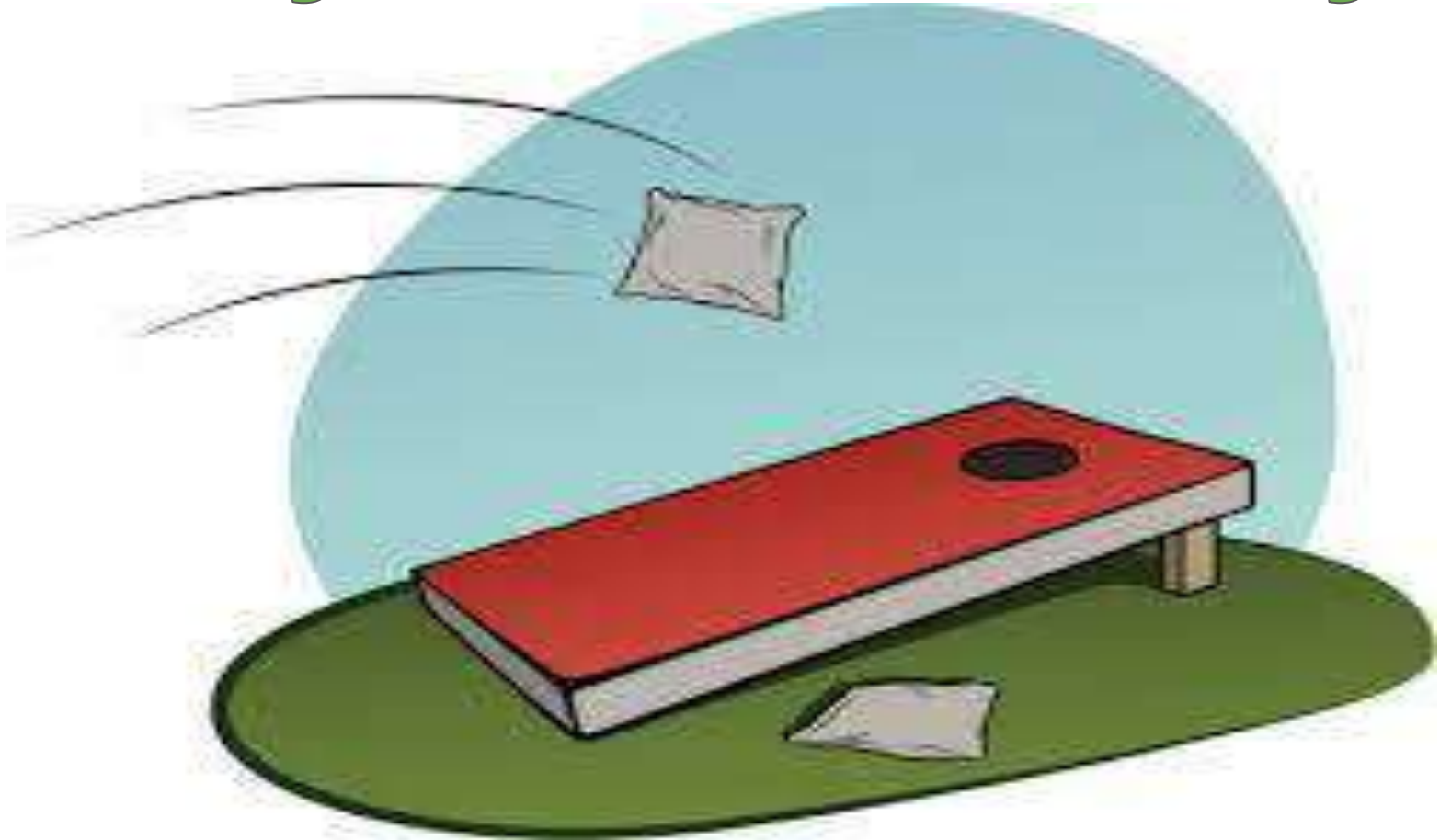


Backyard Games Day 2



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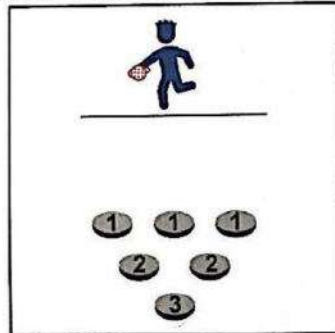
BOWL BALL

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.

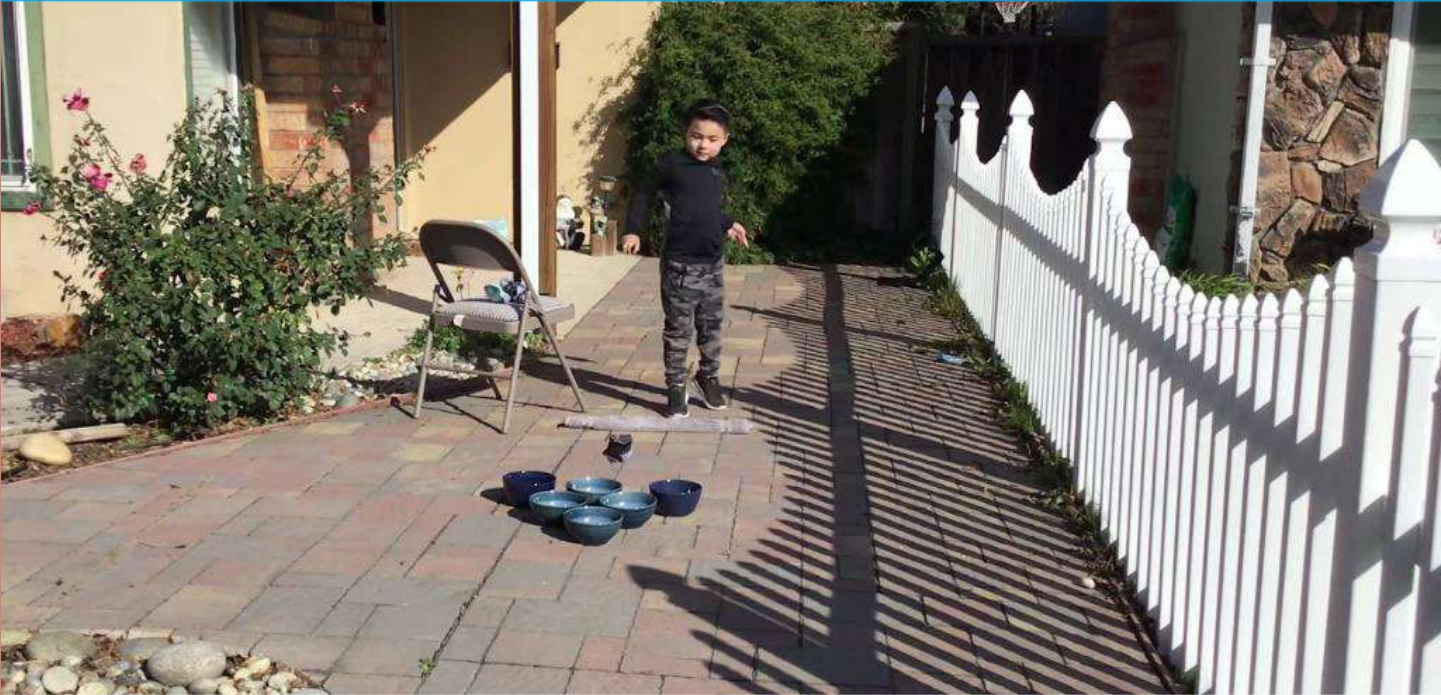


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Exercise Pong



Exercise Pong Directions

Materials:

6 cups

1 Table Tennis ball (paper ball)

Set Up:

1 cup in front

2 cups in the middle

3 cups in the back

Whole Class Play Instructions:

If you shoot and make the cup remove that cup, you do not do an exercise.

If you shoot and miss the cup you do one of the following exercises:

5 pushups	5 squats	5
jump squats		
5 situps	5 alternating lunges	
5 jumping jacks	5 burpees	

Play until the first person in the group shoots and removes all 6 cups.

Points:

1 point for every removed cup.





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Water Bottle Trap



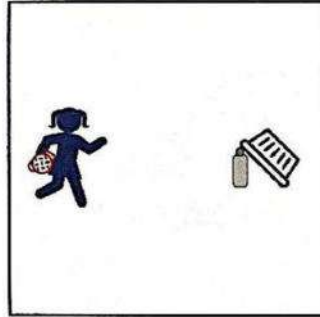
Water Bottle Trap

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.



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Alternate Scoring:

1 point:

Basket falls and doesn't trap anything

2 points:

Basket falls and traps ball OR bottle

3 points: Basket falls and traps ball and bottle





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BOEE BALL!



Distance Learning Bocce Ball

Materials:

1 Pallino ball (white)- you can use a paper ball

3 Bocce balls (slightly larger balls) - sock balls

Ruler or tape measure

Instructions:

Roll the Pallino,

Then from about 6-10 feet away, roll the sock ball when your teacher tells you to.

The goal is to get as close to the Pallino as possible.

Scoring:

Touching the pallino- 5 points

1-6 inches away from Pallino= 3 points

6-12 inches away from the Pallino = 2 points

More than 12 inches away= 0 points

Add up all points per ball and enter on your score sheet





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