






Activity	Materials Needed	Description	Modifications (if any)
<p>Tug of War</p> 	<p>A rope, floor marker like cone, tie or ribbon</p>	<p>Separate into two teams. Using the floor markers, designate the zone for competition, tie a ribbon in the center point of the rope. On the designated "go" signal, teams pull until one team has pulled the other team until the ribbon marker has passed the identified zone to win.</p>	<p>Tie together old towels, sheets, or pillowcases. Or, tie some old shirts, socks, or clothing together to make a rope.</p>
<p>Potato Sack Race</p> 	<p>Potato sacks</p>	<p>Place both feet inside the sack. Pull sack up and hold in place with arms. On the designated "go" signal, race your partner to the finish line.</p>	<p>Use an old pillow case or a towel as your sack!</p>


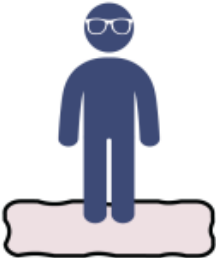
## Health Education & Physical Education Field Day Challenge



<p style="text-align: center;">Shoe Toss</p> 	<p style="text-align: center;">Loosely laced shoe</p>	<p>Standing in a designated spot, put your foot partially into the tennis shoe. On the start signal, flip the shoe into the air. The object of this game is to flip or toss your shoe as far as you can! 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. For safety, be sure to be clear from any furniture, windows, fences, or bodies of water.</p>	<p style="text-align: center;">None needed</p>
--	---	---	--

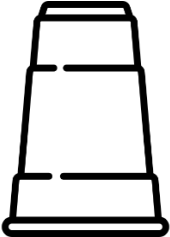
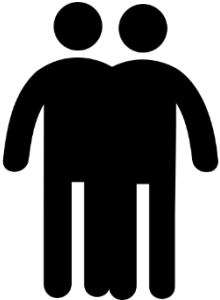
## Health Education & Physical Education Field Day Challenge



<p>Obstacle Course</p> 	<p>Random household items-ropes, buckets, boxes, cups, chairs, balls, etc.</p>	<p>Use household items to create an obstacle course. Take care to ensure that the course is safe and sturdy with the assistance of an adult. Take turns completing the obstacle course for the quickest time.</p>	<p>Use sidewalk chalk to draw out a physical course on the driveway or sidewalk in front of your home!</p>
<p>Towel Flip Challenge</p> 	<p>1 large beach or bath towel</p>	<p>Lay the towel flat on the ground and stand in the middle. The object of the game is to flip the towel from one side to the other without stepping off the towel. You can take small steps from one part of the towel to the other, however, you can only move it with both feet firmly in place on the towel. Time limit is 1 minute! *Challenge-try with NO HANDS! *</p>	<p>None needed</p>

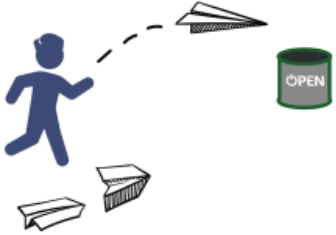

## Health Education & Physical Education Field Day Challenge



<p>Cup Stacking Relay</p> 	<p>Household cups</p>	<p>Set up cups in a straight line in sets of three. Start at one end of the line, race to the first set of cups and stack them in a pyramid, race to the second set of cups and stack them in a pyramid, then race to the end line, tag up and run back through the course unstacking the cups to one stack. Race for time or against a partner.</p>	<p>Kitchen cups or solo type cups will do just fine!</p>
<p>Three-Legged Race</p> 	<p>Bandana, tie, or small rope</p>	<p>Using the bandana or rope, tie you and a partner together on the inside leg. If racing solo, chart out a start and finish line and race to beat your best time. If competing, start at a line and race to the finish safely.</p>	<p>None needed</p>

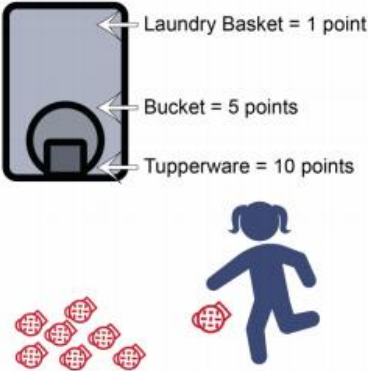

## Health Education & Physical Education Field Day Challenge



<p>Paper Plane Corn Hole</p> 	<p>3 sheets of paper, trash can, empty box or clothes hamper</p>	<p>Build your BEST paper plane with your 3 sheets of paper. Set your target (hamper, trash can, or box) across the room and mark a “start” line. Standing behind the line, throw your paper planes towards the target. Try to get as many in the target as possible in 1 minute. 1 point for hitting the target, 3 points for getting IN the target.</p>	<p>None needed</p>
<p>40/60 Yard Dash</p> 	<p>Yard markers</p>	<p>Designate a start and finish line, line it up and READY, SET, GO!</p>	<p>Any object to mark the start and finish line.</p>

## Health Education & Physical Education Field Day Challenge

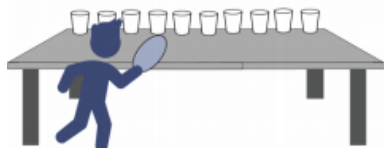


<p>Sock-er Skee-ball</p> 	<p>5 to 10 sock balls, laundry basket, trash can, Tupperware bowl</p>	<p>The object of this game is to score points by kicking the sock ball into the skee-ball targets. You'll do that by using your feet to kick the sock ball into the target. Score 1 point for every sock ball that lands in the laundry basket. Score 5 points for sock balls in the bucket. Score 10 points for sock balls in the Tupperware container. You get 10 chances to score as many points as you can.</p>	<p>Paper balls can be used and any three containers that stack well inside each other.</p>
<p>Water Bottle Flip</p> 	<p>Partially filled water bottle</p>	<p>Take the water bottle by the top and flip it over trying to make it land on its bottom, right side up. You'll score a point for every successful standing bottle. How many points you can score in 1 minute.</p>	<p>None Needed</p>

## Health Education & Physical Education Field Day Challenge



### Wind Blowing



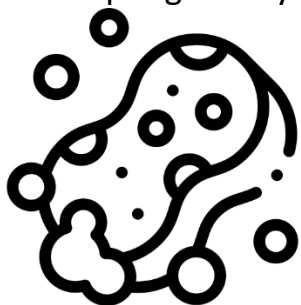
10 empty cups and 1 balloon

Set 10 empty plastic cups at the edge of a table in single file along the edge. This event is called Wind Bowling. The object of the game is to knock all the cups off a table edge using only the air from the balloon or paper-plate fan. You'll do that by blowing the balloon up and aiming the escaping air towards the empty plastic cups. If you don't have a balloon you can wave the paper plate like a fan with the fan's air hitting the cups. Score a point for every cup that gets knocked off the table. You have 1 minute to knock down as many cups as you can.

Use a paper plate to fan wind towards the cup if you have no balloon.



## Wet Sponge Relay




Sponge or rag, cups or bowls

Set up your “race” area. Fill one cup up with water and place the rag or sponge in the water, mark a line on the other cup to designate a win mark. Line up at the start line, on “GO” grab your rag or sponge from the cup, hold the rag/sponge over your head as you run to the other end of your course. Wring the rag/sponge out into the empty cup, race back to the start and continue until your cup is filled to the line. Race a partner or race for time.

Paper towels can be used as well.





<p>Water Balloon Partner Toss</p> 	<p>Water balloons</p>	<p>Fill as many water balloons as needed. Start within arm's reach of a partner. Toss the balloon to your partner and they will toss it back. After each successful round, take one step back. See how far you can get away from your partner without busting the balloon.</p>	<p>Regular balloons filled with water or even water filled Ziploc bags will work!</p>
---	-----------------------	--	---

**Make your own challenges with your family- share videos with your physical education teacher or tell them all about it in Teams!**

**Most important rule of all...HAVE FUN!**