

# Field Day - At-Home Edition



## PreK-3rd Grade Schedule

9-9:15am	Sack Race
9:15-9:30am	Balloon Pop
9:30-9:45am	Water Balloon Toss
9:45-10am	Drink Break
10-10:15am	Making Bubbles
10:15-10:30am	Bowling
10:30-10:45am	Water Relay
10:45-11am	Snack Break
11-11:15am	Egg and Spoon Relay
11:15-11:30am	25 yard Dash
11:30-11:45am	Tug of War
11:45-12pm	Drink Break and Stretch

### Instructions:

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

**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.

Making Bubbles: Set up about 10 bubble plates or buckets and pour bubble solution into them. Place different wands into the buckets for kids to make and pop bubbles. If you don't have bubble solution use these three ingredients: 4 cups of warm water,  $\frac{1}{2}$  cup of sugar, and  $\frac{1}{2}$  cup of blue Dawn dish soap.

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.

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.

Egg and Spoon Relay: Place an egg on a metal spoon and run/walk to the finish line. Try not dropping the egg off the spoon.

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.

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!