

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

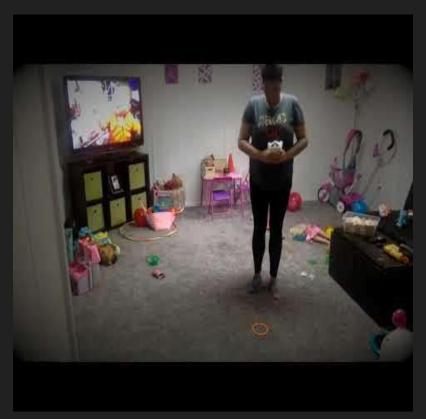


TABLE TOSS



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

Home Field Day



What do I need?

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

How can I make it more fun?

- Record your Points: Toss a 5point 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
- 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.

Home Field Day



What do I need?

- 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?

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

TOSS IT IN

Toss It In



You can you 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.



Home Field Day



What do I need?

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

How can I make it more fun?

- 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
- 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 2nd sock ball and run it to the plate #2. Repeat with the 3rd. Now go back and get them in the same order.

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Home Field Day



What do I need?

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

How can I make it more fun?

- 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
- 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.



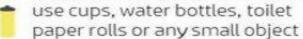
Home Field Day





What do I need?





Cereal Boxes: You can substitute with pillows or cardboard boxes



A Timing Device: This is optional

if you want to time yourself while you perform the event

How can I make it more fun?

- 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
- 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 <u>music</u> 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. :)