

Backyard Games Day 5



Keep It Up Challenge

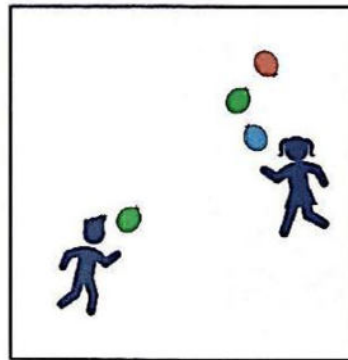
KEEP IT UP

Get Ready: 1–3 Balloons Per Player – Blow Them Up **Or a zip lock bag!!!)**

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

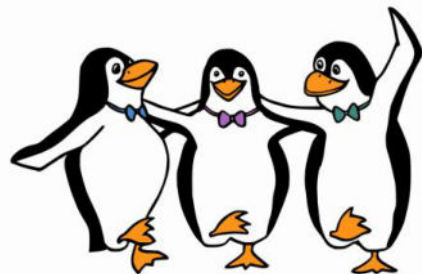
GO!

- 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.





Penguin Race Challenge



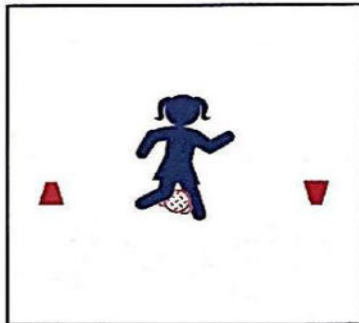
PENGUIN RACE

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





OPENPhysEd.org

Penguin Race

Bean Bag Toss



Materials:

5 paper plates (or sheets of paper)

5 Sock balls (or bean bags if you have them)

Set up:

Number the plates 10, 20, 30, 40, 50

Space the plates out about a foot apart

Directions:

Toss your bean bag, if it lands on a plate, score that number of points.

Once all bean bags are tossed, run and collect them, keep going until time is expired.

