



## Dartmouth Public Schools

### Office of Teaching and Learning

### Enrichment Lessons for Physical Education PreK-5

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Hello boys and girls! It's that time of year for us to enjoy some outdoor activities! Starting June 3rd, we will post three field day activities for you to try with your family members. Three new activities will be posted on Friday, June 5th. We will continue to add new activities on that Monday, Wednesday, Friday schedule until the last day of school on June 15th. Your PE teachers have worked together to demonstrate these fun activities with attached videos. The only requirement is that you have fun! We would love to hear and see how the activities went for you and your family! You can post your pictures or videos on your school Facebook page or follow Dartmouth Elementary Field Day on Twitter with the a #DPSfieldday2020

Date: 6/15/2020

### Field Day 2020 (PreK-5)

#### [Knock It Off Video](#)

**Objective(s):** Students will be able to participate in Field Day activities at home.

**Resources/Materials:**

- Ball and a chair
- Target: Use a stuffed animal, plastic container or cup or try a blown up Ziplock bag

**Activity:**

Overhand throw a 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 or try to beat a partner.

**Extension:**

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

### [Sweep It Up Video](#)

**Objective(s):** Students will be able to participate in Field Day activities at home.

**Resources/Materials:**

- Start and End cones: You can use cups, water bottles, toilet paper rolls or any small object
- A Broom: You can substitute with a mop or stick
- Ball
- A Timing Device: This is optional if you want to time yourself while you perform the event

**Activity:**

From a starting cone, sweep a ball around an end cone and back to the start.

**Extension:**

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

### [Flip the Bottle Relay Video](#)

**Objective(s):** Students will be able to participate in Field Day activities at home.

### **Resources/Materials:**

- Start and End Markers: If you do not have cones, you can use cups, water bottles, shoes, or any small object.
- 3 Plastic water bottles
- Timer

### **Activity:**

From a starting marker, Run 15 feet to a water bottle and flip it until it lands standing up (5 max attempts) run back to the starting line and repeat 2X.

### **Extensions:**

- Beat your record or the teacher's record: Time yourself with 1,2 or 3 bottles.

With 1 bottle the teacher record is 6 seconds.

With 2 bottles the teacher record is 14 seconds.

With 3 bottles the teacher record is 23 seconds

**Upload Field Day Videos to Twitter @dpsfieldday2020  
Or to your schools facebook page!**