

## **Field Day Events**

\*You do not need to participate but feel free to share any pictures/videos if you choose to!

### **1. Egg Relay Race**

- a. One egg for each person
- b. Any spoon you have
- c. A marked start/finish line
- d. One cone (can use a shoe or other item instead)

\*Balance the egg on your spoon while walking around the cone and back.

### **2. Sponge Relay Race**

- a. One sponge, washcloth, or anything that absorbs water for each person
- b. Large bucket of water at one end
- c. Empty cup at the other end

\*Soak your sponge in the bucket of water, carry it to the cup, then empty your sponge water into the cup. Continue doing this until the cup is full of water.

### **3. Obstacle Course**

- a. Gather any objects that you will be able to jump or step over. Can include as many objects as you would like.
- b. Line up the objects in an evenly spaced line.

\*Starting at one end of your line, jump or step over each item as quickly as you can. On your way back, weave around each object instead of jumping or stepping over.

### **4. Bear Crawl**

- a. One ball for each person (a larger ball might work better)
- b. A marked start/finish line
- c. A cone placed opposite from the start/finish line

\*While crawling on your hands and feet, push the ball with your head around the cone and back to the finish line.

### **5. Tossing Challenge**

- a. One ball for each pair (can use rolled up socks if you don't have a ball)

\*Toss the ball to your partner and they toss it back. Then both partners take a step back. Continue doing this as you move farther away from your partner. When the ball is dropped, start back at the beginning.

## **6. Tower Building**

- a. Objects that you will stack to form a tower
- b. A flat surface to build your tower on
- c. Determined exercises (ex: 3 burpees)
- d. A marked start line

\*At the start line, complete the determined exercises. When you finish the exercises, take one object and run to place it on the flat surface. Run back to the start line to complete the exercises for a second time. When you finish the exercises, take another object and run to add it to your tower. Run back to the start line to complete the exercises for a third time. Continue this until your tower is too tall and falls over. The person with the tallest tower at the end wins!

## **7. Book Balancing Relay**

- a. One book for each person
- b. A marked start/finish line
- c. One cone

\*While balancing the book on your head, walk around the cone and back. Try not to use your hands! If the book falls, place it back on your head and continue.

## **8. Balancing Challenge**

\*Balance on one foot for as long as you can. Challenge yourself to beat your own time!

## **9. Jump Rope Challenge**

- a. One jump rope for each person

\*Count how many jumps you can complete in a row. Challenge yourself to beat your own score!