



With Miss Stephanie



# Field Day

Just because we are all at home does not mean we cannot enjoy field day. I have included slides and videos demonstrating a couple of activities you can do at home that normally occur during field day.

- The first activity is for students who are able to stand and toss.
- The second activity is for students who are in wheelchairs.
- The additional slides are field day ideas you can try at home if you want a challenge.
- Of course you are welcome to try any activity you like :)

I hope you all enjoy!

Don't forget to enjoy field day with some [music!](#)



# A Quick Demonstration of the Underhand Toss



# TABLE TOSS



**Toss a sock ball underhand from a marker so that it lands and comes to rest on a table without sliding off.**

7

Home Field Day



7

## What do I need?

1. **Tossing Distance Marker:** You can use a cup, water bottle or toilet paper roll
2. **A Table:** You can substitute with anything with a flat surface
3. **Sock Balls:** You can substitute with a beanbag or a small stuffed animal



## How can I make it more fun?

1. **Record your Points:** Toss a 5-point shot when it stays on the table and count up your score from 10 attempts. Do it again and see if you can do better
2. **Compete Against Someone:** Go head-to-head with a family member or friend (10 attempts)

# TABLE TOSS

# Table Toss



When we filmed this it was raining outside :(  
I definitely recommend trying this outside if weather permits!



# TOSS IT IN



From a tossing marker, toss a ball into the opening of a bin or basket. Try tossing from different distances and angles.

38

Home Field Day



38

## What do I need?

1. **Tossing Markers:** Use a paper plate or piece of paper 
2. **Ball:** Use a sock ball, beanbag or small pillow 
3. **Basket/Bin:** Use a laundry basket, trash bin or a cardboard box 

## How can I make it more fun?

1. **Record your Points:** Throw a 5-point shot and count your score from 10 attempts. Do it again and see if you can better your score
2. **Compete Against Someone:** Go head-to-head with a family member or friend (10 attempts)

# TOSS IT IN

# Toss It In



You can use a large laundry basket to make it easier to toss your object into it.

# HIT THE TARGET



Throw a sock ball into one of 2 different open targets. One target should be bigger than the other like a 1. laundry basket and a 2. trash bin.



## What do I need?

1. **Throwing Distance Marker:** You can use a cup, water bottle or toilet paper roll
2. **A Laundry Basket and a Trash Bin:** You can substitute with a large and small cardboard box
3. **Sock Balls:** You can substitute with a beanbag or a small stuffed animal

## How can I make it more fun?

1. **Record your Points:** Throw a 10 point or 5 point shot and count up your score from 10 attempts. Do it again and see if you can do better
2. **Compete Against Someone:** Go head-to-head with a family member or friend (10 attempts)

# HIT THE TARGET



# Hit The Target



# SOCK BALL SNATCH






Run from the start and drop off one sock ball on plate #1. Run back and get the 2<sup>nd</sup> sock ball and run it to the plate #2. Repeat with the 3<sup>rd</sup>. Now go back and get them in the same order.

3

Home Field Day



## What do I need?

1. **Start Marker:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **3 Plates/3 Sock Balls:** You can substitute the plates with pieces of paper 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Drop off the 3 socks and then get them (1 at a time). Time yourself...do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head beside a family member or friend

# SOCK BALL SNATCH

# Sock Ball Snatch



# HURDLE RUN



Run from a start marker and jump over a set of hurdles. Run around an end marker and return to the start. Repeat.




5

Home Field Day



5

## What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Cereal Boxes:** You can substitute with pillows or cardboard boxes 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Run and hurdle for a minute and count the number of laps you make. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# HURDLE RUN



# Hurdle Run





- Whether you try this outside or stay indoors like I did, make sure to make it fun!
- Remember, all activities are OPTIONAL!
- Use the [music](#) I included during your practice and dance along.
- Include your whole family and have a friendly competition.  
:)



Week 5 is



[Now head back to the lesson powerpoint to see the weekly indoor/outdoor activity & the rocket cheer. :\)](#)