

Springfield Elementary Field Day



May 18, 2020



Welcome to Field Day 2020

On the next slide you will find a bingo card. Feel free to pick whatever activities you would like to complete.

When you click on the link (blue underlined words) it will take you to the slide explaining how to complete the activity.

You can compete against yourself by trying to beat your first or best time/distance

You can compete against another person in your family

We would love to see pictures/videos of you doing these activities. You can send them to:
adam.meyer@springfield.mntm.org, andrew.hirsch@springfield.mntm.org ,
tiffany.hillesheim@springfield.mntm.org

Have fun

Remember Tigers are:

RESPECTFUL

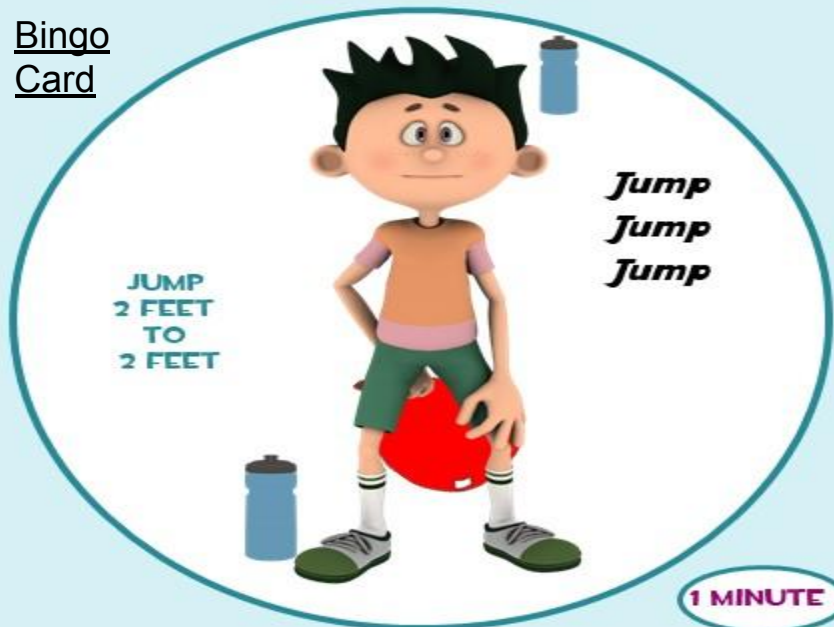
RESPONSIBLE

SAFE

<u>Standing Long Jump</u>	<u>Water Balloon Toss</u>	<u>Airplane Throw</u>	<u>Three legged race</u>	<u>Limbo</u>
<u>Tall Tower Stack</u>	<u>Hot Spot Shot</u>	<u>Balance Walk</u>	<u>Ziplock Juggle</u>	<u>Well Jump</u>
<u>Knock it off</u>	<u>Keep it up</u>	<u>FREE SPACE</u>	<u>Scavenger hunt</u> <u>What are you hunting for?</u>	<u>Toss and Travel</u>
<u>Flip your lid</u>	<u>Hurdle Run</u>	<u>If the shoe fits</u>	<u>Spoon relay</u>	<u>Obstacle Course</u>
<u>Sweep it up</u>	<u>Jump the pillows</u>	<u>Ball throw</u>	<u>One block run</u>	<u>Kick up and catch</u>

MIGHT AS WELL JUMP

Bingo
Card



Place a balloon or pillow between your knees and jump up and down to the end marker, go around it, and then jump back to the starting line. Repeat.




1

Home Field Day



1

What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **A Balloon:** You can substitute with a small pillow or a ball 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

How can I make it more fun?

1. **Beat your Record:** Jump for a minute and count the number of markers you get to. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

MIGHT AS WELL JUMP

KEEP IT UP

Bingo
Card



Volley the beachball or balloon up in the air with your hands, head and feet as you travel around the end marker and back to the starting line.





2

Home Field Day



2

What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **A Beachball or Balloon:** You can toss and catch a small  pillow or sock ball instead 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

How can I make it more fun?

1. **Beat your Record:** Volley or toss/catch moving back and forth for a minute and count the number of markers you go around. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

KEEP IT UP

HURDLE RUN

Bingo
Card



1 MINUTE

Run from a start marker and jump over a set of hurdles. Run around an end marker and return to the start. Repeat.

5

Home Field Day



5

What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object
2. **Cereal Boxes:** You can substitute with pillows or cardboard boxes
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event

How can I make it more fun?

1. **Beat your Record:** Run and hurdle for a minute and count the number of laps you make. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

HURDLE RUN

SWEEP IT UP

Bingo
Card



From a starting marker, sweep a sock ball or a crumpled-up piece of paper around an end marker and back to the start.





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Home Field Day



16

What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **A Broom:** You can substitute with a mop or stick 
3. **Ball:** Use a sock ball or paper ball 
4. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

How can I make it more fun?

1. **Beat your Record:** Sweep back and forth for 1 minute and count the number of markers you get to. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

SWEEP IT UP

OBSTACLE COURSE

Bingo
Card



1. From starting marker, run around a paper plate
2. Jump over a hurdle (use stacked pillows)
3. Jump rope or pretend to jump rope 5 times
4. Crawl under a chair and go to toss marker
5. Toss a sock ball into a bin or bucket- 3 attempts

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Home Field Day



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What do I need?

1. **Start and Toss Markers:** You can use cups or water bottles.
2. **Paper Plate:** You can substitute with a piece of paper.
3. **Hurdles:** Use pillows or cushions.
4. **Jump Rope:** Just pretend or use any rope.
5. **Chair:** Anything you can crawl under.
6. **Tossing bin:** Use a trash bin or bucket.
7. **A Timing Device:** This is optional if you want to time yourself while you perform the event.

How can I make it more fun?

1. **Beat your Record:** Go through the entire obstacle course, ending by running back to the start. Time yourself and try it again and see if you can beat your time.
2. **Race Against Someone:** Go head-to-head with a family member or friend or try to beat their time.

OBSTACLE COURSE

JUMP THE PILLOWS

Bingo
Card



Take a few steps first and then jump (2 feet to 2 feet) over some stacked pillows. Add a pillow each time to see how many you can jump over.

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Home Field Day



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What do I need?

1. **Pillows:** You can use regular pillows, cushions, blankets or anything you can stack on top of each other
2. **A Measuring Device:** You can use a yardstick, tape measure or tape ribbon



How can I make it more fun?

1. **Beat your Record:** Jump over a couple of pillows and keep adding more to the stack. See how many you can safely jump over. Measure the height!
2. **Jump Against Someone:** Go head-to-head with a family member or friend to see who can jump over the most pillows

JUMP THE PILLOWS

ZIPLOCK JUGGLE

Bingo
Card



*Keep
it
up*

TRY IT USING
YOUR FEET, KNEES,
CHEST AND HEAD

10
ATTEMPTS



Using your feet, juggle a Ziplock bag filled with air. See how many times you can kick it up without it falling to the ground.

Home Field Day

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What do I need?

1. **Ziplock Baggies:** You can also use small trash bags with a tie, balloons or a ball 
2. **A Timing Device:** This is optional if you want to time yourself to see how long you can keep the Ziplock baggie up in the air 

How can I make it more fun?

1. **Beat your Record:** Juggle the Ziplock bag until it hits the ground. Count your kick-ups. Do it again and see if you can increase the number
2. **Juggle Against Someone:** Go head-to-head with a family member or friend to see who keeps it up the longest

ZIPLOCK JUGGLE

TOSS AND TRAVEL

Bingo
Card



From a starting marker, travel across a room while you toss and catch a plastic bag. Go around the end marker and back to the start.




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Home Field Day



23

What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Plastic Bags:** You can substitute with a light scarf or Ziplock bag 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

How can I make it more fun?

1. **Beat your Record:** Travel and toss/catch for a minute and count the number of markers you get to. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

TOSS AND TRAVEL

BALANCE WALK

Bingo
Card



Balance a stuffed animal on your head and walk from a starting marker, around an end marker and back. If it falls, do 1 turn before you pick it up.




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Home Field Day



25

What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Stuffed Animals:** Small ones work best. Use sock balls or small pillows as an alternative 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

How can I make it more fun?

1. **Beat your Record:** Balance and walk for a minute and count the number of markers you get to. Do it again and see if you can do better
2. **Balance Multiple Items:** Add 1 item each time
1. **Race Against Someone:** Go head-to-head against someone else

BALANCE WALK

TALL TOWER STACK

6 CUPS

Bingo
Card



10 TIMES

On a table or on the floor, upstack and downstack 6 cups in one, 6-high stack. Time yourself and see if you can beat your best time.




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Home Field Day



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What do I need?

1. **Cups:** Use 6 plastic cups or substitute using bottle tops 
2. **A Table:** You can also stack on a desk or even on the floor 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

How can I make it more fun?

1. **Beat your Record:** Stack and unstack the 6 cups and time yourself. Try it a few times to beat your time
2. **Use More Cups:** Try 8, 10 or 12 cups to stack
3. **Race Against Someone:** Go head-to-head with a family member or friend

TALL TOWER STACK

KICK-UP CATCH

Bingo
Card



1. Place a sock ball on 1 foot and kick it up in the air. Catch it in the air.
2. Put the beanbag between both feet and jump up in the air. Release the beanbag in midair and then catch it.



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Home Field Day



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What do I need?

1. **Sock Balls:** You can use rolled up socks, beanbags or a small ball 
2. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

How can I make it more fun?

1. **Beat your Record:** Kick and catch for a minute and count the number of times you make a successful catch. Do it again and see if you increase that number. Try doing it performing version 1 and 2.
2. **Go Against Someone Else:** Go head-to-head with a family member or friend to see who makes the most successful catches in a minute

KICK-UP CATCH

TOSS AND TRAVEL

Bingo
Card



From a starting marker, travel across a room while you toss and catch a plastic bag. Go around the end marker and back to the start.




23

Home Field Day



23

What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Plastic Bags:** You can substitute with a light scarf or Ziplock bag 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

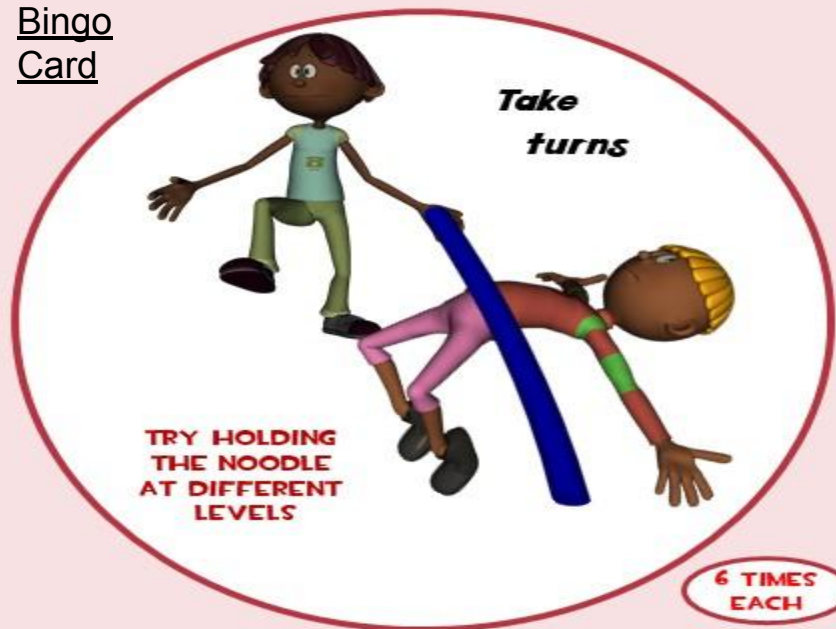
How can I make it more fun?

1. **Beat your Record:** Travel and toss/catch for a minute and count the number of markers you get to. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

TOSS AND TRAVEL

DO THE LIMBO

Bingo
Card



Have a family member or friend hold a pool noodle or a broom stick at different levels while you do the "limbo" underneath it. Switch jobs!

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Home Field Day



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What do I need?

1. **Limbo Stick:** You can use a pool noodle, broomstick, yardstick or any other straight object
2. **Music:** Play some music if you can. Reggae or Calypso music is the best for doing a Limbo



How can I make it more fun?

1. **How Low Can You Go:** See how low you can safely go under the limbo stick. Make sure you arch your back as you travel under
2. **Make it a Family Event:** Let the whole family try to limbo. Incorporate some balloons and have some FUN!!



DO THE LIMBO

KNOCK IT OFF

Bingo
Card



Overhand throw a sock ball at a target sitting on top of a chair. Try to knock it completely off the chair. Move the marker different distances away from the target.





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Home Field Day



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What do I need?

1. **Throwing Marker:** Use a paper plate or piece of paper 
2. **Ball:** Use a sock ball, beanbag or any other soft-type ball 
3. **Chair:** You can substitute using a table or any other raised surface 
4. **Target:** Use a stuffed animal, plastic container or cup or try a blown up Ziplock bag 

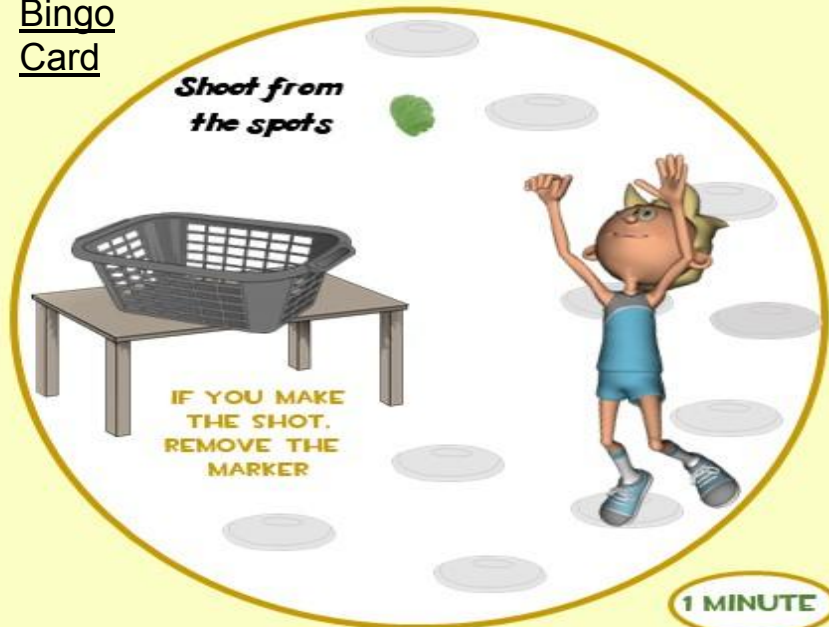
How can I make it more fun?

1. **Beat your Record:** Throw at the target 10 times. Try it again and see if you can better your score
2. **Throw Against Someone:** Go head-to-head with a family member or friend to see who knocks the target off the chair the most in 10 throws

KNOCK IT OFF

HOT SPOT SHOT

Bingo
Card



From a shooting marker take a B-ball shot at a basket/bin on a table. If you make the shot, pick up the shooting marker and place it off to the side. Go to another marker and take a shot. See how many shooting markers you can acquire.





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Home Field Day



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What do I need?

1. **Shooting Markers:** Use 10 paper plates or 10 pieces of paper 
2. **What to Shoot:** Crumpled up paper, a sock ball or a stuffed animal 
3. **Basket:** Use a laundry basket or trash bin 
4. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

How can I make it more fun?

1. **Beat your Record:** Shoot for 1 minute and count the number of shooting markers you collected from successful shots. Do it again and see if you can do better
2. **Shoot Against Someone:** Go head-to-head with a family member or friend to see who gets the most shots

HOT SPOT SHOT

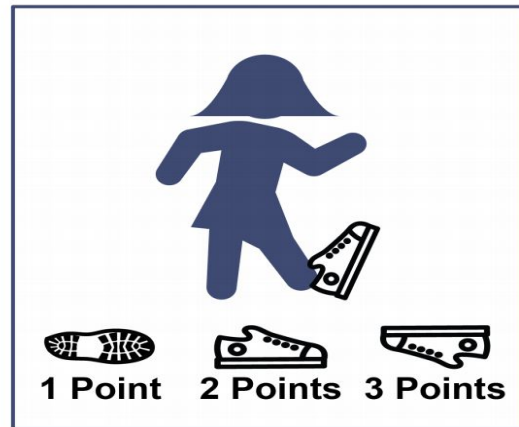
IF THE SHOE FITS

Get Ready: 1 Tennis Shoe, Spacious Area, Clean Feet

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

GO!

- How many points you can score in 1-minute?
- Put your foot partially into the tennis shoe.
- On the start signal, flip the shoe into the air.
- Score as follows:
 - 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 the shoe hits you in the head or knocks over a lamp.
- Write your total number of points on the official Field Day Score Card.
- Go wash your foot.



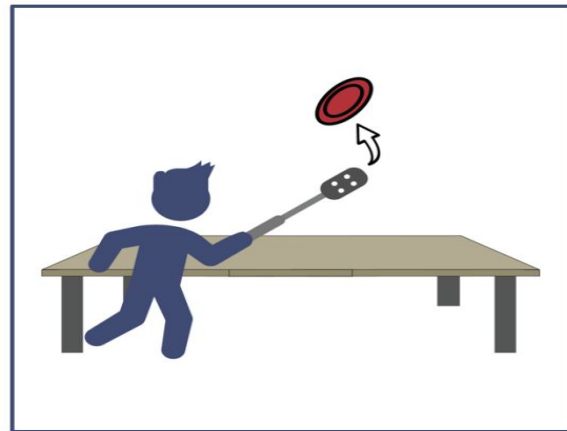
FLIP YOUR LID

Get Ready: Kitchen Spatula, 1 Tupperware/Plastic Lid

Get Set: Place the lid facing up on a table or floor.
Get your spatula ready for some lid flipping!

GO!

- This event is called Flip Your Lid.
- The object of this game is to flip your Tupperware lid upside down to earn points.
- Place the lid facing up on the table or floor, then slide the spatula under and flip the lid in the air. Let it land flat on the table or floor.
- Score a point for every lid that you flip upside down (0 points if it lands right-side up).
- Quickly reset the lid each time you flip it.
- You will have 1 minute to see how many times you can flip the lid upside down.
- Write your score down on the official Field Day Score Card.



Bingo
Card

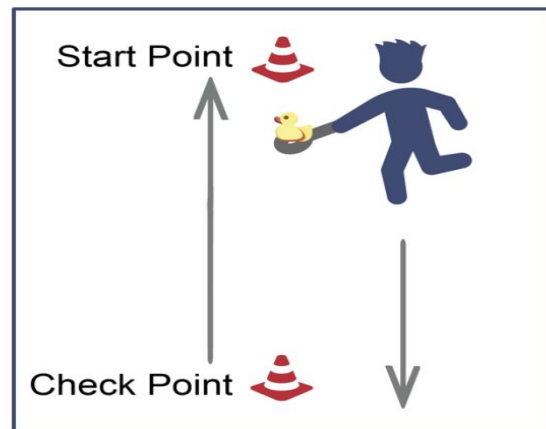
SPOON RELAY

Get Ready: 1 spoon, 1 object to balance (small ball, marble, small toy), Items to Mark Start/Check Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

Get Set: Set a starting point and a check point. Distance can be 15 to 30 walking steps from beginning to end. At the start point, get ready by placing the object on the spoon and balance it.

GO!

- This is the Spoon Relay. You have 1 minute to Score points by completing laps with an object balanced on a spoon.
- On the start signal, move carefully from the starting point to the check point and back again (1 lap).
- Complete as many laps as possible without a drop.
- If you drop the object, stop walking, place it on the spoon, and begin again.
- Score 1 point for each lap completed without a drop.
- Write your score down on the official Field Day Score Card.



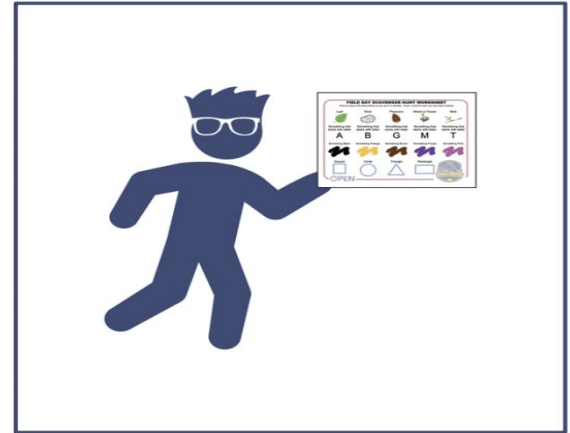
SCAVENGER HUNT

Get Ready: Scavenger Hunt Worksheet

Get Set: Have a printed copy of the Scavenger Hunt Worksheet. The items you have to find are things lying around your house and/or yard.

GO!

- This event is called Field Day Scavenger Hunt.
- The object of this game is to find as many items listed on the worksheet as possible in 5 minutes.
- On the start signal, search around your house and/or yard and collect the items that fit the description on the worksheet.
- Score a point for every item that you find. If an item can't be collected/moved, simply check it off on your scavenger hunt worksheet.
- Record your score on the official Field Day Score Card.



FIELD DAY SCAVENGER HUNT WORKSHEET

Find as many of the items below as you can in 5 minutes. Score 1 point for each one your team collects!

Leaf



Something that starts with letter

A

Rock



Something that starts with letter

B

Pinecone



Something that starts with letter

G

Weed or Flower



Something that starts with letter

M

Stick



Something that starts with letter

T

Something Black



Something Orange



Something Brown



Something Purple



Something Pink



Square



Circle



Triangle



Rectangle



AIRPLANE THROW

1. Create a paper airplane.
 - a. [How To Fold A Paper Airplane That Flies Far. \(Full HD](#)
2. Throw as many as you want- try beating your best throw
3. Challenge a sibling or parent
4. Throw your airplane and see who's goes the furthest



Bingo Card

WATER BALLOON TOSS

1. Find a sibling or parent
2. Fill a water balloon
3. Toss the water balloon to your partner
 - a. Take a step back each time you catch the balloon
4. Keep going until the balloon breaks

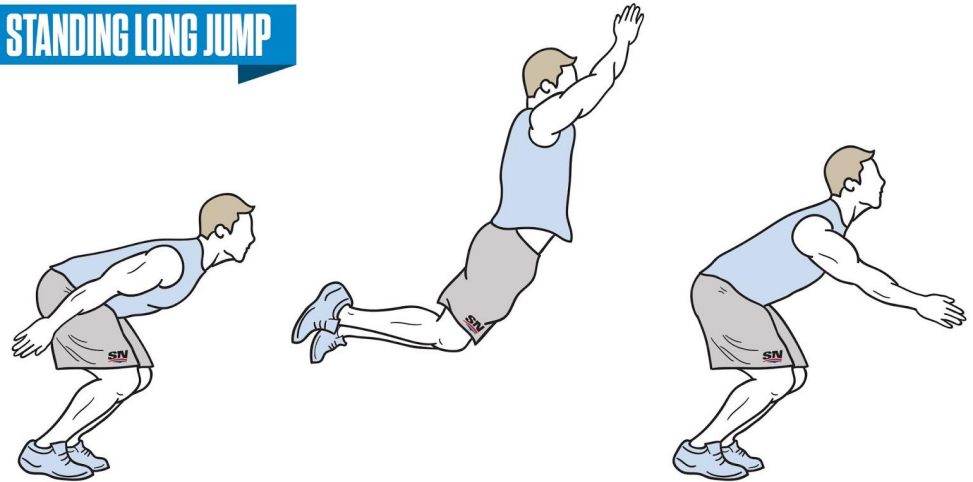


Bingo Card

STANDING LONG JUMP

1. Find an open area
2. Pick a starting point
3. With both feet together jump as far forward as you can
4. Try to beat your best jump
5. Challenge a sibling or parent
6. See who can long jump the furthest

STANDING LONG JUMP



Bingo Card

THREE LEGGED RACE

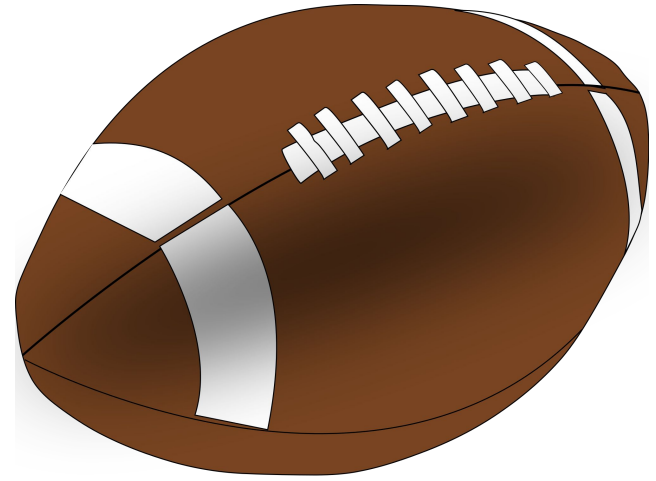
1. Find an open area
2. Find a partner
3. Challenge 2 others to a 3 legged race
4. Use a scarf, pillow case, or old T-shirt to tie legs together
5. Pick a starting line and a finish line



Bingo Card

BALL THROW

1. Find a ball of any kind from your house (football, softball, etc) and open space.
2. Pick a place to throw from
3. Throw the ball as far as you can
4. Try to beat your best throw
5. Try to beat someone in your family



Bingo Card

ONE BLOCK RUN

1. Put on some good running shoes. Find something to time yourself with or run against someone in your family
2. Start at the end of the block by your house
3. Run to the other end as fast as you can
4. Try to beat your time or beat the person you are running against



Bingo Card

FREE SPACE

TO USE THIS SQUARE YOU MUST:

WASH YOUR HANDS FOR AT
LEAST 20 SECONDS!!!

WASH YOUR HANDS

