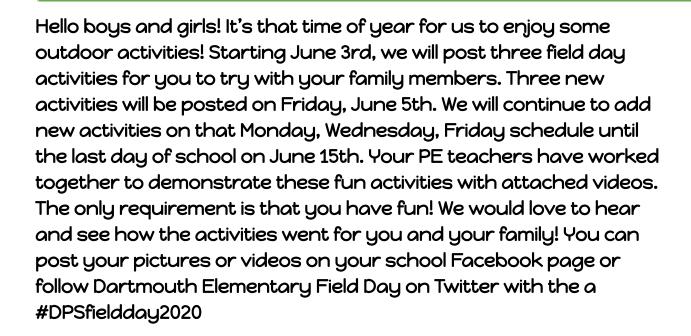
Dartmouth Public Schools

Office of Teaching and Learning Enrichment Lessons for Physical Education PreK-5



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:

- Beat your Record: Throw at the target 10 times. Try it again and see if you can better your score
- 2. Throw Against Someone: G0 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!