

Springfield Elementary Field Day



May 18, 2020



Virtual Field Day 2020 Expectations

1. Have fun!
2. On the next slide, there is a table of 10 activities, you can click on any of those activities and it will bring you to a page with a description of the activity.
3. We would like everyone to try at least 3 activities! (you can do more)
4. You can repeat the activities as many times as you wish to improve your score
5. You can compete against a family member (optional)
6. Do you want to submit your scores? Follow this link:
https://drive.google.com/open?id=1cZAq8Sq4arY8uUHYhxPw3xGZUncK9prPi1_6H2OHY18
7. We would love to see pictures/videos from your field day, you or your parent can send them to: adam.meyer@springfield.mntm.org, andrew.hirsch@springfield.mntm.org, or tiffany.hillesheim@springfield.mntm.org

Remember Tigers are:

RESPECTFUL

RESPONSIBLE

SAFE

The Events

Click each box for instructions!

<u>50 Foot Dash</u>	<u>Standing Long Jump</u>	<u>Ball Throw</u>	<u>¼ Mile Run</u>	<u>Pillow Case Race</u>
<u>Sock Ball Shoot</u>	<u>Spoon Egg Relay</u>	<u>Vertical Jump</u>	<u>Dude Perfect Trick Shot Magic</u>	<u>Paper Plane Cornhole</u>

50 Foot Dash

Get Ready: Tape measure, something to mark start and finish line

Get Set: Measure 50 feet, Place items at start and finish line

GO!

- You will run 50 feet as fast as you can!
- Use the timer on this slide or a stopwatch at home.
- Repeat 3 times
- Challenge a family member! (optional)
- Keep track of your best score



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Standing Long Jump

Get Ready: Tape Measure, a set mark to jump from

Get Set: Place marker on the ground for a start line, roll tape measure out where you will jump.

Go!

- Place both feet behind the starting line
- Jump out as far as you can!
- Measure where the heel of your furthest back foot lands.
- Repeat 3 times
- Challenge a family member! (optional)
- Keep track of your best score



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Ball Throw

Get Ready: Any ball from your house (preferably football or softball), tape measure, open space

Get set: Find a place with open space to throw from, make sure no one is in the throwing area, and get ready to throw!

Go!

- Throw the ball as far as you can!
- Measure the distance from where you threw the ball to where it landed
- Repeat 3x
- Challenge a family member! (optional)
- Keep track of your best score



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Quarter Mile Run

Get Ready: A “normal” city block, running shoes, music (optional), way to time yourself

Get set: Get to a starting line

Go!

- Run as fast as you can around the whole block
- Use the timer on this slide or some type of watch
- Run more than once if desired to if you can beat your time
- Keep track of your best score



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Pillow Case 1 Minute Race

Get Ready: Pillowcase (probably not one currently being used, and one your parents are okay with you using), tape measure, two items to mark a start and finish line.

Get set: Measure out ten feet and place one item at the start and finish, get your timer ready and set for 1 minute (you can use the timer on this page)climb in your pillowcase and get ready!

Go!

- Hop down and back touching each item as many times as you can(each touch counts as 1)
- Repeat if desired to see if you can improve your score
- Keep track of your best score



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Sock Ball Shoot

Get Ready: 5 sock balls, laundry basket or bucket, timer

Get set: Roll up socks into balls, measure or estimate a spot (you can use multiple if you want) 6 feet away from your basket, get timer set for 1 minute (you can use the one on this page)

Go!

- Shoot as many sock balls into the hamper/garbage bin as you can in 1 minute
- If you run out of socks, hurry and collect them, run back to your spot and keep shooting
- Repeat if you want to try and get a higher score
- Keep track of your best score



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Spoon Egg Relay

Get Ready: A spoon, an egg (can be plastic, ask your parents!), a tape measure, two items for a start and finish line

Get set: Pick a starting line and measure 20 feet away, placing an item at each spot, place your egg on your spoon set your timer for 1 minute (you can use the one on this page).

Go!

- Your goal is to run around each item as many times as you can (down and back =1).
- If your egg falls off your spoon, stop and replace the egg before continuing to run
- If your egg breaks you can replace it with a new one.
- Score 1 point for each lap
- Keep track of your best score



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Vertical Jump

Get Ready: You will need an open wall (nothing on the wall or in your way), a piece of tape, and a tape measure

Get set: Place a rolled up piece of tape at the top of your finger and find an open wall

Go!:

- Stand next to and face the wall
- Jump as high as you can
- Make sure to tap the wall with your piece of tape
- Measure how high the tape is from the ground
- Subtract jump height from standing height to get your score
- Attempt 3 times
- Keep track of your best score



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Dude Perfect Trick Shot Magic

Get Ready: Any ball, a basket of any kind, materials you want to use for shots, camera (optional)

Get set: Set up your trick shot, get camera ready to film

Go!

- Your goal is to make a trick shot
- You can use any ball and any type of basket
- You can set up materials for the ball to bounce off of or over
- Be creative!
- Film your shot (optional)



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Examples by Dude Perfect

Paper Plane Corn Hole

Get Ready: 3 paper sheets, a bucket or laundry basket, timer

Get set: Create 3 paper airplanes using any design of your choice, place bucket 7 feet from your throwing line(s)

Go!

- Your goal is to make as many airplanes into the basket/bucket as possible in 1 minute
- When your minute starts, throw your planes toward the target.
- You get 1 point for every plane that hits the bucket/basket and 2 for every plane that goes in the target
- Repeat if you wish
- Keep track of your best score



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