

2020  
FIELD DAY

AT HOME

**10 “Minute to Win It” activities**

## #1 FLIP YOUR LID

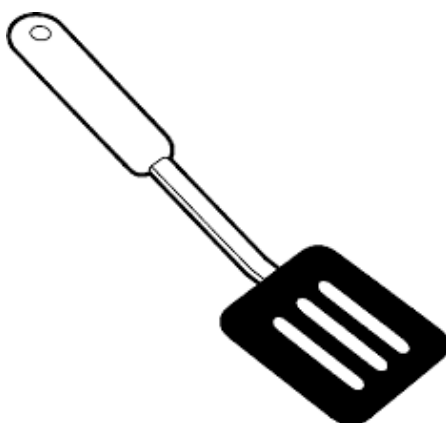
**Get Ready:** Kitchen spatula, 1 tupperware/plastic lid, and a timer

**Get Set:** Place the lid facing up on a table or floor.

Get your spatula ready for some lid flipping!

### GO!

- The object of the game is to flip your lid upside down to earn points.
- Place the lid facing up on the table or floor, then slide the spatula under the lid
- On the start signal, flip the lid in the air. Let it land flat on the table or floor.
- Score a point for every time the lid lands upside down (0 points if it lands right-side up).
- Quickly reset the lid each time you flip it.
- You will have one minute to see how many times you can flip the lid upside down.
- Write down the total number of points on the official Field Day Score Card.



## #2 BACKBOARD BANK IT

**Get Ready:** 5 large sock balls, laundry basket or bucket, a wall, and a timer

**Get Set:** Roll up the socks to make sock-balls. Place the basket or bucket against the wall. Mark a distance 5' (for K-3) & 10' (for 4-6) from the basket.

**GO!**

- On the start signal, start tossing the sock balls off of the wall and into the basket.
- You **MUST** use the wall as your backboard and bank it into the basket.
- Continue for 1 minute
- Score a point for every sock that is banked into the basket.
- Write your score down on the official Field Day Score Card.



### #3 INCH WORM SLIDE

**Get Ready:** One beach towel on a smooth floor (wood, tile, linoleum), 2 markers, a tape measure, and a timer

**Get Set:** Put 2 markers on the floor, 10 feet apart. Lay the beach towel out on the floor at one of the markers. Stand on one end of the towel.

#### GO!

- Get into a push up position on the towel.
- On the start signal, do the “Inch Worm” exercise (sliding your feet up to your hands, then sliding your hands out until you are in a push up position again)
- Do this until you get to the other marker.
- Turn around and do it again.
- A point is scored each time you get to a marker.
- Write your score down on the official Field Day Score card.



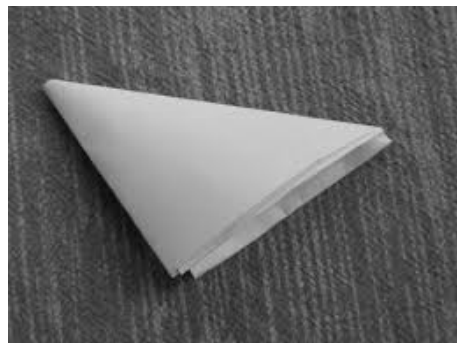
## #4 PAPER FOOTBALL

**Get Ready:** Make a Paper Football (instructions on next page), a table, and a timer.

**Get Set:** Sit at one end of a table with the paper football lying on the table

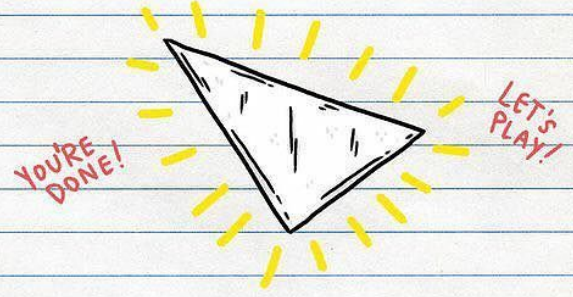
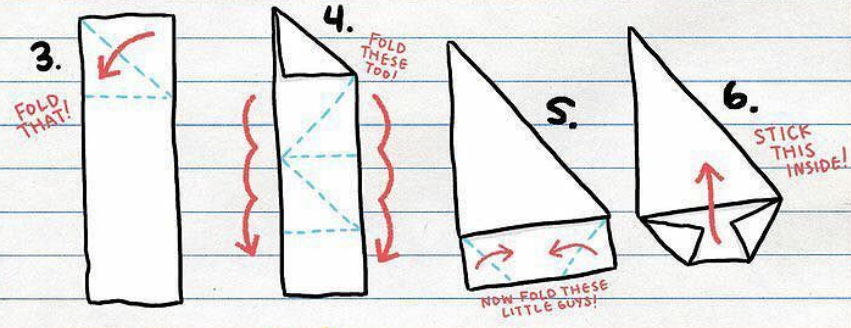
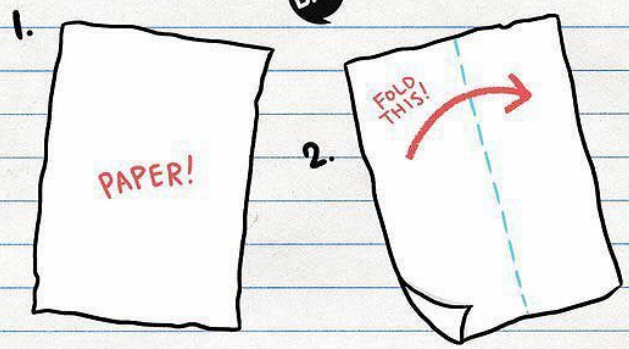
**GO!**

- On the start signal, push/slide the paper football from your side of the table across to the opposite side.
- A point is scored every time the football stops with part of it hanging over the edge.
- No points if it falls off or if there's no part hanging over the edge.
- It helps to have someone on the other side of the table, to slide the football back to you.
- Keep repeating until one minute is up.
- Write down your score on the official Field Day Score Card.



# HOW TO MAKE A PAPER FOOTBALL

BFF



## #5 POTATO SACK RACE

**Get Ready:** One pillow case, garbage bag, or a feed sack, 2 markers, a tape measure, and a timer

**Get Set:** It is best to do this on carpet or grass. Measure out 10 feet and put a marker at each end. Stand at one end, with your feet inside the sack, holding on to the top.

### GO!

- On the start signal, hop (no walking, running) to the other marker.
- Turn around and hop back.
- A point is scored each time you get to a marker
- After 1 minute, write down your score on the official Field Day Score Card.



## #6 PILLOW FLIP

**Get Ready:** Your bed pillow, an open space and a timer

**Get Set:** Place your pillow in the middle of an open space and stand to one side, facing the pillow.

**GO!**

- On the start signal, do **4** Mountain Climbers
- Flip the pillow
- Jump over to the other side
- Repeat, starting with the mountain climbers
- Score a point for every time you flip the pillow
- Write your score down on the official Field Day Score Card





## #7 WATER BOTTLE FLIP

**Get Ready:** 1 water bottle full of water and a timer

**Get Set:** Dump or drink  $\frac{3}{4}$  of the water, stand in front of a table, or kneel on the floor

**GO!**

- The object of the game is to get the bottle to land upright.
- Hold the cap with your thumb, pointer finger, and your middle finger.
- Bend your wrist down so you can flick your wrist up.
- On the start signal, flick your wrist upwards and let go of the bottle.
- See how the bottle lands on the table or floor.
- A point is scored for every time the bottle lands upright.
- And if it lands **upright**, you do **2 jumping jacks**.
- Repeat, as many times as you can in 1 minute.
- After one minute, write down your score on the official Field Day Score Card.



## #8 CUP STACKING RUN

**Get Ready:** 3 plastic cups, a marker, and a timer

**Get Set:** Stack 3 plastic cups on top of each other. Put a marker approximately 30 feet away. Best to do this one outside.

### GO!

- Stand next to the marker
- On the start signal, run to the cups.
- Make a pyramid with the 3 cups, then put back into a stack.
- Run back to the marker
- Repeat
- A point is scored every time you stack the cups.
- After 1 minute, write down your score on the official Field Day Score Card.



## #9 FAST FOLDER

**Get Ready:** 10 clothing items from a laundry basket for each player and a timer.

**Get Set:** Place 10 items (5 shirts & 5 pants/shorts) from your laundry basket in a pile next to you.

### GO!

- The object of this game is to score points by folding each item (shirt, shorts, pants). You have one minute to fold as many items as possible.
- On the start signal, begin folding each piece of laundry.
- Score 1 point for each piece of laundry folded in 1 minute.
- Max 10 points
- Write down your total points on the official Field Day Score Card



## #10 IF THE SHOE FITS

**Get Ready:** Sneaker, spacious area, clean feet, and a timer

**Get Set:** Make sure you have plenty of unobstructed space around you.

**GO!**

- Put your foot partially into the sneaker.
- On the start signal, flip the sneaker into the air.
- Score as follows:

1 point = sneaker lands on its side

2 points = sneaker lands right side up (sole of the sneaker on the ground)

3 points = sneaker lands *perfectly* upside down (no sides touching the ground)

- After 1 minute, write your total number of points on the official Field Day Score Card.

