

THE EGG RELAY

Grab an egg and a spoon and set up a start and end point. See how fast you can go back and forth while still balancing your egg. *You can even race a family member!*

SPONGE RELAY

You Need a sponge/wash cloth, bowl of water, and empty cup. Soak your sponge in the bucket of water and RUN to your empty cup. Try to fill it up with water! You may have to race back to the water bowl for a refill! You can time yourself to see how fast you can fill up, or race a family member!

BOWLING

Set up 10 water bottles in a triangular shape (4, 3, 2, 1). Roll a ball to see how many you can knock down. Do this 3 times and add up the number of pins you knocked down to get your score!

BEAR CRAWL

Set up two shoes as a start and turn around point. Walking like a bear – on your hands and feet – push a ball with your head from the start shoe, around the turn around shoe, and all the way back!

TOSS CHALLENGE

You will need a partner and rolled up pair of socks. As partners, toss the socks back and forth. After both partners catch it, both of you take a step back. Continue this until someone drops. The person who does not drop is the winner!

HOPSCOTCH

Create your very own hopscotch board with chalk outside! How fast can you make it through?

BOOK BALANCE RELAY

Use 2 shoes as a start and end point. Balance a book on your head as you race to the finish!

1st Grade Virtual Field Day!!

How Does It Work?

1. Complete any of the activities on this Field Day board.
2. Record yourself participating and upload it to the 1st Grade Field Day Flipgrid!
<https://flipgrid.com/1stgradefieldday>
3. Check out all of your classmates and 1st grade friends completing Field Day Activities too!

OBSTACLE COURSE

Design your very own obstacle course using items from your house and yard. How fast can you get through it?!?

COOKIE TOWER

Use a pack of cookies as your starting point. Put a plate further out as your ending point. Grab a cookie and race to the plate. Stack it! Then, back to the cookies. Continue until your stack falls over. See how many cookies you can stack!

HURDLES

Set up your own hurdles race! Find sticks, stuffed animals, or boxes to jump over as you run! Do this race 3X and see what your fastest time is. Don't forget to JUMP over the hurdles!

SPRINKLER FUN

Coach Strong may not be able to spray you with a hose this year, but your parents can! Have some fun with the water hose, sprinklers, or water-soaked sponges!

CRAB WALK

Set up 2 shoes as a start and end point. Crab walk all the way around for this relay. Complete 3x and time yourself!