

GEDS Backyard Field Day
Friday, May 29, 2020

Event list:

1. Water Balloon Toss:

Materials needed: 1 balloon, tied and filled with water.

Directions: Stand about three apart from a partner to begin. Underhand toss the water balloon back and forth while catching it in your hands. After each successful toss and catch, you and your partner step back one foot. Let's see how far you make it without breaking the water balloon!

2. Spoon Relay:

Materials needed: 1 spoon, 1 object to balance (small ball, egg, marble, small toy), Items to mark starting point/checkpoint (cones, socks, plastic cups, etc.), clock or stopwatch

Directions: Set a starting point and a checkpoint. 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.

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 checkpoint 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.

3. Bowl Ball

Materials needed: 6 Bowls, 3 Sock Ball, Paper & Pencil to tally your score

Directions:

1. 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. (Front 3 bowls = 1 point, middle 2 bowls = 2 points, top bowl 1 = 3 points)

2. Mark a throwing line 6-8 ft. away. Hint: Big bowls are easier than small bowls!

3. 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 down your total number of points. Challenge a family member(s).

4.Pillow Case Race:

Materials need: Pillow cases, 2 objects to mark the starting point and finish line.

Directions: Stand with 2 feet in a pillow case. Hold the pillow case with both hands. Race a family member to the finish line by hopping on 2 feet. *Distance between start and finish should be around 20-30 steps.

5.Obstacle course:

For the last event of field day, create your own obstacle course. Be creative. Your obstacle course should have a start and finish line, as well as encourage running, hopping, crawling, and moving side to side. Be creative!