
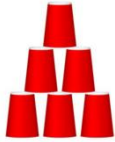

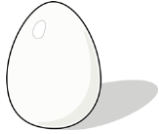








Non-traditional FIELD Day

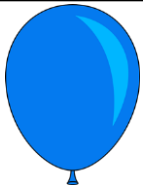
- CHOOSE 6-8 ACTIVITIES LISTED BELOW TO COMPLETE THROUGHOUT THE DAY.
- YOUR FAMILY MAY MODIFY AS NEEDED.
- REMEMBER TO PLAY FAIR AND HAVE FUN!
- OPTIONAL: WE WOULD LOVE TO SEE PHOTOS ON OUR SCHOOL FACEBOOK PAGE!

BALLOON VOLLEY 	CUP STACKING 	LONG JUMP 	EGG TOSS 
VIKINGS SCAVENGER HUNT 	WATER RACE 	50/100 YARD DASH 	PAPER AIRPLANE 
BALL JUMPING JACKS 	FROG HOPPING 	FITNESS ALPHABET 	SPOON RACE 





Non-Traditional FIELD DAY

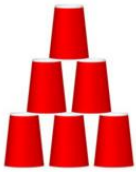


BALLOON VOLLEY (INDOOR OR OUTDOOR)

EQUIPMENT: BALLOON OR BEACH BALL

INFLATE YOUR BALLOON. THROW IT UP IN THE AIR AND TAP IT AS IT COMES DOWN. KEEP IT FROM TOUCHING THE GROUND. YOU MAY USE ANY PART OF YOUR BODY (FEET, ELBOWS, NOSE, ETC.). TIME YOURSELF TO SEE HOW LONG YOU CAN KEEP IT IN THE AIR. YOU CAN SET TIME GOALS, AND KEEP TRYING UNTIL YOU ACHIEVE THAT GOAL.

- OPTION: SEE WHO CAN KEEP THEIR BALLOON UP THE LONGEST.



CUP STACKING (INDOOR OR OUTDOOR)

EQUIPMENT: PLASTIC CUPS OF SIMILAR SIZE

STACK CUPS INTO A PYRAMID AS FAST AS YOU CAN. YOUNGER STUDENTS MAY USE 10 OR 15 CUPS. OLDER STUDENTS MAY USE 21 OR 28 CUPS OR MORE!

- OPTION- CHALLENGE SOMEONE FOR THE QUICKEST TIME OR THE LARGEST PYRAMID



LONG JUMP (OUTDOOR OR LARGE INDOOR AREA)

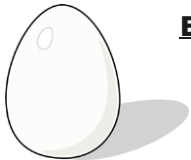
FROM A STANDING POSITION, WITH BOTH FEET ON THE GROUND, JUMP AS FAR AS YOU CAN. USE SOMETHING (CHALK, CRAYON, A ROCK, ETC) TO MARK WHERE YOUR HEEL LANDS. MEASURE THE DISTANCE FROM YOUR STARTING POINT TO THE PLACE MARKED. SET A GOAL, AND KEEP TRYING.

- OPTION: SEE WHO CAN JUMP THE FARTHEST.





Non-Traditional FIELD Day



EGG TOSS (INDOOR OR OUTDOOR)

EQUIPMENT: RAW EGG, WATER BALLOON, OR PLASTIC EGG FILLED WITH PENNIES

PARTNERS STAND ARMS-LENGTH APART, FACING EACH OTHER. TOSS THE EGG TO YOUR PARTNER, AND HAVE YOUR PARTNER TOSS IT BACK TO YOU. IF YOU HAVE NOT DROPPED THE EGG, EACH PERSON TAKES A STEP BACKWARDS AND TOSS IT AGAIN. REPEAT THIS UNTIL THE EGG HAS DROPPED.



VIKINGS scavenger HUNT (INDOOR OR OUTDOOR)

GO ON A SCAVENGER HUNT FOR ITEMS IN OR AROUND YOUR HOME. EACH ITEM MUST START WITH A LETTER IN THE WORD VIKINGS. FOR EXAMPLE:

V-VULT, I-ICEBERG, K-KILT, I-ICEBERG, N-NITROGEN, G-GOAT, S-SUBMARINE

- OPTION-SEE WHO CAN FIND THE ITEMS THE QUICKEST



Water Race (OUTDOOR)

EQUIPMENT: 2 BUCKETS, SPONGE OR HAND TOWEL, WATER, MEASURING STICK

FILL ONE BUCKET WITH WATER AND MEASURE THE LEVEL. PLACE THE SECOND BUCKET A FEW FEET AWAY. DIP THE SPONGE OR TOWEL IN THE WATER AND TRANSFER THE WATER TO THE SECOND BUCKET. CONTINUE UNTIL THE FIRST BUCKET IS EMPTY. MEASURE THE SECOND BUCKET TO SEE HOW MUCH WATER YOU HAVE AND HOW MUCH WAS DROPPED ON THE GROUND.





Non-Traditional FIELD Day

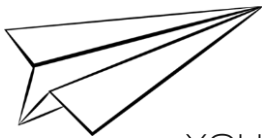


50/100 yard Dash (OUTDOOR)

EQUIPMENT: TIMER

MARK YOUR START AND FINISH LINES 50 YARDS APART. FOR 100 YD DASH, BEGIN AT THE START LINE, RUN PAST THE 50 YD LINE, AND FINISH WHERE YOU STARTED.

- OPTION-TRY THE DASH 3 TIMES AND RECORD YOUR FASTEST TIME OR COMPETE AGAINST FAMILY MEMBERS FOR THE FASTEST RUNNER



Paper Airplanes (INDOOR OR OUTDOOR)

EQUIPMENT: 3 SHEETS OF PAPER

MAKE 3 DIFFERENT PAPER AIRPLANES BY FOLDING PAPER. YOU MAY NOT USE TAPE, GLUE, PAPER CLIPS, ETC. MARK A STARTING LINE AND LAUNCH YOUR AIRPLANES. SEE WHICH PLANE WENT THE FARTHEST. YOU CAN MEASURE WITH TAPE, YARDSTICK, RULER, FEET, ETC.

- OPTION-COMPETE WITH FAMILY MEMBERS TO SEE WHOSE PLANE CAN GO THE FARTHEST

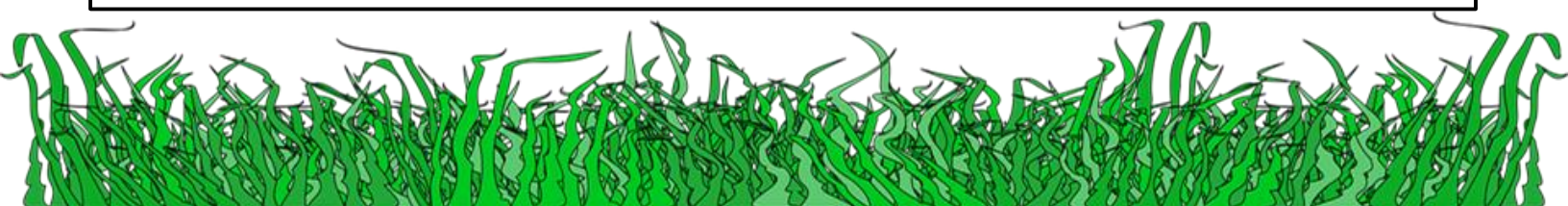


Ball Jumping Jacks (INDOOR OR OUTDOOR)

EQUIPMENT: BALL THAT CAN BOUNCE HIGH

BOUNCE THE BALL AS HIGH AS POSSIBLE. WHILE THE BALL IS IN THE AIR DO AS MANY JUMPING JACKS AS YOU CAN AND THEN CATCH THE BALL BEFORE IT HITS THE GROUND.

- OPTION-CHALLENGE YOURSELF TO REACH A CERTAIN NUMBER OR COMPETE AGAINST FAMILY MEMBERS FOR THE HIGHEST NUMBER.





Non-Traditional FIELD Day



FROG HOPPING (INDOOR or OUTDOOR)

Measure out 20 feet and mark it. Start in the squatting position. Frog hop down to the 20 ft mark and back.

- OPTION-Set a goal for yourself to beat a certain time or race family members.



FITNESS ALPHABET (INDOOR or OUTDOOR)

THE ACTIVITIES.

spell out your name and complete

- OPTION-Spell out your first, middle, and last name

A- JUMP 10 TIMES

B- SPIN 5 TIMES

C- HOP ON 1 FOOT 5 TIMES

D- run to the nearest door and back

E- Bear walk 10 times

F- DO 3 CARTWHEELS

G- DO 10 JUMPING JACKS

H- DO 8 FROG HOPS

I- Balance on left foot for 10 sec.

J- Balance on right foot for 10 sec

K- march like a toy soldier

L- Pretend to jump rope 12 times

M- DO 3 SOMERSAULTS.

N- PICK UP A BALL WITHOUT HANDS

O- WALK BACKWARDS 50 STEPS

P- WALK SIDeways 20 STEPS

Q- CRAWL LIKE CRAB 10 STEPS

R- CRAB WALK 10 TIMES

S- BEND & TOUCH TOES 20 TIMES

T- Pretend to pedal a bike 17

U- ROLL A BALL WITH YOUR HEAD

V- FLAP LIKE A BIRD 25 TIMES

W- GALLOP 15 TIMES

X- JUMP TO THE CLOUDS 15 TIMES

Y- WALK ON YOUR KNEES 10 TIMES

Z- DO 10 PUSH-UPS



SPOON RACE (INDOOR or OUTDOOR)

EQUIPMENT: SPOONS AND EGGS

LESS MESSY-PLASTIC EGGS, GRAPES

HOLD A SPOON IN ONE HAND, BALANCE AN EGG ON THE SPOON. RACE A DISTANCE WITHOUT LETTING THE EGG FALL. IF IT FALLS, YOU MUST STOP AND PICK IT UP BEFORE MOVING AGAIN.

- OPTION- set a goal time for yourself or race family members

