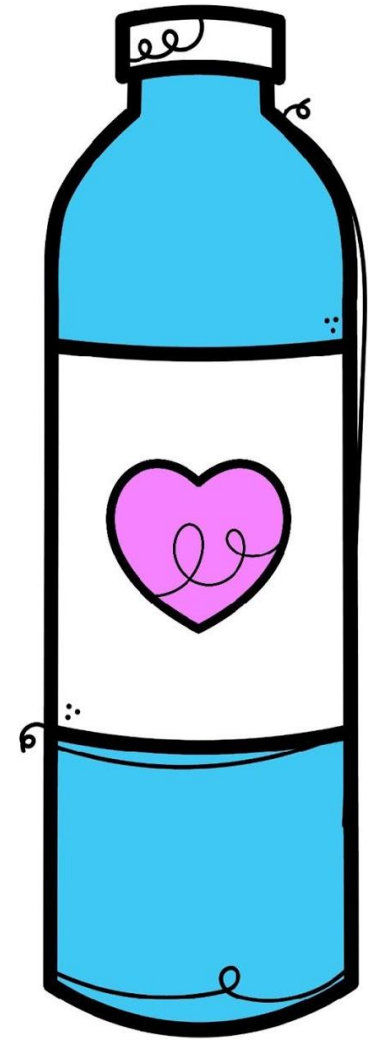


ROLLER COASTER!



Duration: 2-3 mins - use this as a cool down. Sit and enjoy.

WATER
BREAK



FIELD DAY

MINUTE CHALLENGES!

FIELD DAY

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 #6

**How many sit-ups
can you do?**



click video timer to start!

MINUTE CHALLENGE #7

Pencil Point: Jump up and down with your arms pointing straight above your head.



click video timer to start!

MINUTE CHALLENGE #8

How many arm circles
can you do?



click video timer to start!

MINUTE CHALLENGE #9

Superman: Lie down on your stomach and lift both arms and legs up in the air.



click video timer to start!

MINUTE CHALLENGE #10

How many squats can you do?



click video timer to start!

FIELD DAY

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!

FIELD DAY

OUTDOOR CHOICE BOARD #2

build a fort	scooters	dig in the dirt	play with a pet	listen for different sounds
play with a toy of your choice outside	build something	plant seeds	play basketball	go on a scavenger hunt
go on a bug hunt	water table	bounce house	paint with water	playdoh outside
do a craft outside	hide and seek	play tag	throw a frisbee	play a board game outside

FIELD DAY



CLICK: [How to Draw a Gold Medal](#)

Follow along with the directed drawing video to make your own Field Day Gold Medal. You will need paper, pencil, and crayons for this activity.

congrats!

You completed

FIELD DAY

2020