

# Field Day - At-Home Edition



## 4th-8th Grade Schedule

9-9:15am	Balloon Pop
9:15-9:30am	Water Balloon Toss
9:30-9:45am	Water Relay
9:45-10am	Drink Break
10-10:15am	Sack Race
10:15-10:30am	Bowling
10:30-10:45am	Tic Tac Toe
10:45-11am	Snack Break
11-11:15am	25 yard Dash
11:15-11:30am	Tug of War
11:30-11:45am	Science in a Bottle
11:45-12pm	Drink Break and Stretch

### Instructions:

**Balloon Pop:** You'll need several inflated balloons and a chair. The object is for the children to take a balloon, run to place it on a chair, and sit on the balloon until it pops.

**Water Balloon Toss:** For the toss, partners stand about a foot apart and toss the balloon back and forth. After each successful toss, one partner takes a step back. Let the pairs continue to toss until their balloon bursts.

Water Relay: Fill a bucket with water and place a sponge in it. The object of the game is for you to run with the sponge to a cup and squeeze as much water into it as you can.

Sack Race: Use a sack or a pillow case. Put both legs in the sack or pillow case and jump to the finish line.

Bowling: Set up bowling pins and give participants three chances to knock down the pins with a ball. You might not have plastic bowling pins around, but you probably have at least a few plastic bottles in your recycling. Set them up (size and shape don't really matter) and use any kind of ball.

Tic Tac Toe: Use pool noodles or anything else you have around the house to make a tic tac toe board. Grab some bean bags or anything else you might have (stuffed animals, socks). Two people will race to see who will win a game of tic tac toe, just like we did at field day last year.

25 yard Dash: Mark 25 yards and sprint as fast as you can to the finish line.

Tug of War: Grab a rope or anything you have around the house and find out who is the strongest.

Science in a Bottle: Ingredients: vegetable oil, water, food coloring, and alka seltzer tablet. Pour water into a glass or bottle. Use a measuring cup or funnel to pour vegetable oil into the cup or bottle. Wait a few minutes for the oil and water to separate. Add about 10 drops of food coloring into the oil and water mixture. Break the alka seltzer tablet in half and put half of it into the cup or bottle. Watch it sink to the bottom and see what happens!

Take some videos and send them to [jhahn@stmstc.org](mailto:jhahn@stmstc.org) to see all the fun from Field Day At-Home Edition!