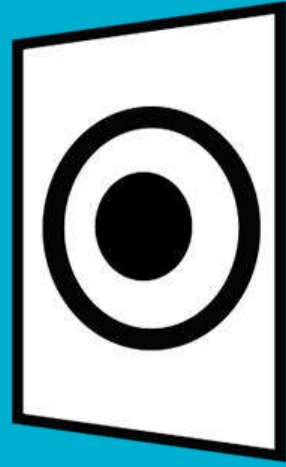


Backyard Games Day 3



Cupid Shuffle Plank Challenge

Routine (4 Counts):

4 right foot taps

4 Left foot taps

4 alternating leg lifts

4 Mountain Climbers (4 left leg and 4 right leg)



How long can you go for?!!!

Entire song= 50 points

4:00 plus= 40 points

3:30- 4:00-= 30 points

3:00-3:30= 25 points

2:30- 3:00= 20 points

2:00- 2:30= 15 points

1:30- 2:00= 10 points

1:00-1:30= 5 points



CUPID SHUFFLE PLANK CHALLENGE

MR B PE +
FRIENDS



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Target Throw

Materials:

1 Sheet of Paper or Paper plate
Tape
Chair or wall
3 sock balls

Set Up:

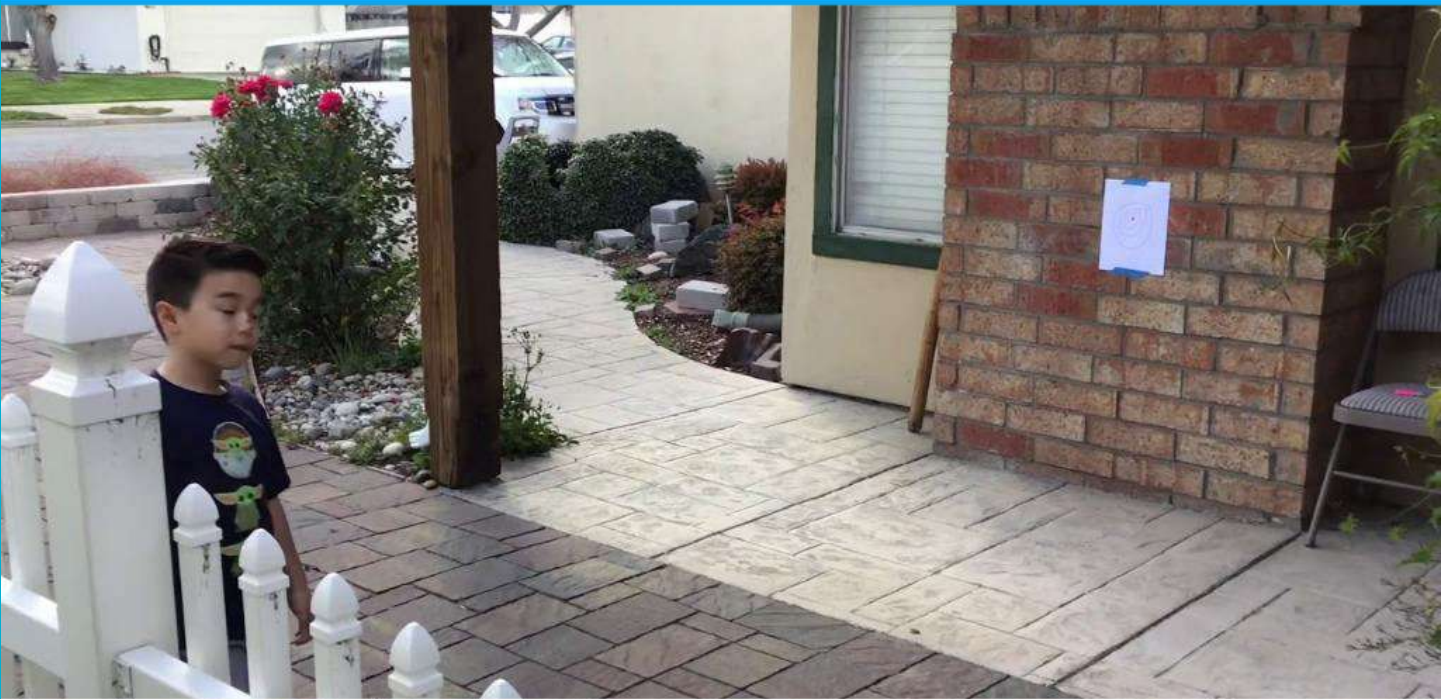
Tape plate or paper to seat back of chair or to wall about 3 feet high
Place towel or marker 10 feet away

Directions:

Pick up one sock ball at a time, throw ball at target
1 point for every time you hit the target

Go for 1 minute





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Paper Plane Cornhole

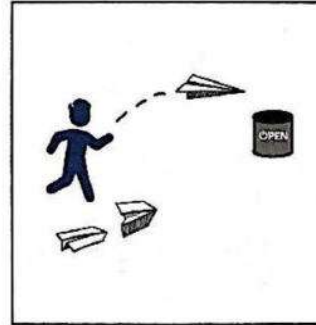
PAPER PLANE CORN HOLE

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.



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How to make a paper airplane





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Sock-er Skee-ball

5 sock balls is fine!

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.



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Skee-Ball**



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Don't forget to submit
your scoresheets!!!!