

Queen Anne's County Virtual Field Day

It's Field Day! (Virtually). Since we can't see you out at our regular Field Day the P.E. Teachers from the county have teamed to create a Field Day you can do at home. Feel free to pick a few games to try or do them all. If you don't have all the equipment, improvise and do as best you can. Place a check in the star when completed.

<p>Mr. Ensor Matapeake Elementary</p> 	<p>Mixed up Mariner Equipment Needed (bat/stick)</p> <p>Directions:</p> <ol style="list-style-type: none"> 1. This can be a timed race or head to head. 2. Establish a starting line and place a bat about 20 yards away. 3. When the race starts, begin frog jumps from the starting line all the way to the other end. 4. Once you reach the other end, place your forehead on the bat and spin around 5 times. 5. Finally, frog jump as fast as you can back to the starting line. You'll be very dizzy, so be careful! 	<p>Climb the Ladder Equipment Needed (plastic cup, rolled socks, ladder or steps)</p> <p>Directions:</p> <ol style="list-style-type: none"> 1. Climb the Ladder can be played by yourself or against a partner 2. Place a plastic cup on the first step. Establish a consistent distance away from the cup. 3. Underhand toss your socks to knock the cup over. Move the cup higher to the next step. 4. Continue until you've reached the top step. 5. Keep time to see who can complete the challenge the fastest! 
<p>Mr. McNeil Kent Island Elementary</p> 	<p>Bowl Ball Equipment needed (ball, 6 bowls or any size)</p> <p>Directions:</p> <ol style="list-style-type: none"> 1. Set up the bowls in a triangle like bowling pins but with 3 in front, 2 in the middle and 1 in the back 2. Choose a spot about 6 feet away from the bowls and try to throw the ball into the bowls, backup if you want more of a challenge. You have 1 minute or ten throws to make as many as you can. Repeat and add up the scores for each round, do as many as you would like. 3. One point for the front row, Two points for the middle row and Three points for the back row. 	<p>Drip, Drip, Drop Duck Duck Goose but with a sponge. Equipment needed (Sponge and a bucket of water)</p> <p>Directions:</p> <ol style="list-style-type: none"> 1. Set up in a circle (as best you can) 2. One person walks around the circle with a wet sponge, tap everyone on their head when you pass 3. When you squeeze all the water out on someone's head they will chase you around the circle 4. Next person dunks the sponge in the water and starts again 

**Mr. Adelsberger
Bayside
Elementary**



Target Throw

Equipment needed (any ball or a rolled up sock, and a bin, box, or goal)

Directions:

1. Play by yourself or with a partner.
2. Set the bin about 5ft away.
3. Try to toss the ball in the bin.
4. Once you throw the ball in the bin, take a step back and try again.
5. See how far away you can get.

Variations:

- ❖ Play the same game but instead of throwing the ball, kick it.



Beach Towel Tug of War

Equipment needed (Beach towel and a stick)

Directions:

1. Hold the end of a beach towel while a partner holds the other end.
2. Place a stick on the ground in the middle of you and your partner.
3. On the word "Go" try and pull your partner across the stick while they try to pull you across the stick.
4. Whoever is able to pull their partner across the stick wins.



**Ms. Wilkes
Grasonville
Elementary**



If The Shoe Fits

Equipment needed (1 sneaker and a spacious area)

Directions:

1. Put your foot partially into the sneaker.
2. On signal, flip the shoe in the air.
3. Scoring: 1 point= shoe lands on its side. 2 points= shoe lands right side up(sole of the shoe on the ground). 3 points= shoe lands perfectly upside down (no sides touching the ground). 0 points= if your shoe hits you in the head or knocks over a lamp!
4. How many points can you score in a minute?

Variations:

- ❖ Who can Flip Shoe the furthest?



Backboard Bank It

Equipment needed (5 large sock balls, a laundry basket, or a box or bucket, and a wall)

Directions:

1. Roll up the socks to make sock balls.
2. Place the basket or bucket against the wall. Mark a distance 5'-10' from the basket.
3. The object of the game is to score as many points as you can in 1 minute. You do this by tossing the sock balls off the wall (this is called banking) and into the basket.
4. You MUST use the wall as your backboard and bank it into the basket. Score a point for every sock ball that is banked into the basket.



**Mrs. Kern
Centreville
Elementary**



Turtle Race

Equipment needed (laundry basket, storage bin, or cardboard box)

Directions:

1. Define the starting line and finish line for the race (about 20 feet apart)
2. Get into a bear crawl position.
3. Have a family member place a pretend turtle shell on your back.
4. Race to the finish line as quickly as you can.
5. Good luck, try not to leave your shell behind.
6. Can be done indoors or out.



Fill My Bucket

Equipment needed (storage bin or bucket filled with water, cup, empty bucket or bowl)



Directions:

1. Place the bucket with water about 30 feet away.
2. Place an empty bowl at the finish line.
3. Using a cup, scoop water from the bucket and carry it above your head as you race to fill the empty bowl.
4. You can time yourself to see how fast you can fill the bowl.
5. If you have someone to race, you can see who's bowl overflows first.
6. Option: If it is a warm day you may want to poke a hole in the bottom of the paper cup to make it really challenging to carry water.

**Mr. Wilhelm
Kennard
Elementary**



Pluck Football Field Goal Challenge

Equipment needed: 3 sheets of 8 1/2 X 11 sheet of paper, ruler, tape, and marker.

Directions for making your football:

1. Start with a sheet of paper laying flat on a hard surface.
2. Fold the paper in half the long way making sure the corners match up.
3. Run your fingers along the crease to really flatten the paper down.
4. Fold the paper in half the long way again.
5. Run your fingers along the edges again to really flatten the paper down.
6. Fold the lower right corner up until it reaches the top edge of the paper creating a triangle. Run your thumb along the creases to flatten the paper.
7. Flip the triangle so the edges meet and the point is at the top.

Egg Race

Equipment needed: Spoon, plastic egg, or a small ball.
If you are really brave and you have your parent's permission- a real egg!

Directions:

1. Design a race course that has a starting line and a turn around line. Thirty (30) large steps would be a good distance. If you want to make it more challenging, add some twists and turns to your course.
2. Before the start of the race, each racer should have a plastic spoon and a plastic egg.

8. Continue folding the triangle over until you reach the end of the paper. Always run your thumb along the creases to flatten the paper and keep the edges even.
9. Unfold the triangle one time. Tear the leftover paper so there is about a one inch flap left.
10. Tuck the flap into the fold of the triangle.
11. Color or decorate your football if you like!

Making your field goal:

1. Tape the other 2 pieces of paper together along the 11 inch sides.
2. Using your ruler and marker, draw a line across the center of the paper at the 8 1/2 inch mark from one side to the other. This is called the **crossbar**.
3. Then draw a line down the center of the paper from the line you already drew to the bottom of the paper. Should look like the capital letter "T".
4. Draw a line along both sides of the top paper from top to bottom. These are called the **uprights** of your goal post.
5. Tape the goal post at the bottom of a door or wall. Be sure to choose an area in your house that will give yourself plenty of room to move back to test your distance when "kicking". **Challenge:** See how far you can pluck your paper football through the uprights of your goal post.

Directions: Line up your football about 3 feet from the goal post. Use your ruler to be accurate. Using any finger on one hand to hold the football and any finger on the other hand to kick it, pluck the football! If the football hits between the uprights and above the crossbar, it's **GOOD**. If it hits outside of the uprights or below the crossbar, it's **No GOOD**. If you were successful, move back one foot and attempt to make a kick from there. If you missed, attempt from the same spot. Everytime your kick is successful, move back one foot. You are allowed 3 misses.



3. Place the spoon handle in your mouth and then the egg on the spoon. Place your arms behind your back.
4. The object is to move from the starting line to the turn around line and back to the finish line as quickly as possible without dropping the egg. If the egg is dropped, you must stop and pick it up before continuing to race. (Moving without the egg on the spoon results in a disqualification.).

Time yourself to see if you can get faster or better yet challenge a family member!!



<p>Ms. Quigley Church Hill Elementary</p> 	<p>Water Bottle/Cup Flip Equipment needed (water bottle with a little water in it or a plastic cup) Directions:</p> <ol style="list-style-type: none"> 1. Choose a water bottle or a plastic cup. 2. Time yourself for 1 minute. 3. On the signal to start, hold the water bottle by the cap and toss the water bottle up in the air. 4. How many times can you make the bottle land straight up in a minute. 5. Another option is to place a plastic cup face down on the edge of a table with part of the cup extending out from the edge. 6. Time yourself for 1 minute. How many times can you flip the cup up with your finger so that it lands standing up. <p>Variations:</p> <ul style="list-style-type: none"> ❖ Race someone to see who can make the bottle or cup land first. 	<p>Bocci Ball Equipment needed (an object such as a ball to represent the Pallino, then an object such as a stuffed animal, ball, shoe for each person playing the game) Directions:</p> <ol style="list-style-type: none"> 1. The goal of this game is to see who will get their object closest to the Pallino by tossing it. Choose an object to represent the Pallino (small ball, stuffed animal, shoe). 2. Decide who will throw the Pallino ball first. 3. This person will toss the Pallino somewhere out in the area you designated to play. 4. Then each person takes a turn tossing their ball (stuffed animal, shoe, etc) from the starting point to see how close they can get to the Pallino ball. 5. Person who is closest scores a point and gets to throw the Pallino out for the next round. 6. First person to 10 points wins. <p>Variations:</p> <ul style="list-style-type: none"> ❖ Each person has two objects to toss 
<p>Mr. Brainer Sudlersville Elementary</p>	<p>Wheelbarrow Race Equipment needed (starting line and finish line) Directions:</p> <ol style="list-style-type: none"> 1. Get in a push-up position. 2. The first child in each pair should lay down on the ground with their arms bent and hands next to their chest, as if they're about to perform a push up. 3. Have the second child or parent grab the first child's legs and lift up, as the first child pushes 	<p>Snack Snatch Equipment needed (cookie or small snack) Directions:</p> <ol style="list-style-type: none"> 1. Lean your head back and place one in the center of your forehead. 2. When you're ready you must move the snack from your forehead to your mouth using only your facial muscles and the forces of gravity. No hands! <p>Variations:</p>



- their torso up off the ground.
4. The wheelbarrow race derives its name from this pose, as the child whose hands are on the ground and feet are in the air looks something like a wheelbarrow.
 5. Use a cone or other easily visible object to mark the starting location, or create a starting line by dragging the heel of your shoe through the dirt. Make the area 30 feet.
 6. How fast can you get there and back?!



- ❖ Mix it up by trying this standing still, on one foot, or walking around. After you practice you can challenge a family member.



**Mr. Page
Board of Ed
PE
Supervisor**



Obstacle Course

Equipment needed (old tire, hula hoop, ropes for paths, boards for balance, crates for steps and swings to swing, use your imagination endless possibilities)

Directions:

1. Create a wonderful backyard or house obstacle course using as many different objects as you can!
2. Try to incorporate many of the skills you've learned in class.
3. You can race your own time or race your family! Start small and then go BIG!
4. How many different skills can you add in your course?

Here is a link to what an obstacle course could look like in your house. Click [HERE](#)



Dance Off!

Equipment needed (music)

Directions:

1. No one can resist dancing to their favorite song!!
2. Each dancer can find their favorite song and create a dance that goes along with it.
3. Your created dance can be to the whole song or set a time for the duration (example: 30 secs)
4. Make sure you set the criteria for judging your dance! What makes the dance the best? (funniest, craziest, etc.)



Here a link to all the great moves you can use!
Click [HERE](#)

**Mrs. Smith
APE
Supervisor**



Balloon volley with a partner

Equipment needed (fly swatter, hand, or wooden spoon, and a balloon, zip block bag (blow up with air zip and you have an object to hit) or beach ball)

Directions:

1. You can do this sitting or standing
2. You can hit the balloon, bag or beach ball back and forth over a couch, a line drawn, over a blanket tied to two chairs, or just volley it back and forth.
3. You can push the balloon, bag or ball back and forth as well as a modification
4. count how many times you touch the ball before someone loses control or the balloon or ball touches the ground
5. Start close then try to get further away
6. You can keep track of points if it hits the ground on your partner's side you get a point and if it hits on your side your partner gets a point. Play till 10!

[Keep the Balloon up Challenge](#)

[Balloon Battle](#)



Sight Word Exercise

Equipment needed (computer for video or list of sight words on paper)

Directions:

1. Read the sight words then when it says an exercise you complete the exercise until the next set of words come on.
2. Here is a link you can use to help, [Sight word exercise](#)
3. You will do that for 5 minutes. Lets see how many sight words you can complete within 5 min.

[The exercises:](#)

Jumping Jacks - modification - you can step with each leg and take out the jump, march in place, or arm circles

Bicycle legs -

One foot hop - modifications: you can do two feet, high knees (bring knees to chest),

Crunches - modification: standing elbow to knee or sitting elbow to knee

Toe touches - modification - can be in a standing or sitting position

Push ups - modifications: can be done on your knees, against a wall, or laying on your stomach and pushing up with just your arms

Run in place - modifications: walk, march, twist, are other options

