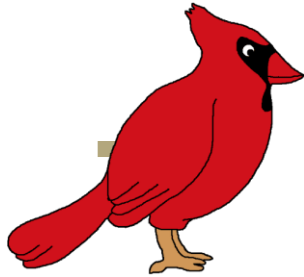


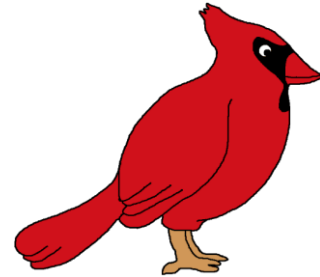
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# SIS Family Virtual Field Day!



**May 21-May 31**



# The Setup

## How it works:

- Choose and select as many games and activities as you would like
- You can always modify an activity to fit the equipment that you have!
- Keep track of how many events you completed and scores by creating a simple scoring sheet on paper. See an example on the next slide

## Accomplishments:

- 10 activities completed = Bronze Medal
- 15 activities completed = Silver Medal
- 20 activities completed = Gold Medal



**Example Of  
Scoring Sheet**

Events	Player 1	Player 2	Player 3	Player 4	Player 5
Flying Shoe					
Keep It Up					
Drip, Drip, Drop					
Electric Fence					
Picture Perfect					
Javelin Throw					



Flying Shoes



Javelin Throw



Hot Shots



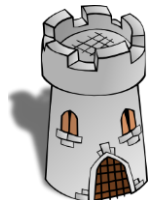
Keep It Up



Running Long Jump



Move On Wheels



Tower Construction



Drip, Drip, Drop



Trick Shot



Sack Races



Snack Time



Yoga Freeze Dance



Dizzy Bat Races



Egg Toss



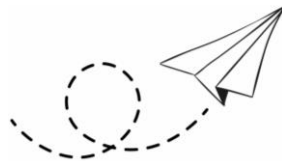
Shoe Balance Challenge



Electric Fence



Leaky Cup Relay



Paper Plane Cornhole



Bowling Challenge



Picture Perfect

# 1. Flying Shoes

## Materials:

- 1 pair of shoes
- 1 distance marker (water bottle, stick, cone)
- 1 starting line marker

## Directions:

- The object is to kick your shoe as far as you can off of your foot
- Untie your shoelaces so your shoe is loosely on your foot
- Take 2-3 steps back from the starting line
- When ready, walk up and kick 1 shoe off
- Repeat this process for the other shoe
- Place a distance marker where the shoe landed and try to beat it each time



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# 2. Javelin Throw

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## Materials:

- 1 javelin (pool noodle or any item you can safely throw)
- 1 distance marker per competitor to mark each player's throw (cone, plastic cup, etc.)
- 1 throwing marker

## Set Up

- Find a large open space to play
- Place the throwing marker on one side of the play area

## Directions

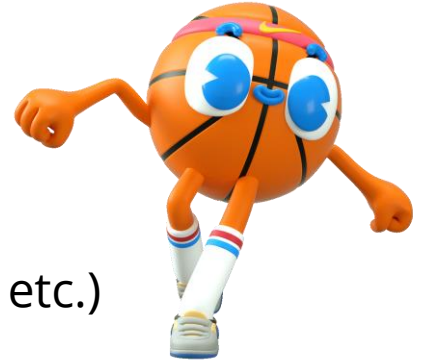
- Take 5-10 steps away from the marker
- When ready, run towards the marker and throw your javelin as far as you can
- After throwing, retrieve the javelin and place a distance marker at the spot where the javelin landed.
- Continue until everyone's had 5 turns



# 3. Hot Shots

## Materials:

- Basketball and a hoop if playing outside
- Socks and a box or laundry basket if playing inside
- 5-10 Shot markers (paper plates or cups, cones, sticks, etc.)



## Directions:

- Scatter your shot markers all over the ground around your basket
- When the game starts, you have 1 minute to stand on a shot marker to try and make a shot
- If you make it, take the marker and put it in a pile
- If you miss, you must leave it
- Score as many markers as you can and add them up at the end!

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# 4. Keep It Up

## Materials:

- Something that will hold air
- Example - a balloon or a ziplock bag

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## Directions:

- Use your arms, legs, or head to keep your balloon or bag up in the air for as long as you can
- Count how many hits you can get in a row
- If it hits the ground, your score goes back to zero!



# 5. Running Long Jump

## Materials:

- Something to use to mark when to jump
- Example - pool noodle or water bottle
- Measuring tape (optional)

## Directions:

- Place your jump marker down on the ground
- Take 20-25 steps away from the marker
- Run as fast as you can and then jump once you reach the marker
- Have someone measure the distance between the marker and where your feet landed



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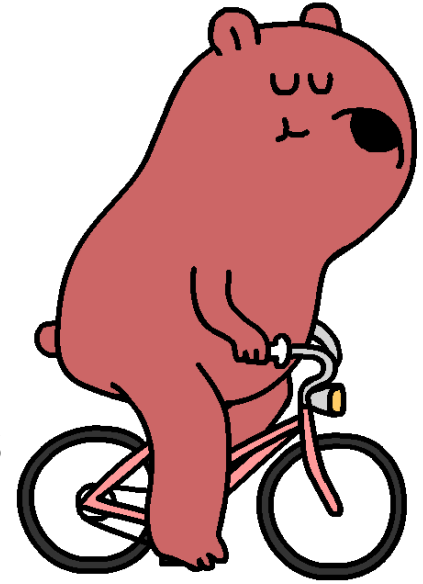
# 6. Move On Wheels

## Materials:

- Something you can ride that has wheels
- Example - bikes, scooters, roller blades, skateboards

## Directions:

- With adult supervision, ride for at least 10 minutes in either your neighborhood or park



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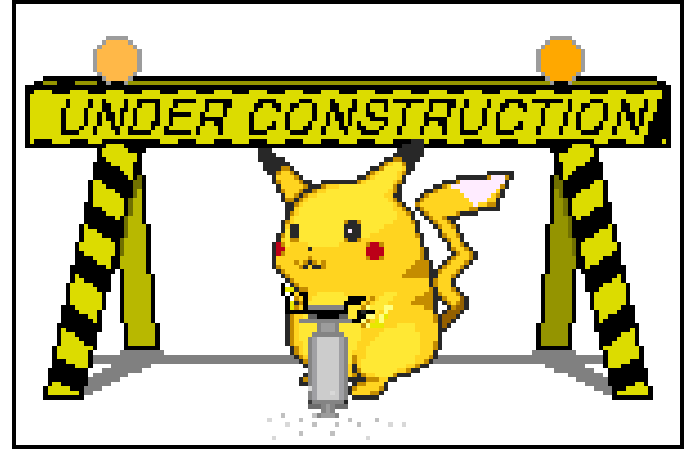
# 7. Tower Construction

## Materials:

- Anything you can build a tower with
- Example - plastic cups, old newspaper rolled together, legos

## Directions:

- The object of the game is to build the tallest tower using the material that you chose
- Set a timer for 20 minutes
- At the end of the time limit, measure to see who had the highest tower



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## 8. Drip, Drip, Drop

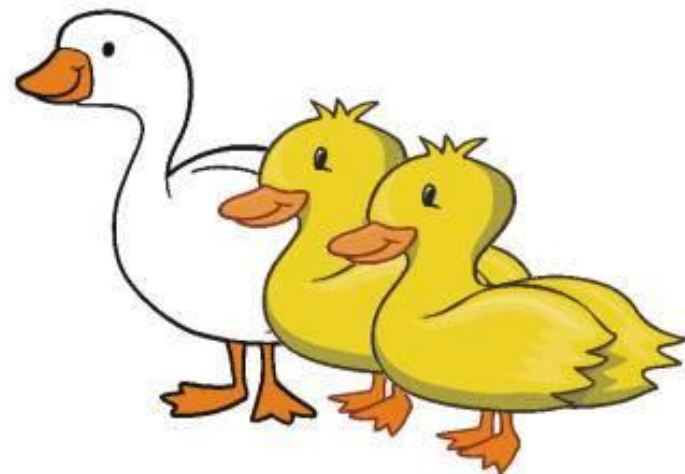
### Materials:

- 1 bucket of water and 1 cup

### Directions:

- This is duck, duck, goose only with water!
- Have everyone sit in a circle
- Select 1 person to be the dropper. They will be on the outside and will walk around the circle and drip just a little bit of water on everyone's head as they go by
- When ready, they will drop the rest of the water on the goose and try to run around the circle back to the open spot without being tagged

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# 9. Trick Shot!

## Materials:

- Anything you choose

## Directions:

- Try to come up with your very own trick shot
- Be creative!



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# 10. Sack Races

## Materials:

- Some type of bag or sack that you can put 2 feet in
- Example - grocery tote, burlap sack, garbage bag

## Directions:

- Determine a starting line and then create a finish line that is 10-15 steps away
- On “go” everyone will jump with 2 feet in their bag to try and reach the finish line first!
- Repeat or you can play as a relay race



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# 11. Snack Time

Being active can be hard work!

Refuel with a piece of fruit or your favorite healthy snack!



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# 12. Yoga Freeze Dance

## Directions:

- When the music starts you can dance along or come up with your own dance moves
- When the music stops, look at the screen and freeze like the yoga pose for 10 seconds!

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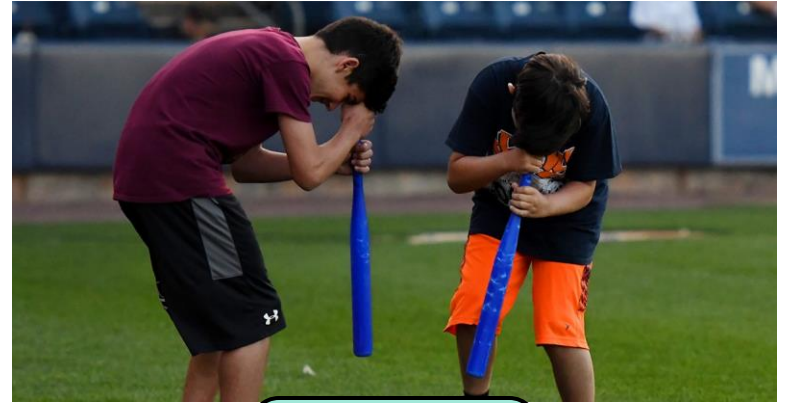
# 13. Dizzy Races

## Materials:

- Something to spin around
- Example - baseball bat, pool noodle, etc.

## Directions:

- Determine a starting line and finish line
- To start, everyone will be looking down and will have their forehead on their bat or noodle
- On “go” everyone will spin 5 times around their object
- After the 5th time, it will be a race to see who can cross the finish line first!
- You can always add more spins if it’s too easy



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# 14. Egg Toss

## Materials:

- Anything you can toss and catch back and forth
- Examples - eggs, water balloons, etc.

## Directions:

- You will need a partner for this game
- Start by facing your partner and take 1 step back from each other
- Toss the egg to your partner
- If they catch it, you will take another step back
- Continue to do this until someone drops the egg or until it breaks
- Count how many total steps you can take away from each other!



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# 15. Shoe Balance Challenge

## Materials:

- 1 Shoe

## Directions:

- Start by balancing a shoe on top of your foot
- The object is to roll all the way over without letting the shoe drop

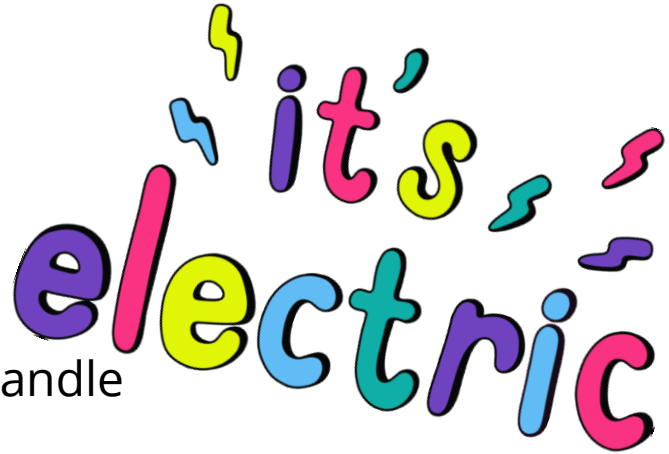


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# 16. Electric Fence

## Materials:

- Something to hold
- Examples - pool noodle, stick, broom handle



## Directions:

- This game requires 2 people
- 1 person will hold the electric fence (pool noodle) while the other person will try to **run** and **jump** over it
- Start with the electric fence down on the ground
- After each successful jump raise the fence a little higher
- Continue to do this until they touch the fence and then switch roles

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# 17. Leaky Cup Relay

## Materials:

- 1 big bucket of water
- 2 smaller containers
- 2 cups with holes poked at the bottom and sides (plastic cups are great for this game)

## Set Up

- Create 2 teams
- Each team will have a cup and their own container
- Place the bucket of water 10-20 steps away from the two teams

## Directions

- On “go” the first person will run out to the bucket with their cup and scoop up as much water as they can
- They will quickly hurry back to dump as much water as they can in their team’s container and the hand it to the next person
- This will continue for 3 minutes
- At the end of the time, see who has the most water in their container



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# 18. Paper Plane Cornhole

## Materials:

- 1 basket or bucket
- 3 pieces of paper to make airplanes

## Set Up

- Create 3 different airplanes
- Set your basket 5-10 ft. away

## Directions

- On “go” you have 1 minute to score as many points as you can
- A plane that lands in the basket = 2 points
- A plane that hits the outside of the basket = 1 point
- A plane that doesn’t hit the basket = 0 points
- Play multiple rounds and keep track of your high score



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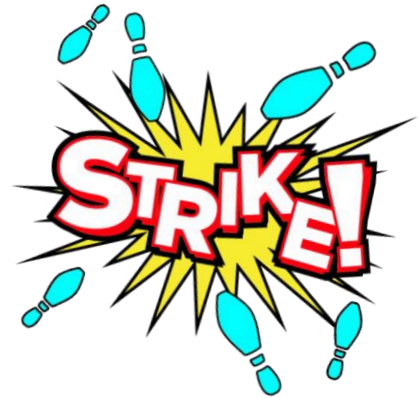
# 19. Bowling Challenge

## Materials:

- Something to make pins for example - water bottles or plastic cups
- A ball that will roll

## Directions:

- Set your pins 10-15 steps away
- See how many pins you can knock down in 6 rolls
- Set the pins back up after each roll
- Add your score up at the very end
- Challenge a friend or try to beat your own score



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# 20. Picture Perfect

## Materials:

- Anything to write or draw with
- Examples - markers, chalk, paint, or crayons

## Directions:

- Draw and share a picture of your favorite memory from this school year
- Examples - your teacher, spending time with friends, fun projects that you did, a field trip, favorite thing about school



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