

Dear Families,

We're excited to announce that BF will be participating in our first ever Virtual Field Day the week June 1st through June 12th.

Field Day is an important tradition at our school. It is a significant day for our students and our staff, and we feel that in these challenging times it is important that we can stay connected as a community and support one another in a fun and meaningful way.

Our Virtual Field day is designed to be done indoors or outdoors using common household items. You won't be asked to purchase any specialized equipment or supplies and will have a variety of games to choose OR if you like, you can try them all.

In the attached files you will find...directions and rules of the activities, a list of scavenger hunt items, and an optional score sheet to track your progress.

We appreciate your cooperation and are hopeful that your entire family will use it as a safe, fun, and meaningful way to be physically active together and stay connected with our school community even though we are apart..If you have them don't forget to take your Mini Cimorelli and Mini Yates with you on these activities!



Stay Well, Be Safe and Have FUN,

Mrs. Cimorelli and Mr. Yates

Directions and Explanation **of** **BF Virtual Field Day Games**

BACKBOARD BANK IT

Get Ready: 5 Large Sock Balls, Laundry Basket or Bucket, A Wall

Get Set: Roll up the socks to make sock-balls. Place the basket or bucket against the wall. Mark a distance 5' – 10' from the basket.

GO!

- This event is called Backboard Bank It.
- The object of this game is to score as many points as you can in 1 minute.
- Do that by tossing the sock balls off of the wall and into the basket. You **MUST** use the wall as your backboard and bank it into the basket.
- Score a point for every sock that is banked into the basket.
- Write your score down on the official Field Day Score Card.

BOWL BALL

Get Ready: 6 Bowls, 1 Sock Ball, Paper & Pencil to Tally Score

Get Set: Set the bowls on the floor in a triangle pattern 3-4 inches apart. Put a piece of paper with the point total in the bottom of each bowl. Mark a throwing line 6-8 ft. away.

Hint: Big bowls are easier than small bowls!

GO!

- The object of the game is to see how many points you can score in 1-minute.
- You do this by tossing the sock ball into the bowls and scoring points based upon where they land.
- After each throw, retrieve the sock ball and hustle back and throw again.
- If the sock lands in a bowl, use the pencil and paper to tally the points for that bowl.
- After 1-minute, calculate your tally and write your total number of points on the official Field Day Score Card

COIN FLIP 400-METER DASH

Get Ready: 1 Coin

Get Set: Find an open space with enough room to run in place safely. Hold the coin in your hand – be ready to flip it.

GO!

- This event is the Coin Flip 400-Meter Dash!

- The object is to run 400 running steps as fast as you can. Remember, you're running in place. Your feet move, but you stay in one spot.
- On the start signal, flip the coin. Let it land flat on the floor. If it lands on "heads" run 20 running steps and then flip the coin again.
- If the coin lands on "Tails" do not run. Flip again until it lands on heads.
- Count your steps out loud. When you get to 400, time stops, and the dash is over.
- Record your time on the official Field Day Score Card

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

KEEP IT UP

Get Ready: 1–3 Balloons Per Player – Blow Them Up

Get Set: Clear a 10' indoor or outdoor space. Start with 1, 2 or 3 balloons.

GO!

- This is Keep It Up. The object is to strike the ball(s) up using your hands as many times as you can in 1 minute.
- Don't let it (them) hit the floor.
- On the start signal, strike the balloon(s) upward with your hands and count how many hits you can score in 1-minute.
- If using multiple balloons, alternate striking each balloon. Don't strike the same balloon twice.
- If the balloon hits the floor, pick it back up and continue.
- On the stop signal, record your score on the official Field Day Score Card.

LOOK FOR THE GOOD

Get Ready: An Object to Mark Your Home Base

Get Set: Mark a Home Base anywhere in your house. You will be bringing objects back to this spot.

GO!

- This event is called Look for the Good!
- The object is score points by finding 4 objects in your house (1 at a time) that start with the letters L–F–T–G (Look For The Good).
- You have 1 minute to find them all.
- Score 1 point for each object and a bonus point if you find all 4 (maximum 5 possible points).
- On the start signal, leave home base and go find an object that starts with the letter L. When you find it, return the object to home base before looking for the next object. Continue until you find all 4 items, or time runs out.
- Record your score on the official Field Day Score Card.

PAPER PLANE CORN HOLE

Get Ready: You'll need 3 paper sheets per player, a bucket or laundry basket.

Get Set: Create 3 paper airplanes using a design of your choice. Place your bucket 5-10 feet away from your throwing line.

GO!

- This event is called Paper Plane Corn Hole.
- The object of the game is to score points by throwing your paper airplane into your bucket. You have 1 minute to score as many as possible.
- Design and create 3 paper airplanes.
- On the start signal, fly your airplanes as many times as you can toward your bucket.
- Score 1 point for every plane that hits the outside of the bucket and 2 points for every plane that lands in the bucket.
- 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 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.

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

SHOE TOWER

Get Ready: 5-10 Shoes per Player, 1 Spot Marker per Player to Create Home Base for Each Player (paper plate, cups, sock etc.)

Get Set: Place shoes in a pile in the center of the room. Place Home Base spots 6'-10' from the pile and 6' apart from other players.

GO!

- This event is called Shoe Tower.
- The object is to build a shoe tower with shoes collected from the pile.
- On the start signal, players will run and take 1 shoe from the pile, return it to their home base and place it on their shoe tower.
- Repeat till all the shoes are gone. (Run – Grab – Stack – Repeat!)
- If the tower falls, that's okay. Continue stacking to rebuild and continue.
- On the stop signal, count and score 1 point for each shoe in the tower.
- Write your score down on the official Field Day Score Card

Obstacle Course

Get Ready: 5-10 items that you can climb under, go around, jump over, etc. stop watch

Get Set: Set up your obstacle course either inside or outside

GO!

- This event is called Obstacle Course.
- The object is to create an obstacle course inside or outside of your home.
- On the start signal, players will take turns going through the obstacle course safely. Players should time each other to see who goes through the fastest.
- Repeat as many times as you would like.
- If the tower falls, that's okay, keep going and set it back up before the next player's turn. .
- After each attempt, record the player's time.
- Write your score down on the official Field Day Score Card

BF Virtual Field Day Scavenger Hunt Sheet

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

Leaf



Rock



Ball



Stick



Flower



Something that begins with the following letters:

A - E - I - O - U

Something that is the following color:

Yellow



Red



Blue



Purple



Black

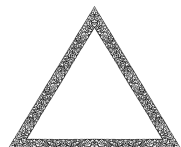


Something for each of the following shapes:

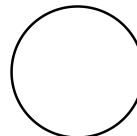
Square



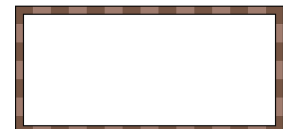
Triangle



Circle



Rectangle



Score Sheet

Feel free to use the optional score card below to record your efforts. We ask that you choose a minimum of 5 events, but encourage you to try them all.

Participant Name: _____

Field Day Rules:

1. BE SAFE

2. HAVE FUN

Event	Attempt 1	Attempt 2	Personal Best
BackBoard Bank it			
Bowl Ball			
Coin flip 400 meter dash			
Flip your lid			
Keep it up			
Look for the Good			
Paper Plane Corn Hole			
Scavenger Hunt (see attached link)			
Spoon Relay			
Shoe Tower			
Obstacle Course			