



AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL FIELD DAY PREPARATION (Week 2)

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will practice field day events with a genuine interest and a desire for excellence.	I will use positive language with myself and others that helps me work toward improvement.	I will practice in an effort to improve my field day event performances.	I will choose words and actions that help to create a positive environment in my home.	I will follow the spirit of the game throughout National Field Day.
Today's Vocabulary	ACTIVELY ENGAGE To participate in an activity while showing genuine interest and a desire for excellence.	GROWTH MINDSET A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point.	IMPROVE To achieve a higher standard or quality; to make or become better.	POSITIVE ENVIRONMENT An environment in which people respect, encourage, and support one another at all times.	SPIRIT OF THE GAME Respect, following rules, and the joy of play are valued over competition.
Warm-Up Activity	Healer Warm-Up (Darebee.com)	Cardio Fix (Darebee.com)	Mr. Grumpy (Darebee.com)	Healer Warm-Up (Darebee.com)	YOUR CHOICE (Darebee.com)
Learning Focus Activity	Activity 1: Field Day Pack 1 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 2: Field Day Pack 2 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 3: Field Day Pack 3 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 4: Field Day Complete Packet Choose and practice the events you want to do on Field Day.	Activity 5: IT'S NATIONAL FIELD DAY!!! Get the Score Card <i>Follow the Spirit of the Game.</i>
Daily Movement Activity	Darebee Yoga Flow	Explorer Darebee	Darebee Yoga Flow	Explorer Darebee	YOUR CHOICE
Refocus	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?	  	  	  	  	  

For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](https://openphysed.org)



Practice Plan Number 1

Write 3 different words that you would use to help you describe Field Day.

1.
2.
3.

Before you practice any of the 5 events below, which activity do you think you'll like the most and why?

Event Name	Practice Day 1		Practice Day 2		Rate 1 thru 4 1 = Not Fun 4 = Most Fun
	Score 1	Score 2	Score 1	Score 2	
Paper Plane Corn Hole					
Wind Bowling					
Sock-er Skee-Ball					
Towel Flip Challenge					
Milk Jug Relay					

Now that you have practiced these events, which activity did you like the most and why?



Practice Plan Number 2

Write 3 different words that you would use to help you describe your friends.

1.
2.
3.

Before you practice any of the 5 events below, which activity do you think you'll like the most and why?

Event Name	Practice Day 1		Practice Day 2		Rate 1 thru 4 1 = Not Fun 4 = Most Fun
	Score 1	Score 2	Score 1	Score 2	
Bowl Ball					
Water Bottle Trap					
Penguin Race					
Climb the Ladder					
If the Shoe Fits					

Now that you have practiced these events, which activity did you like the most and why?



Practice Plan Number 3

National Field Day is almost here! How are you feeling?



Before you practice the events below, which do you think you'll like the most? Why?

Event Name	Practice Day 1		Practice Day 2		Rate 1 thru 4 1 = Not Fun 4 = Most Fun
	Score 1	Score 2	Score 1	Score 2	
Backboard Bank It					
Coin Flip 400-Meter Dash					
Fan-A-War					
Fast Folder					
Flip Your Lid					
Keep It Up					
Look for the Good					
Scavenger Hunt					
Tennis Shoe Tower					
Wash Your Hand Relay					

Now that you have practiced these events, which activity did you like the most and why?

Each participant needs 1 scorecard. Choose a minimum of 4 events or try them all.

Participant Name: _____

School Name: _____

3 OPEN National Field Day Rules:

BE SAFE

HAVE FUN

SPIRIT OF THE GAME

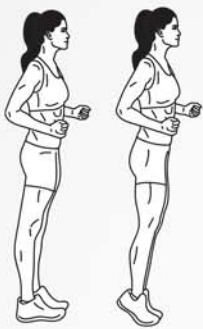
Spirit of the Game (*noun*) An overarching concept that places the responsibility of fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

Event	Attempt #1	Attempt #2	Personal Best
Backboard Bank It			
Bowl Ball			
Climb the Ladder			
Clothes Relay			
Coin Flip 400-Meter Dash			
Fan-A-War			
Fast Folder			
Flip Your Lid			
If the Shoe Fits			
Keep It Up			
Look for the Good			
Milk Jug Relay			
Paper Plane Corn Hole			
Penguin Race			
Scavenger Hunt			
Sock-er Skee-Ball			
Spoon Relay			
Tennis Shoe Tower			
Towel Flip Challenge			
Wash Your Hands Relay			
Water Bottle Trap			
Wind Bowling			

HEALER

DAREBEE WORKOUT @ darebee.com

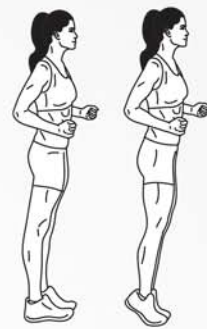
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



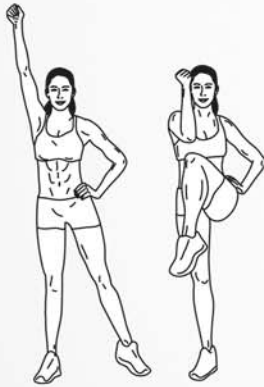
5 calf raises



10 reverse lunges



5 calf raises



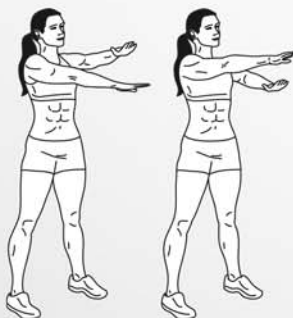
10 knee-to-elbows



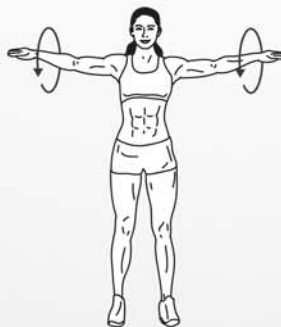
5 high squats



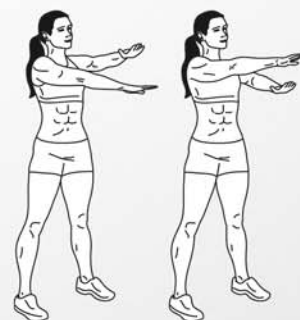
10 knee-to-elbows



10 arm scissors



10 raised arm circles

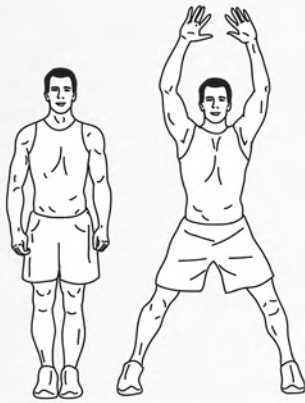


10 arm scissors

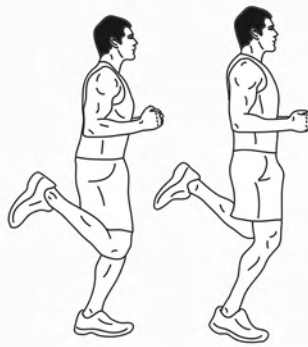
Cardio Fix

DAREBEE WORKOUT @ darebee.com

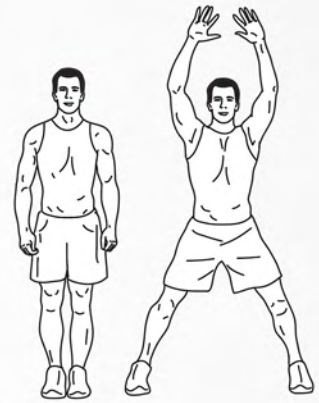
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



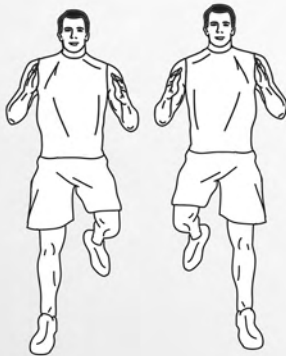
20 jumping jacks



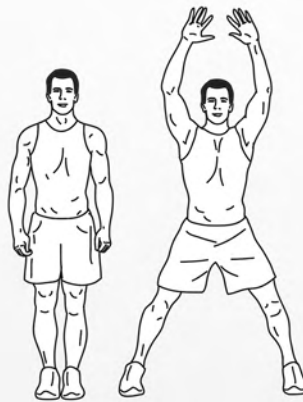
10 butt kicks



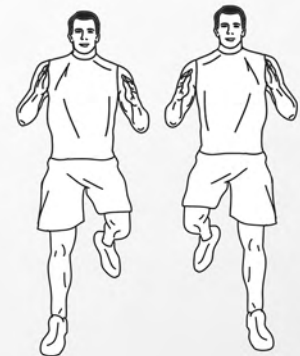
20 jumping jacks



10 side-to-side hops



20 jumping jacks

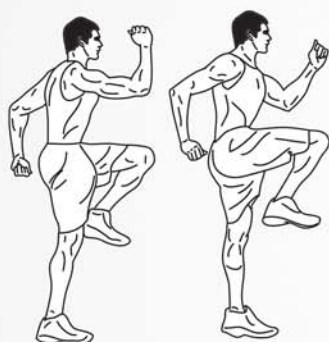


10 side-to-side hops

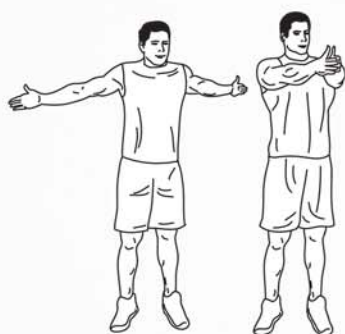
Mr Grumpy

DAREBEE WORKOUT @ darebee.com

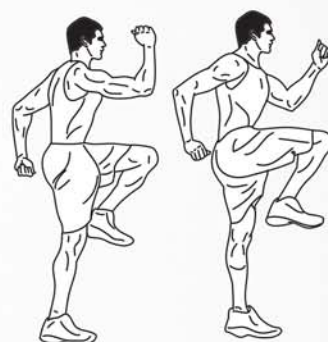
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



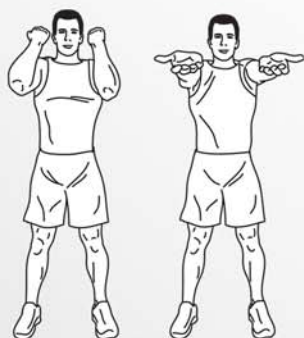
20 march steps



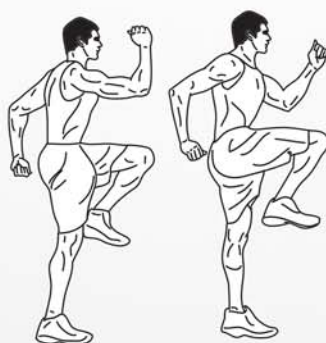
20 chest expansions



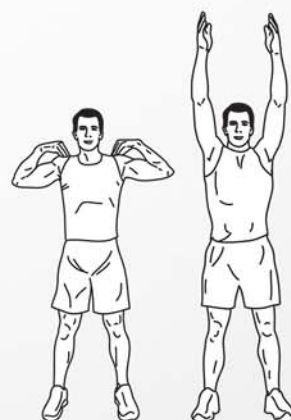
20 march steps



20 bicep extensions



20 march steps

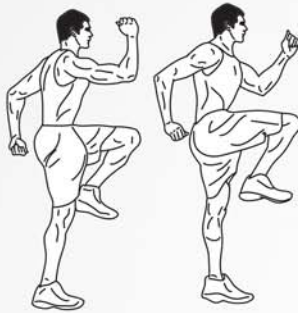


20 shoulder taps

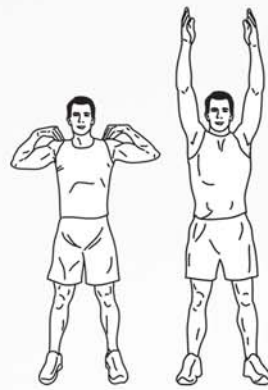
EXPLORER

DAREBEE WORKOUT @ darebee.com

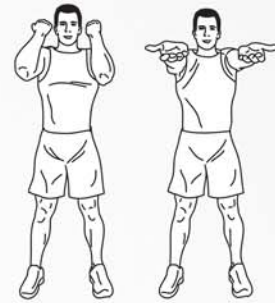
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



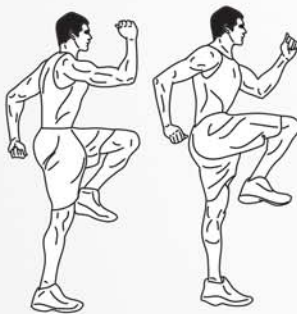
20 march steps



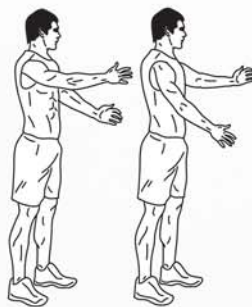
10 shoulder taps



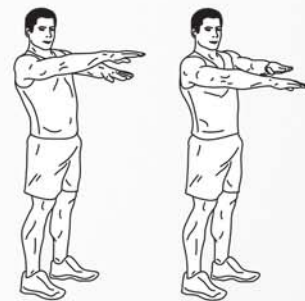
10 bicep extensions



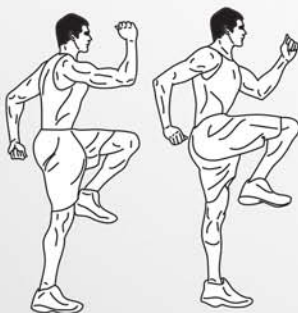
20 march steps



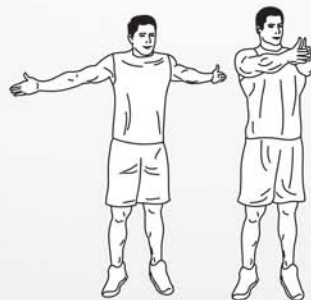
10 scissor chops



10 arm scissors



20 march steps



10 chest expansions



10 raised arm circles

yoga **flow**

DAREBEE WORKOUT

@ darebee.com

Hold each pose
for 20 seconds.



reach



shoulders back



knee bend to cobra



twist



forward bend



straight back

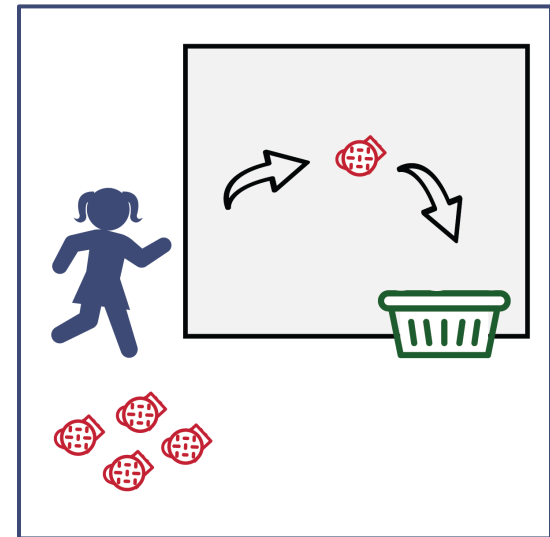
BACKBOARD BANK IT

Get Ready: 5 Large Sock Balls, Laundry Basket or Bucket, A Wall

Get Set: Roll up the socks to make sock-balls. Place the basket or bucket against the wall. Mark a distance 5' – 10' from the basket.

GO!

- This event is called Backboard Bank It.
- The object of this game is to score as many points as you can in 1 minute.
- Do that by tossing the sock balls off of the wall and into the basket. You **MUST** use the wall as your backboard and bank it into the basket.
- Score a point for every sock that is banked into the basket.
- Write your score down on the official Field Day Score Card.



BOWL BALL

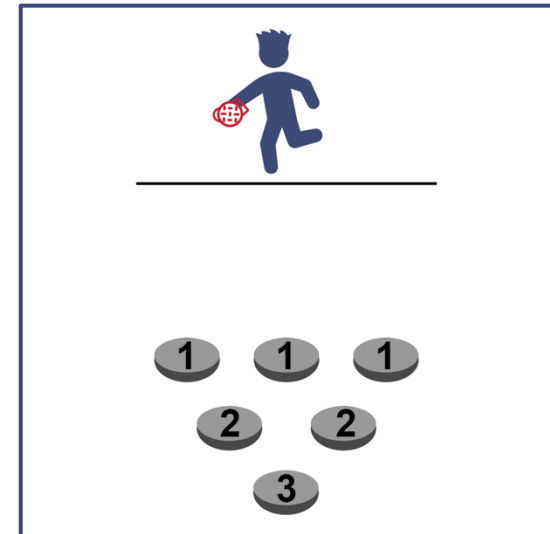
Get Ready: 6 Bowls, 1 Sock Ball, Paper & Pencil to Tally Score

Get Set: 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. Mark a throwing line 6-8 ft. away.

Hint: Big bowls are easier than small bowls!

GO!

- 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 your total number of points on the official Field Day Score Card.



Find more resources at www.OPENPhysEd.org/nationalfieldday



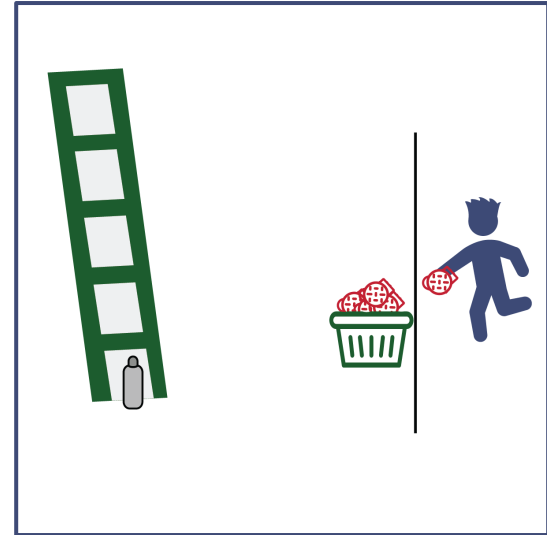
CLIMB THE LADDER

Get Ready: 6' Ladder, 6-12 Sock Balls, Laundry Basket, Empty Water Bottle

Get Set: Set up the ladder. Place the water bottle on the floor under the first rung. Mark a throwing line 10-15 ft. away. Place the laundry basket on the throwing line. Put all the sock balls inside the basket.

GO!

- “Climb the ladder” using the fewest throws.
- Start with the bottle on the floor under the first rung.
- Throw sock balls at the bottle until you knock it over. Take your time, this is not a race.
- Move the bottle up one rung each time you knock it off the ladder.
- If you run out of sock balls, collect them and continue.
- Count all of your throws on every step of the ladder. How many throws does it take to knock the bottle off of the top rung of the ladder?
- Write the total throws on the official Field Day Score Card.



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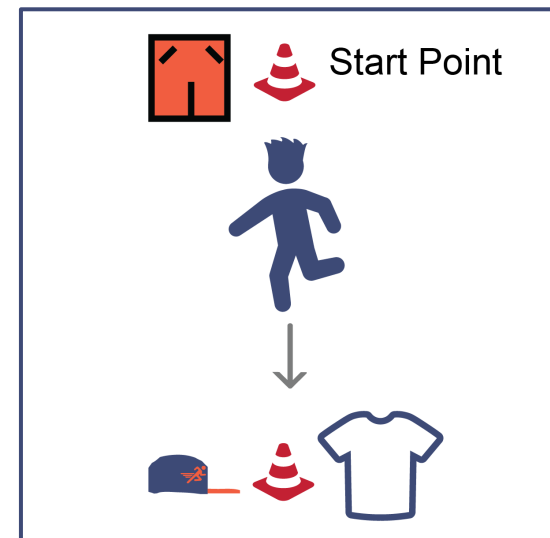
CLOTHES RELAY

Get Ready: Oversized Tee Shirt, Oversized Shorts, and a Hat; Items to Mark Start/Check Points (cones, socks, plastic cups, etc.); Clock or Stopwatch

Get Set: Set up an area to move in by making a starting point and a check point. Distance can be 15 to 30 walking steps from point to point. Put the shirt and hat on the check point opposite from the start point, put the shorts on the start point.

GO!

- This event is called the Clothes Relay. The object of this game is to see how fast you can go from point to point putting on the clothes and then finishing at the starting point.
- On the start signal, jog down to the check point and put on the t-shirt, then jog back to the start point and put on the shorts, then jog back to the check point and put on the hat, then jog back to finish at the start point.
- Start the Clock on “Go” and stop when you cross the finish with all the clothes on.



COIN FLIP 400-METER DASH

Get Ready: 1 Coin

Get Set: Find an open space with enough room to run in place safely. Hold the coin in your hand – be ready to flip it.

GO!

- This event is the Coin Flip 400-Meter Dash!
- The object is to run 400 running steps as fast as you can. Remember, you're running in place. Your feet move, but you stay in one spot.
- On the start signal, flip the coin. Let it land flat on the floor. If it lands on "heads" run 20 running steps and then flip the coin again.
- If the coin lands on "Tails" do not run. Flip again until it lands on heads.
- Count your steps out loud. When you get to 400, time stops, and the dash is over.
- Record your time on the official Field Day Score Card.



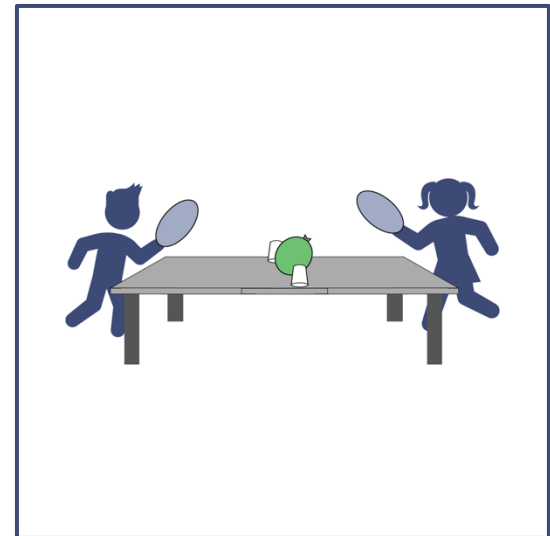
FAN-A-WAR

Get Ready: 1 Paper Plate (Piece of Cardboard or a School Folder) per Player, Center Line (2 Shoes or Cups will work) 1 Ping Pong Ball or a Balloon

Get Set: Create a center line on a table or the floor. Place the balloon or ball on the center line. Both players across from each other with the centerline in between them.

GO!

- This event is called Fan-a-War.
- The object of this game is to keep the ball on the opponent's side of the center line. You will have 1 minute.
- On the start signal, begin fanning the ball toward your opponent's side of the center line and away from your side.
- Continue for 1 minute. Score 5 points if the ball is on your opponent's side.
- Play and score 2 rounds and then write your score down on the official Field Day Score Card.



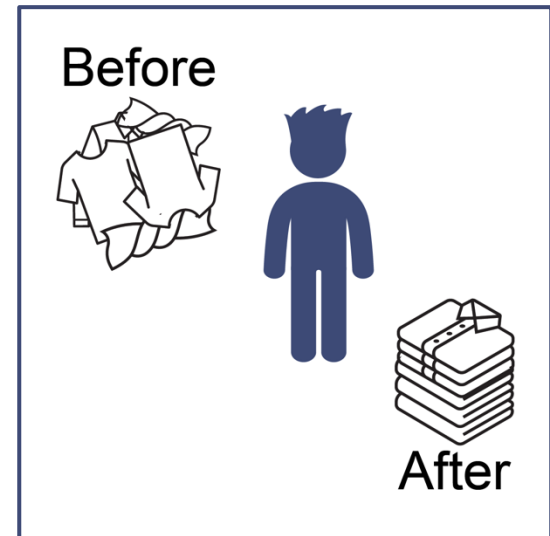
FAST FOLDER

Get Ready: 10 Clothing Items from a Laundry Basket for Each Player

Get Set: Place 10 items from your laundry basket in a pile next to you.

GO!

- This event is called Fast Folder.
- The object of this game is to score points by folding each item (shirt, pants, shorts, etc.). You have 1 minute to fold as many as possible.
- On the start signal, begin folding each piece of laundry.
- Score 1 point for each piece of laundry folded in one minute. Max 10 points.
- Write your score down on the official Field Day Score Card.



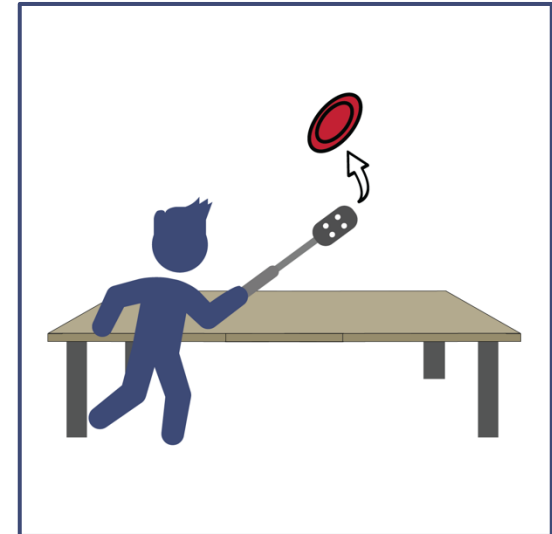
FLIP YOUR LID

Get Ready: Kitchen Spatula, 1 Tupperware/Plastic Lid

Get Set: Place the lid facing up on a table or floor.
Get your spatula ready for some lid flipping!

GO!

- This event is called Flip Your Lid.
- The object of this game is to flip your Tupperware lid upside down to earn points.
- Place the lid facing up on the table or floor, then slide the spatula under and flip the lid in the air. Let it land flat on the table or floor.
- Score a point for every lid that you flip upside down (0 points if it lands right-side up).
- Quickly reset the lid each time you flip it.
- You will have 1 minute to see how many times you can flip the lid upside down.
- Write your score down on the official Field Day Score Card.



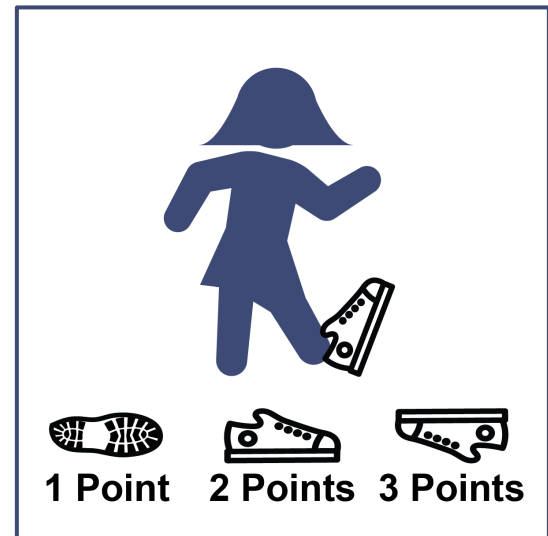
IF THE SHOE FITS

Get Ready: 1 Tennis Shoe, Spacious Area, Clean Feet

Get Set: Make sure you have plenty of unobstructed space around you.

GO!

- How many points you can score in 1-minute?
- Put your foot partially into the tennis shoe.
- On the start signal, flip the shoe into the air.
- Score as follows:
 - 1 point = shoe lands on its side
 - 2 points = shoe lands right side up (sole of the shoe on the ground)
 - 3 points = shoe lands *perfectly* upside down (no sides touching the ground)
 - 0 points = if the shoe hits you in the head or knocks over a lamp.
- Write your total number of points on the official Field Day Score Card.
- Go wash your foot.



Find more resources at www.OPENPhysEd.org/nationalfieldday



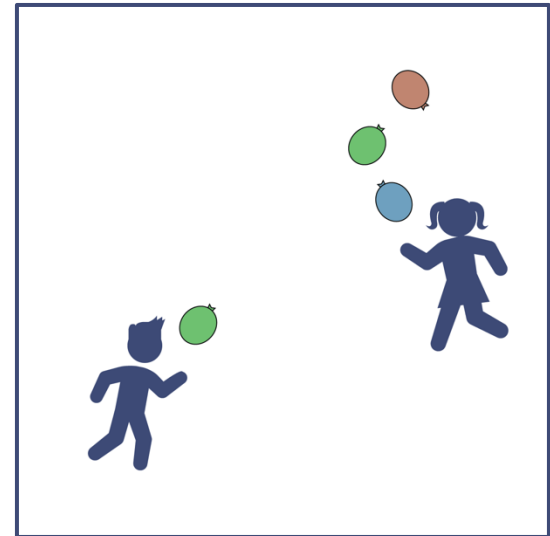
KEEP IT UP

Get Ready: 1–3 Balloons Per Player – Blow Them Up

Get Set: Clear a 10' indoor or outdoor space. Start with 1, 2 or 3 balloons.

GO!

- This is Keep It Up. The object is to strike the ball(s) up using your hands as many times as you can in 1 minute.
- Don't let it (them) hit the floor.
- On the start signal, strike the balloon(s) upward with your hands and count how many hits you can score in 1-minute.
- If using multiple balloons, alternate striking each balloon. Don't strike the same balloon twice.
- If the balloon hits the floor, pick it back up and continue.
- On the stop signal, record your score on the official Field Day Score Card.



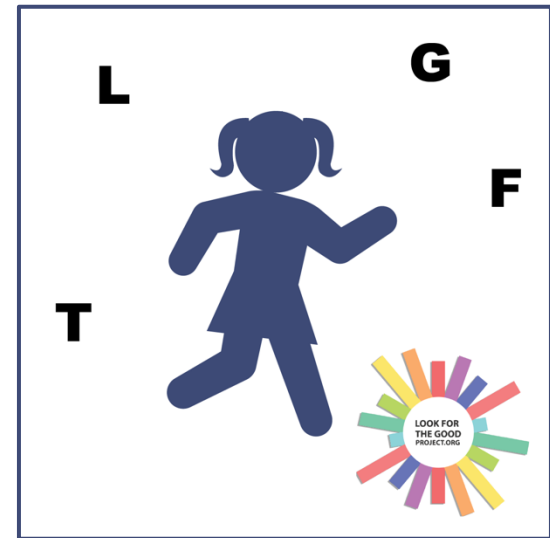
LOOK FOR THE GOOD

Get Ready: An Object to Mark Your Home Base

Get Set: Mark a Home Base anywhere in your house. You will be bringing objects back to this spot.

GO!

- This event is called Look for the Good!
- The object is score points by finding 4 objects in your house (1 at a time) that start with the letters L–F–T–G (Look For The Good).
- You have 1 minute to find them all.
- Score 1 point for each object and a bonus point if you find all 4 (maximum 5 possible points).
- On the start signal, leave home base and go find an object that starts with the letter L. When you find it, return the object to home base before looking for the next object. Continue until you find all 4 items, or time runs out.
- Record your score on the official Field Day Score Card.



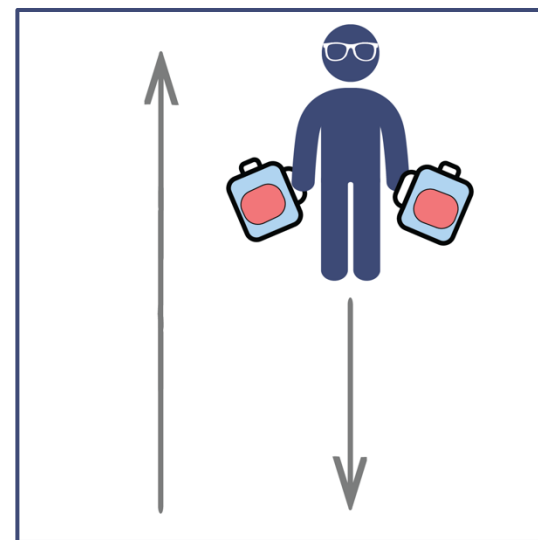
OPEN[®]



MILK JUG RELAY

Get Ready: Two 1-Gallon Milk Jugs, Items to Mark Start/End Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

Get Set: Set up an area to move in by making a starting point and ending point. Distance can be 15 to 30 walking steps from beginning to end. Fill two used 1-gallon milk jugs with water ($\frac{1}{4}$, $\frac{1}{2}$, or full) and place at a start spot.



GO!

- This event is called the Milk Jug Relay. The object of this game is to carry the milk jug across the room as many times as you can.
- You get 1 point for each full length you travel.
- Add extra challenge by carrying two milk jugs at once.
- You have 1 minute to complete the challenge.
- Write your score down on the official Field Day Score Card.

PAPER PLANE CORN HOLE

Get Ready: You'll need 3 paper sheets per player, a bucket or laundry basket.

Get Set: Create 3 paper airplanes using a design of your choice. Place your bucket 5-10 feet away from your throwing line.

GO!

- This event is called Paper Plane Corn Hole.
- The object of the game is to score points by throwing your paper airplane into your bucket. You have 1 minute to score as many as possible.
- Design and create 3 paper airplanes.
- On the start signal, fly your airplanes as many times as you can toward your bucket.
- Score 1 point for every plane that hits the outside of the bucket and 2 points for every plane that lands in the bucket.
- Write your score down on the official Field Day Score Card.



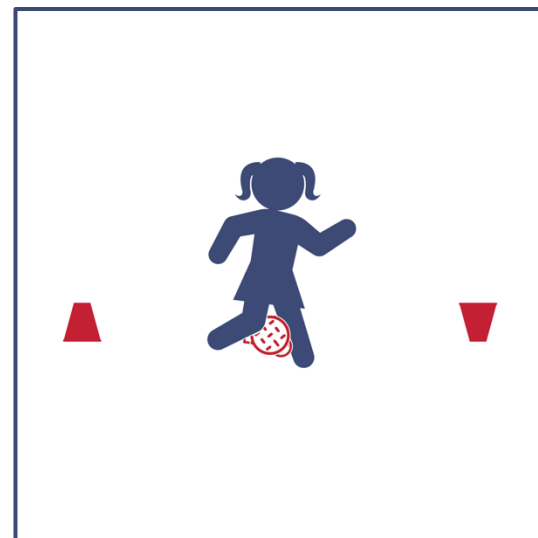
PENGUIN RACE

Get Ready: 1 Sock or Tennis Ball and 2 Plastic Cups per Person

Get Set: Set the plastic cups 15-20 ft. from each other.

GO!

- You are a Penguin – the ball is an egg.
- There are 2 different ways to play:
(1) By Yourself or (2) Race A Partner.
- **By Yourself Challenge** – How many points you can score in 1-minute?
 - Place the egg between your knees and waddle back and forth from one cup to the other. When you reach the cup, turn it over.
 - If you drop the egg, do 5 jumping jacks before you continue.
 - Score 1 point for each cup you turn over.
- **Race A Partner Challenge** – Be the first Penguin to turn over 6 cups!
 - On the start signal, waddle to the first cup and turn it over.
 - Now hustle back to the other cup (as much as one can hustle while waddling). Continue back and forth.
 - If you drop the egg, do 5 jumping before you continue.
 - First to turn over 6 cups wins the race (scores 6 points).



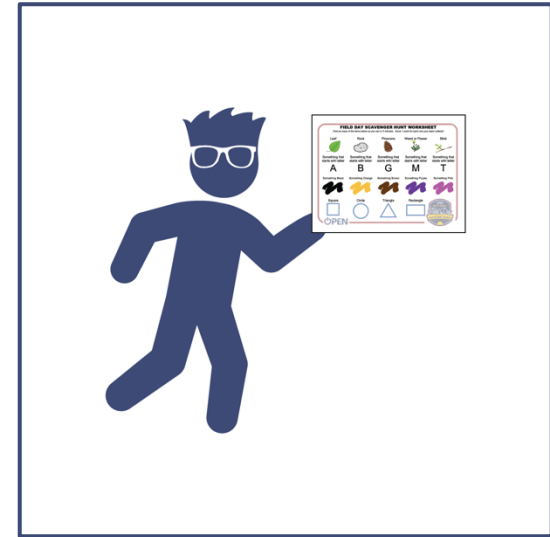
Find more resources at www.OPENPhysEd.org/nationalfieldday



SCAVENGER HUNT

Get Ready: Scavenger Hunt Worksheet

Get Set: Have a printed copy of the Scavenger Hunt Worksheet. The items you have to find are things lying around your house and/or yard.



GO!

- This event is called Field Day Scavenger Hunt.
 - The object of this game is to find as many items listed on the worksheet as possible in 5 minutes.
 - On the start signal, search around your house and/or yard and collect the items that fit the description on the worksheet.
 - Score a point for every item that you find. If an item can't be collected/moved, simply check it off on your scavenger hunt worksheet.
 - Record your score on the official Field Day Score Card.
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- 



FIELD DAY SCAVENGER HUNT WORKSHEET

Find as many of the items below as you can in 5 minutes. Score 1 point for each one your team collects!

Leaf



Something that starts with letter

A

Rock



Something that starts with letter

B

Pinecone



Something that starts with letter

G

Weed or Flower



Something that starts with letter

M

Stick



Something that starts with letter

T

Something Black



Something Orange



Something Brown



Something Purple



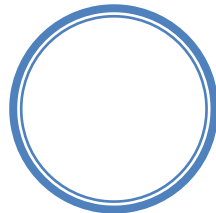
Something Pink



Square



Circle



Triangle



Rectangle



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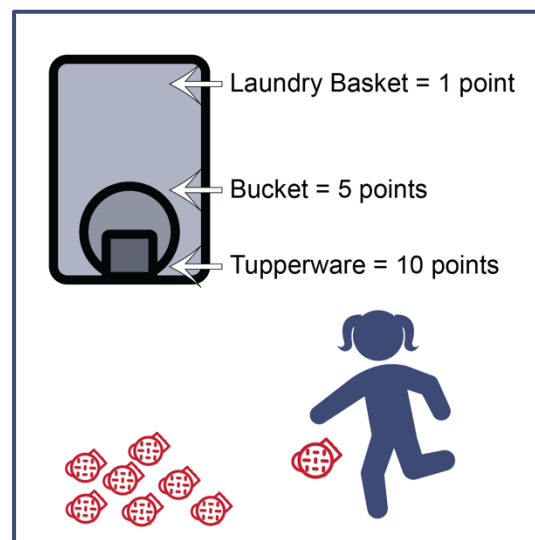
SOCK-ER SKEE-BALL

Get Ready: 10 sock balls, 1 Laundry Basket, 1 Bucket, 1 Tupperware container

Get Set: Roll up the socks to make sock-balls. Stack the targets into skee-ball formation with the Tupperware inside the bucket and the bucket inside the laundry basket.

GO!

- This event is called Sock-er Skee-ball. The object of this game is to score points by kicking the sock ball into the skee-ball targets.
- You'll do that by using your feet to kick the sock ball into the target.
- Score 1 point for every sock ball that lands in the laundry basket.
- Score 5 points for sock balls in the bucket.
- Score 10 points for sock balls in the Tupperware container.
- You get 10 chances to score as many points as you can.
- Write your score down on the official Field Day Score Card.



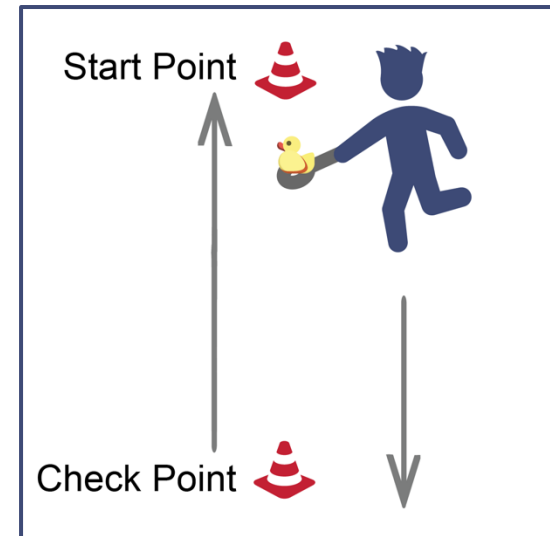
SPOON RELAY

Get Ready: 1 spoon, 1 object to balance (small ball, marble, small toy), Items to Mark Start/Check Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

Get Set: Set a starting point and a check point. 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.

GO!

- 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 check point 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.
- Score 1 point for each lap completed without a drop.
- Write your score down on the official Field Day Score Card.



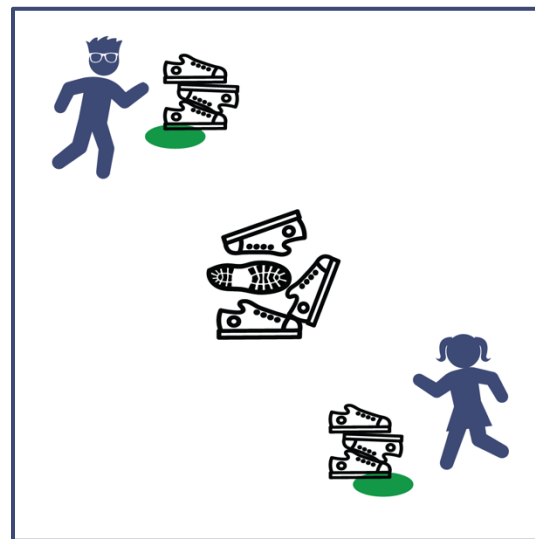
TENNIS SHOE TOWER

Get Ready: 5-10 Shoes per Player, 1 Spot Marker per Player to Create Home Base for Each Player (paper plate, cups, sock etc.)

Get Set: Place shoes in a pile in the center of the room. Place Home Base spots 6'-10' from the pile and 6' apart from other players.

GO!

- This event is called Tennis Shoe Tower.
- The object is to build a shoe tower with shoes collected from the pile.
- On the start signal, players will run and take 1 shoe from the pile, return it to their home base and place it on their shoe tower.
- Repeat till all the shoes are gone. (Run – Grab – Stack – Repeat!)
- If the tower falls, that's okay. Continue stacking to rebuild and continue.
- On the stop signal, count and score 1 point for each shoe in the tower.
- Write your score down on the official Field Day Score Card.



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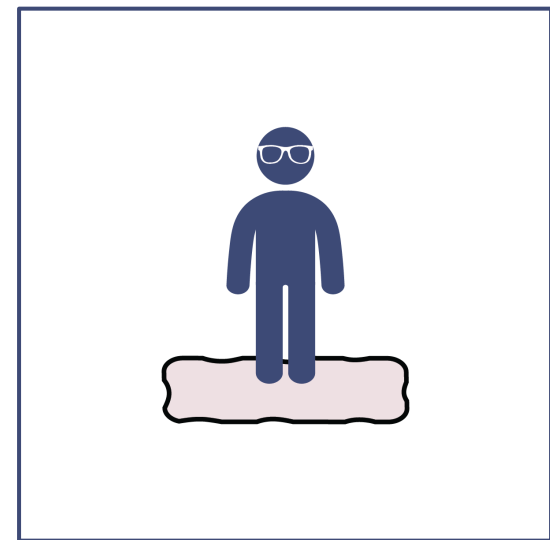
TOWEL FLIP CHALLENGE

Get Ready: 1 large beach or bath towel

Get Set: Lay your towel out flat on your floor and stand on it.

GO!

- This event is the Towel Flip Challenge. The object of this game is to flip the towel as fast as you can without stepping off of it.
- You can take small steps from one part of the towel to another. However, you can only move it when you have both feet firmly in place on top of the towel.
- The towel must be flat at the start and flat at the finish.
- You have 1 minute to complete the challenge.



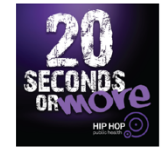
WASH YOUR HANDS RELAY

Get Ready: 20 Seconds or More Music by Doug E. Fresh, 2 Objects (shoes, cones, plastic cups)

Get Set: Create 2 end lines by setting objects 6' to 12' apart in an area safe for movement. Play 20 Seconds or More by Doug E. Fresh

GO!

- This event is called Wash Your Hands Relay!
- The song 20 Seconds or More helps to teach us how to wash our hands and keep our family safe from disease.
- The object of this game is to move from line-to-line as many times as you can in 1 minute while pretending to wash your hands.
- You must walk, skip, or gallop. Running or jogging is not allowed.
- On the start signal, begin moving from line-to-line.
- Count each time that you move to an end line.
- On the stop signal, record your score on the official Field Day Score Card.



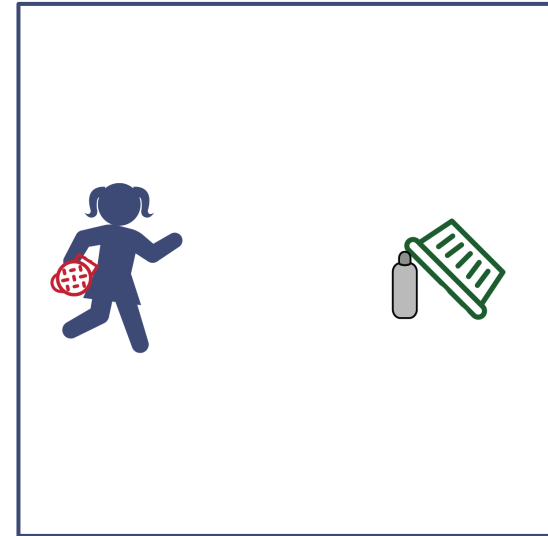
Water Bottle Trap

Get Ready: 1 Empty Water Bottle, 1 Laundry Basket, 1 Sock/Tennis Ball

Get Set: Lean the edge of the laundry basket on top of the empty water bottle. Designate a rolling line 8-10 ft. away (the open side of the laundry basket should be facing you).

GO!

- The objective is to see how many points you can score in 1-minute.
- Do this by rolling the sock/tennis ball at the water bottle.
- To score the ball must hit the water bottle first (the roll does not count if it misses the bottle and knocks over the basket – sorry!).
- Rolls that hit the water bottle first score as follows:
 - 1 point = basket falls and traps ball only
 - 2 points = basket falls and traps water bottle only
 - 3 points = basket falls and traps both ball and water bottle
- Write your total number of points on the official Field Day Score Card.



Find more resources at www.OPENPhysEd.org/nationalfieldday



WIND BOWLING

Get Ready: 1 Balloon (or Paper Plate), 10 Plastic Cups

Get Set: Set 10 empty plastic cups at the edge of a table in single file along the edge.

GO!

- This event is called Wind Bowling. The object of the game is to knock all the cups off a table edge using only the air from the balloon or paper-plate fan.
- You'll do that by blowing the balloon up and aiming the escaping air towards the empty plastic cups. If you don't have a balloon you can wave the paper plate like a fan with the fan's air hitting the cups.
- Score a point for every cup that gets knocked off the table.
- You have 1 minute to knock down as many cups as you can.
- Write your score down on the official Field Day Score Card.

