

**Families, here's how to participate in OPEN National Field Day:**

**Step 1:**

Download/print the OPEN National Field Day Packet (PDF) from [www.OPENPhysEd.org/nationalfieldday](http://www.OPENPhysEd.org/nationalfieldday). *Note: Packets may be provided by your school.*

**Step 2:**

Practice the events using the included practice plans and event cards.

Video demonstrations are available at [www.OPENPhysEd.org/fielddayvideos](http://www.OPENPhysEd.org/fielddayvideos)

**Step 3:**

Use the Complete Equipment List to be sure all equipment is gathered. *Note: Most equipment can be found around the house. If you cannot go out and purchase something on the list, just skip the event. Students will not be penalized in any way for skipping events due to equipment.*

**Step 4:**

Watch the OPENing Ceremony on Thursday, May 7 at 7:30 PM Eastern.

Tune in at [www.OPENPhysEd.org/fielddayopening](http://www.OPENPhysEd.org/fielddayopening)

**Step 5:**

Participate with the world at any time on May 8.

- ⇒ Track your scores on the official score card.
- ⇒ Post the action via social media using #NationalFieldDay and Tagging your school & @OPENPhysEd.
- ⇒ If this event is organized by your school, submit your complete scorecard to your teacher / field day organizer. If not, have a family member check the card for participation.
- ⇒ Download and print your certificate of participation from your school learning platform or [www.OPENPhysEd.org/fielddaychamp](http://www.OPENPhysEd.org/fielddaychamp)

**Commemorative t-shirts are available from**

April 30 through May 18 in the [OPEN National Field Day Team Shop](#).

Please note, shirts will **not** ship before the event.



# STUDENT TRAINING PACKS

OPENPhysEd.org

## Practice Plan Number 1

Write 3 different words that you would use to help you describe Field Day.

1.
2.
3.

**Before** you practice any of the 5 events below, which activity do you think you'll like the most and why?

Event Name	Practice Day 1		Practice Day 2		Rate 1 thru 4 1 = Not Fun 4 = Most Fun
	Score 1	Score 2	Score 1	Score 2	
Paper Plane Corn Hole					
Wind Bowling					
Sock-er Skee-Ball					
Towel Flip Challenge					
Milk Jug Relay					

Now that you have practiced these events, which activity did you like the most and why?



# STUDENT TRAINING PACKS

OPENPhysEd.org

## Practice Plan Number 2

Write 3 different words that you would use to help you describe your friends.

1.
2.
3.

**Before** you practice any of the 5 events below, which activity do you think you'll like the most and why?

Event Name	Practice Day 1		Practice Day 2		Rate 1 thru 4 1 = Not Fun 4 = Most Fun
	Score 1	Score 2	Score 1	Score 2	
Bowl Ball					
Water Bottle Trap					
Penguin Race					
Climb the Ladder					
If the Shoe Fits					

Now that you have practiced these events, which activity did you like the most and why?



# STUDENT TRAINING PACKS

OPENPhysEd.org

## Practice Plan Number 3

National Field Day is almost here! How are you feeling?



**Before** you practice the events below, which do you think you'll like the most? Why?

Event Name	Practice Day 1		Practice Day 2		Rate 1 thru 4 1 = Not Fun 4 = Most Fun
	Score 1	Score 2	Score 1	Score 2	
Backboard Bank It					
Coin Flip 400-Meter Dash					
Fan-A-War					
Fast Folder					
Flip Your Lid					
Keep It Up					
Look for the Good					
Scavenger Hunt					
Tennis Shoe Tower					
Wash Your Hand Relay					

Now that you have practiced these events, which activity did you like the most and why?



# 2020 EVENT INFORMATION

OPENPhysEd.org

## **OPEN National Field Day Equipment List**

- 6 Large Socks (to create sock balls)
- 1 Laundry Basket (or bucket)
- 6 Medium to Large Plastic Bowls
- Paper (to keep tally points)
- Pencil or Pen
- 6' Ladder
- 1 Empty Water Bottle
- Oversized T-Shirt, Shorts, and a Hat
- 10 Plastic Cups
- Clock or Stopwatch
- 1 Coin
- 2 Paper Plates (or cardboard to use as a fan)
- 3 Balloons
- 1 Ping Pong Ball (can use a small balloon)
- 10 Clothing Items
- 1 Kitchen Spatula
- 1 Plastic Container Lid
- 5 to 10 Pairs of Shoes
- 2 1-Gallon Milk Jugs
- 3 to 6 Sheets of Paper (for making airplanes)
- Scavenger Hunt Worksheet
- 1 Medium-sized Bucket
- 1 Plastic (Tupperware) Container
- 1 Spoon
- 1 Small Object that Fits in Spoon
- 1 Large Towel
- Music Player and the new [Song 20 Seconds or More](#)  
(*Doug E Fresh and Hip Hop Public Health*)

Each participant needs 1 scorecard. Choose a minimum of 4 events or try them all.

**Participant Name:** \_\_\_\_\_

**School Name:** \_\_\_\_\_

**3 OPEN National Field Day Rules:**

<b>BE SAFE</b>	<b>HAVE FUN</b>	<b>SPIRIT OF THE GAME</b>
----------------	-----------------	---------------------------

**Spirit of the Game** (*noun*) An overarching concept that places the responsibility of fair play on each player. Respect, adherence to rules, and the joy of play are valued over competition.

Event	Attempt #1	Attempt #2	Personal Best
Backboard Bank It			
Bowl Ball			
Climb the Ladder			
Clothes Relay			
Coin Flip 400-Meter Dash			
Fan-A-War			
Fast Folder			
Flip Your Lid			
If the Shoe Fits			
Keep It Up			
Look for the Good			
Milk Jug Relay			
Paper Plane Corn Hole			
Penguin Race			
Scavenger Hunt			
Sock-er Skee-Ball			
Spoon Relay			
Tennis Shoe Tower			
Towel Flip Challenge			
Wash Your Hands Relay			
Water Bottle Trap			
Wind Bowling			



# Field Day Rules

1. Be Safe
2. Have Fun
3. Spirit of the Game

**OPEN**<sup>®</sup>



# Spirit of the Game Pledge

I promise to take responsibility for my words and actions, to value people over scores, and to help others enjoy the day.

I will work to keep myself and others safe from injury and I will follow the rules of fair play.

The spirit of the game can be seen in respect, joy, enthusiasm, effort and encouragement.

I will follow the spirit of the game.

**OPEN**<sup>®</sup>





# Spirit of the Game

*(noun)*

An overarching concept that places the responsibility of fair play on each player.

Respect, adherence to rules, and the joy of play are valued over competition.

*National Field Day Champions  
follow the spirit of the game.*

**OPEN**<sup>®</sup>



# Growth Mindset

(noun)

A belief that abilities can be developed through dedication, hard work, and purposeful practice.

Raw talent is just a starting point.  
Hard work is a key ingredient in becoming a champion.

*National Field Day Champions demonstrate a growth mindset.*

**OPEN**<sup>®</sup>



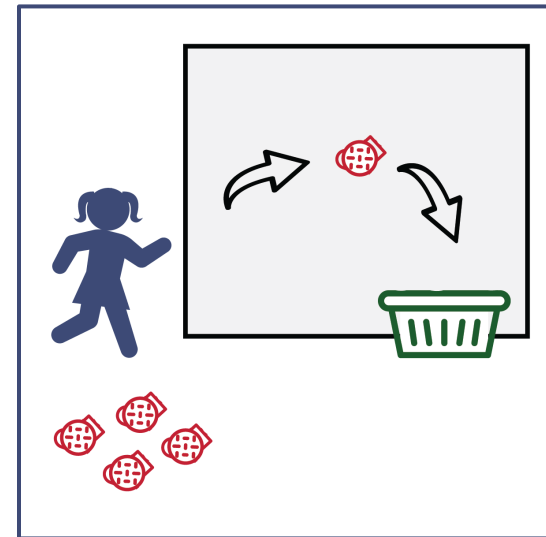
# BACKBOARD BANK IT

**Get Ready:** 5 Large Sock Balls, Laundry Basket or Bucket, A Wall

**Get Set:** Roll up the socks to make sock-balls. Place the basket or bucket against the wall. Mark a distance 5' – 10' from the basket.

**GO!**

- This event is called Backboard Bank It.
- The object of this game is to score as many points as you can in 1 minute.
- Do that by tossing the sock balls off of the wall and into the basket. You **MUST** use the wall as your backboard and bank it into the basket.
- Score a point for every sock that is banked into the basket.
- Write your score down on the official Field Day Score Card.



**OPEN**<sup>®</sup>



# BOWL BALL

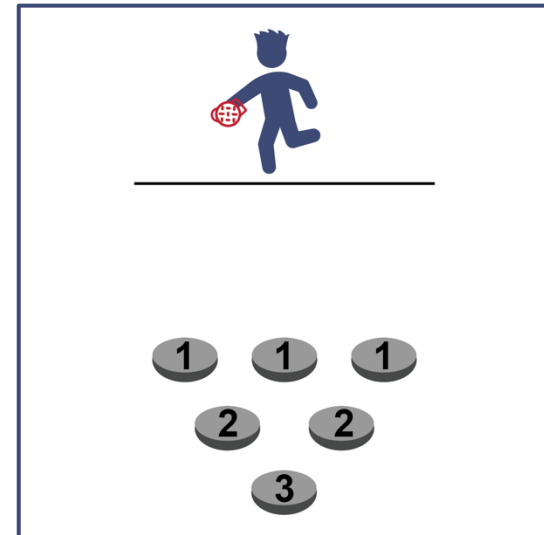
**Get Ready:** 6 Bowls, 1 Sock Ball, Paper & Pencil to Tally Score

**Get Set:** Set the bowls on the floor in a triangle pattern 3-4 inches apart. Put a piece of paper with the point total in the bottom of each bowl. Mark a throwing line 6-8 ft. away.

Hint: Big bowls are easier than small bowls!

## GO!

- The object of the game is to see how many points you can score in 1-minute.
- You do this by tossing the sock ball into the bowls and scoring points based upon where they land.
- After each throw, retrieve the sock ball and hustle back and throw again.
- If the sock lands in a bowl, use the pencil and paper to tally the points for that bowl.
- After 1-minute, calculate your tally and write your total number of points on the official Field Day Score Card.



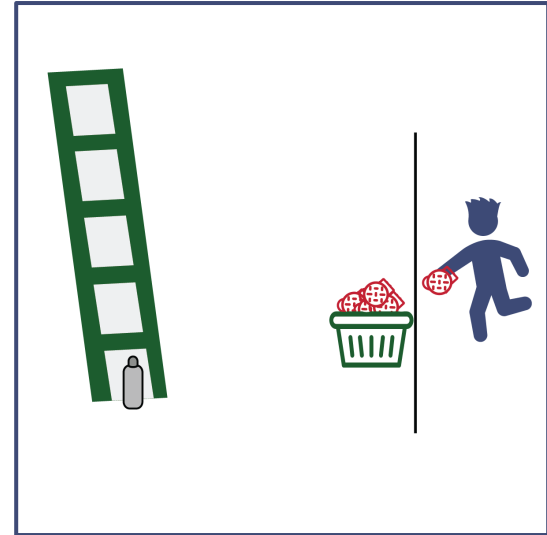
Find more resources at [www.OPENPhysEd.org/nationalfieldday](http://www.OPENPhysEd.org/nationalfieldday)



# CLIMB THE LADDER

**Get Ready:** 6' Ladder, 6-12 Sock Balls, Laundry Basket, Empty Water Bottle

**Get Set:** Set up the ladder. Place the water bottle on the floor under the first rung. Mark a throwing line 10-15 ft. away. Place the laundry basket on the throwing line. Put all the sock balls inside the basket.



**GO!**

- “Climb the ladder” using the fewest throws.
- Start with the bottle on the floor under the first rung.
- Throw sock balls at the bottle until you knock it over. Take your time, this is not a race.
- Move the bottle up one rung each time you knock it off the ladder.
- If you run out of sock balls, collect them and continue.
- Count all of your throws on every step of the ladder. How many throws does it take to knock the bottle off of the top rung of the ladder?
- Write the total throws on the official Field Day Score Card.



Find more resources at [www.OPENPhysEd.org/nationalfieldday](http://www.OPENPhysEd.org/nationalfieldday)



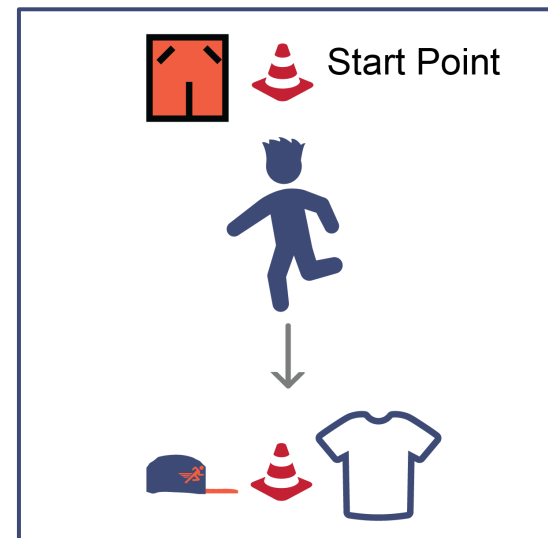
# CLOTHES RELAY

**Get Ready:** Oversized Tee Shirt, Oversized Shorts, and a Hat; Items to Mark Start/Check Points (cones, socks, plastic cups, etc.); Clock or Stopwatch

**Get Set:** Set up an area to move in by making a starting point and a check point. Distance can be 15 to 30 walking steps from point to point. Put the shirt and hat on the check point opposite from the start point, put the shorts on the start point.

## GO!

- This event is called the Clothes Relay. The object of this game is to see how fast you can go from point to point putting on the clothes and then finishing at the starting point.
- On the start signal, jog down to the check point and put on the t-shirt, then jog back to the start point and put on the shorts, then jog back to the check point and put on the hat, then jog back to finish at the start point.
- Start the Clock on “Go” and stop when you cross the finish with all the clothes on.



# COIN FLIP 400-METER DASH

**Get Ready:** 1 Coin

**Get Set:** Find an open space with enough room to run in place safely. Hold the coin in your hand – be ready to flip it.

**GO!**

- This event is the Coin Flip 400-Meter Dash!
- The object is to run 400 running steps as fast as you can. Remember, you're running in place. Your feet move, but you stay in one spot.
- On the start signal, flip the coin. Let it land flat on the floor. If it lands on "heads" run 20 running steps and then flip the coin again.
- If the coin lands on "Tails" do not run. Flip again until it lands on heads.
- Count your steps out loud. When you get to 400, time stops, and the dash is over.
- Record your time on the official Field Day Score Card.



**OPEN**<sup>®</sup>





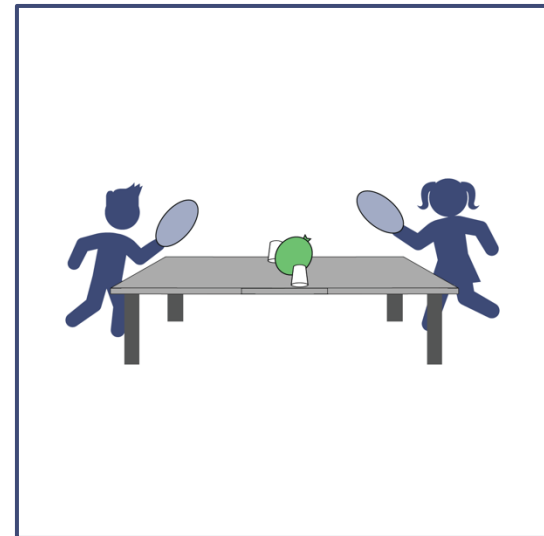
## FAN-A-WAR

**Get Ready:** 1 Paper Plate (Piece of Cardboard or a School Folder) per Player, Center Line (2 Shoes or Cups will work) 1 Ping Pong Ball or a Balloon

**Get Set:** Create a center line on a table or the floor. Place the balloon or ball on the center line. Both players across from each other with the centerline in between them.

### GO!

- This event is called Fan-a-War.
- The object of this game is to keep the ball on the opponent's side of the center line. You will have 1 minute.
- On the start signal, begin fanning the ball toward your opponent's side of the center line and away from your side.
- Continue for 1 minute. Score 5 points if the ball is on your opponent's side.
- Play and score 2 rounds and then write your score down on the official Field Day Score Card.





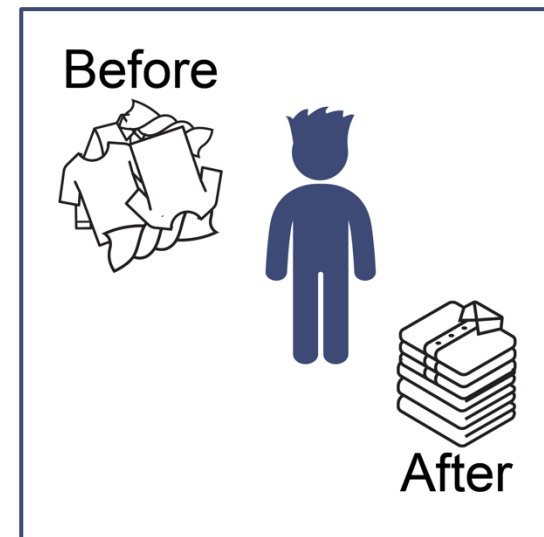
# FAST FOLDER

**Get Ready:** 10 Clothing Items from a Laundry Basket for Each Player

**Get Set:** Place 10 items from your laundry basket in a pile next to you.

## GO!

- This event is called Fast Folder.
- The object of this game is to score points by folding each item (shirt, pants, shorts, etc.). You have 1 minute to fold as many as possible.
- On the start signal, begin folding each piece of laundry.
- Score 1 point for each piece of laundry folded in one minute. Max 10 points.
- Write your score down on the official Field Day Score Card.



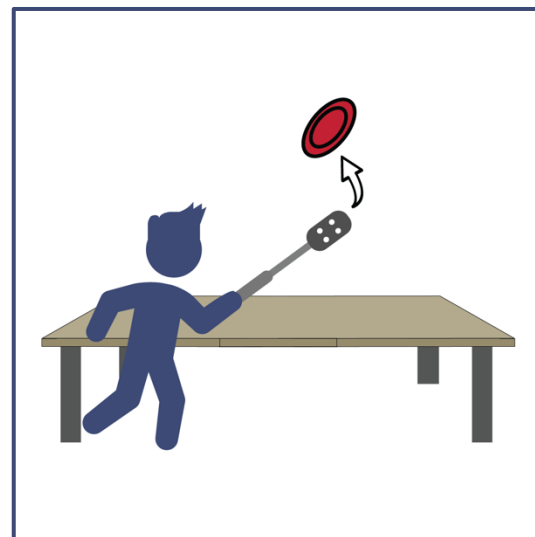
# FLIP YOUR LID

**Get Ready:** Kitchen Spatula, 1 Tupperware/Plastic Lid

**Get Set:** Place the lid facing up on a table or floor.  
Get your spatula ready for some lid flipping!

**GO!**

- This event is called Flip Your Lid.
- The object of this game is to flip your Tupperware lid upside down to earn points.
- Place the lid facing up on the table or floor, then slide the spatula under and flip the lid in the air. Let it land flat on the table or floor.
- Score a point for every lid that you flip upside down (0 points if it lands right-side up).
- Quickly reset the lid each time you flip it.
- You will have 1 minute to see how many times you can flip the lid upside down.
- Write your score down on the official Field Day Score Card.



**OPEN**<sup>®</sup>



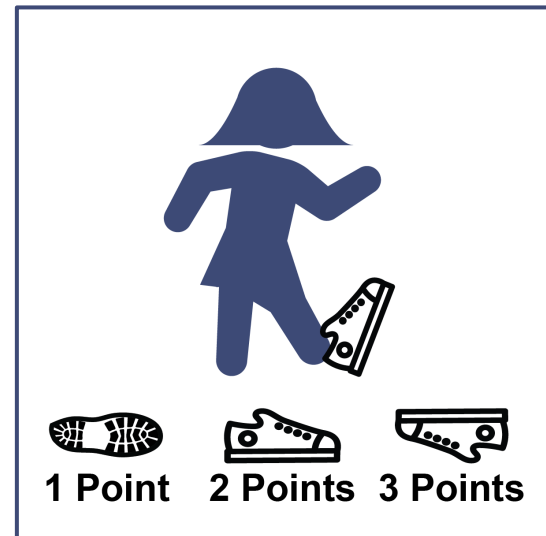
## IF THE SHOE FITS

**Get Ready:** 1 Tennis Shoe, Spacious Area, Clean Feet

**Get Set:** Make sure you have plenty of unobstructed space around you.

### GO!

- How many points you can score in 1-minute?
- Put your foot partially into the tennis shoe.
- On the start signal, flip the shoe into the air.
- Score as follows:
  - 1 point = shoe lands on its side
  - 2 points = shoe lands right side up (sole of the shoe on the ground)
  - 3 points = shoe lands *perfectly* upside down (no sides touching the ground)
  - 0 points = if the shoe hits you in the head or knocks over a lamp.
- Write your total number of points on the official Field Day Score Card.
- Go wash your foot.



Find more resources at [www.OPENPhysEd.org/nationalfieldday](http://www.OPENPhysEd.org/nationalfieldday)



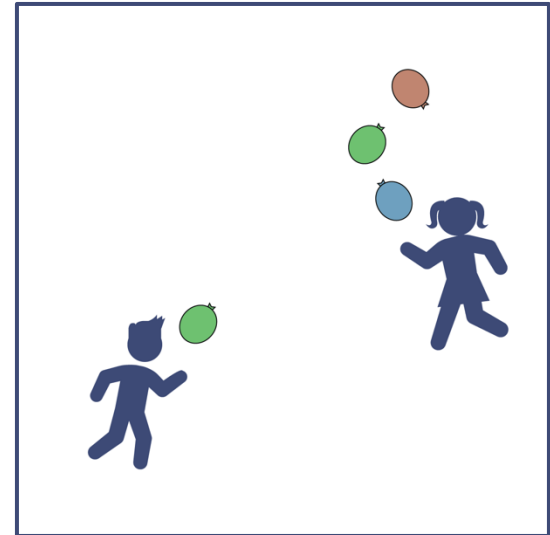
# KEEP IT UP

**Get Ready:** 1–3 Balloons Per Player – Blow Them Up

**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.



**OPEN**<sup>®</sup>



# LOOK FOR THE GOOD

**Get Ready:** An Object to Mark Your Home Base

**Get Set:** Mark a Home Base anywhere in your house. You will be bringing objects back to this spot.

**GO!**

- This event is called Look for the Good!
- The object is score points by finding 4 objects in your house (1 at a time) that start with the letters L–F–T–G (Look For The Good).
- You have 1 minute to find them all.
- Score 1 point for each object and a bonus point if you find all 4 (maximum 5 possible points).
- On the start signal, leave home base and go find an object that starts with the letter L. When you find it, return the object to home base before looking for the next object. Continue until you find all 4 items, or time runs out.
- Record your score on the official Field Day Score Card.



**OPEN**<sup>®</sup>



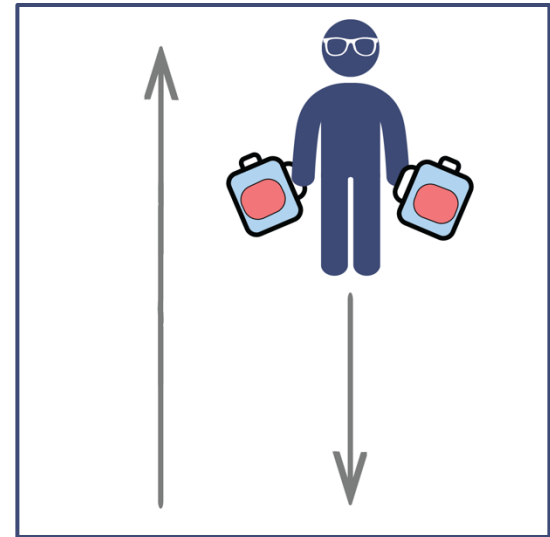
## MILK JUG RELAY

**Get Ready:** Two 1-Gallon Milk Jugs, Items to Mark Start/End Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

**Get Set:** Set up an area to move in by making a starting point and ending point. Distance can be 15 to 30 walking steps from beginning to end. Fill two used 1-gallon milk jugs with water ( $\frac{1}{4}$ ,  $\frac{1}{2}$ , or full) and place at a start spot.

### GO!

- This event is called the Milk Jug Relay. The object of this game is to carry the milk jug across the room as many times as you can.
- You get 1 point for each full length you travel.
- Add extra challenge by carrying two milk jugs at once.
- You have 1 minute to complete the challenge.
- Write your score down on the official Field Day Score Card.



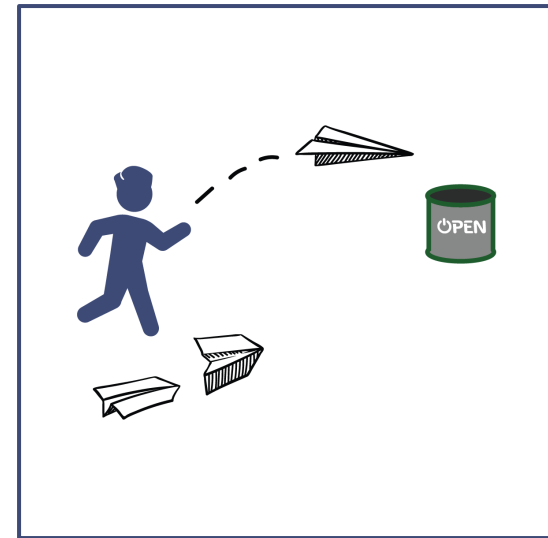
## PAPER PLANE CORN HOLE

**Get Ready:** You'll need 3 paper sheets per player, a bucket or laundry basket.

**Get Set:** Create 3 paper airplanes using a design of your choice. Place your bucket 5-10 feet away from your throwing line.

### GO!

- This event is called Paper Plane Corn Hole.
- The object of the game is to score points by throwing your paper airplane into your bucket. You have 1 minute to score as many as possible.
- Design and create 3 paper airplanes.
- On the start signal, fly your airplanes as many times as you can toward your bucket.
- Score 1 point for every plane that hits the outside of the bucket and 2 points for every plane that lands in the bucket.
- Write your score down on the official Field Day Score Card.



**OPEN**<sup>®</sup>





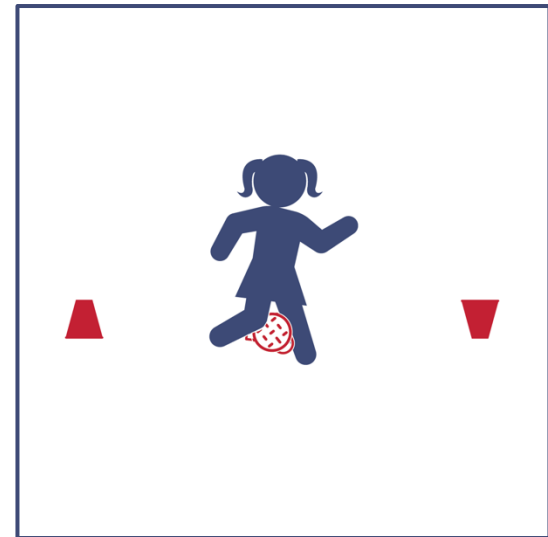
# PENGUIN RACE

**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).



**OPEN**<sup>®</sup>

Find more resources at [www.OPENPhysEd.org/nationalfieldday](http://www.OPENPhysEd.org/nationalfieldday)

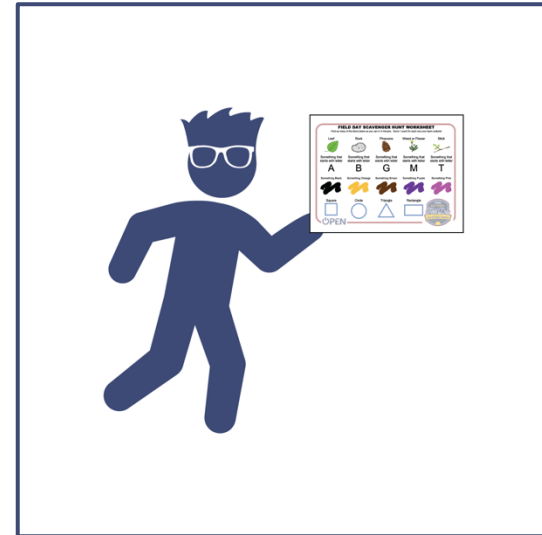




# SCAVENGER HUNT

**Get Ready:** Scavenger Hunt Worksheet

**Get Set:** Have a printed copy of the Scavenger Hunt Worksheet. The items you have to find are things lying around your house and/or yard.



**GO!**

- This event is called Field Day Scavenger Hunt.
- The object of this game is to find as many items listed on the worksheet as possible in 5 minutes.
- On the start signal, search around your house and/or yard and collect the items that fit the description on the worksheet.
- Score a point for every item that you find. If an item can't be collected/moved, simply check it off on your scavenger hunt worksheet.
- Record your score on the official Field Day Score Card.

**OPEN**<sup>®</sup>



# FIELD DAY SCAVENGER HUNT WORKSHEET

Find as many of the items below as you can in 5 minutes. Score 1 point for each one your team collects!

Leaf



Something that starts with letter

A

Rock



Something that starts with letter

B

Pinecone



Something that starts with letter

G

Weed or Flower



Something that starts with letter

M

Stick



Something that starts with letter

T

Something Black



Something Orange



Something Brown



Something Purple



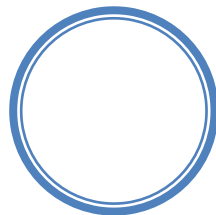
Something Pink



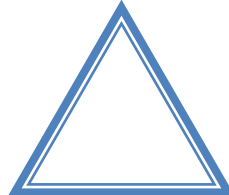
Square



Circle



Triangle



Rectangle



**OPEN**<sup>®</sup>



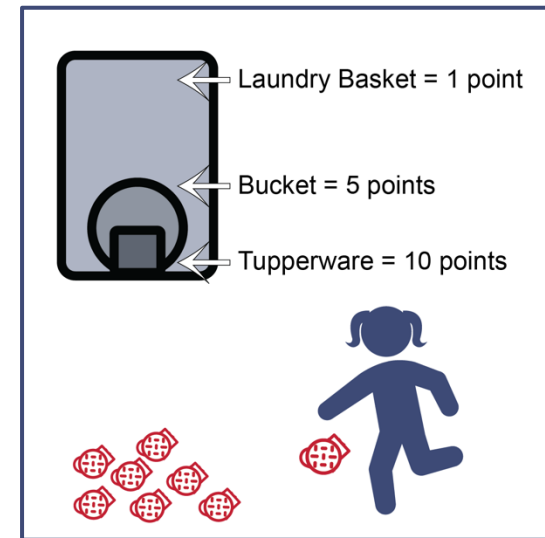
## SOCK-ER SKEE-BALL

**Get Ready:** 10 sock balls, 1 Laundry Basket, 1 Bucket, 1 Tupperware container

**Get Set:** Roll up the socks to make sock-balls. Stack the targets into skee-ball formation with the Tupperware inside the bucket and the bucket inside the laundry basket.

### GO!

- This event is called Sock-er Skee-ball. The object of this game is to score points by kicking the sock ball into the skee-ball targets.
- You'll do that by using your feet to kick the sock ball into the target.
- Score 1 point for every sock ball that lands in the laundry basket.
- Score 5 points for sock balls in the bucket.
- Score 10 points for sock balls in the Tupperware container.
- You get 10 chances to score as many points as you can.
- Write your score down on the official Field Day Score Card.



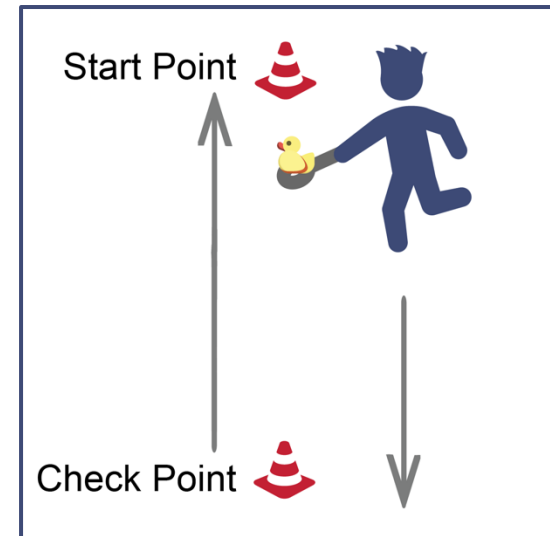
# SPOON RELAY

**Get Ready:** 1 spoon, 1 object to balance (small ball, marble, small toy), Items to Mark Start/Check Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

**Get Set:** Set a starting point and a check point. Distance can be 15 to 30 walking steps from beginning to end. At the start point, get ready by placing the object on the spoon and balance it.

## GO!

- This is the Spoon Relay. You have 1 minute to Score points by completing laps with an object balanced on a spoon.
- On the start signal, move carefully from the starting point to the check point and back again (1 lap).
- Complete as many laps as possible without a drop.
- If you drop the object, stop walking, place it on the spoon, and begin again.
- Score 1 point for each lap completed without a drop.
- Write your score down on the official Field Day Score Card.



**OPEN**<sup>®</sup>



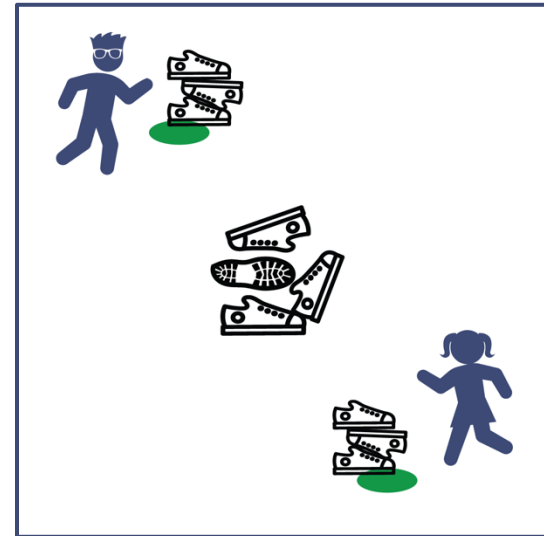
# TENNIS SHOE TOWER

**Get Ready:** 5-10 Shoes per Player, 1 Spot Marker per Player to Create Home Base for Each Player (paper plate, cups, sock etc.)

**Get Set:** Place shoes in a pile in the center of the room. Place Home Base spots 6'-10' from the pile and 6' apart from other players.

## GO!

- This event is called Tennis Shoe Tower.
- The object is to build a shoe tower with shoes collected from the pile.
- On the start signal, players will run and take 1 shoe from the pile, return it to their home base and place it on their shoe tower.
- Repeat till all the shoes are gone. (Run – Grab – Stack – Repeat!)
- If the tower falls, that's okay. Continue stacking to rebuild and continue.
- On the stop signal, count and score 1 point for each shoe in the tower.
- Write your score down on the official Field Day Score Card.



**OPEN**<sup>®</sup>



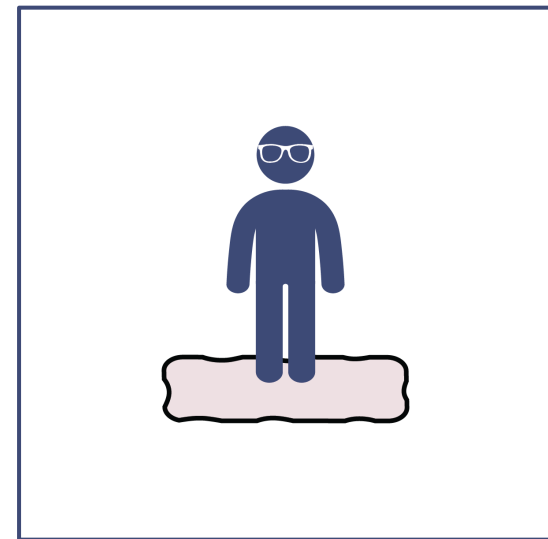
## TOWEL FLIP CHALLENGE

**Get Ready:** 1 large beach or bath towel

**Get Set:** Lay your towel out flat on your floor and stand on it.

**GO!**

- This event is the Towel Flip Challenge. The object of this game is to flip the towel as fast as you can without stepping off of it.
- You can take small steps from one part of the towel to another. However, you can only move it when you have both feet firmly in place on top of the towel.
- The towel must be flat at the start and flat at the finish.
- You have 1 minute to complete the challenge.





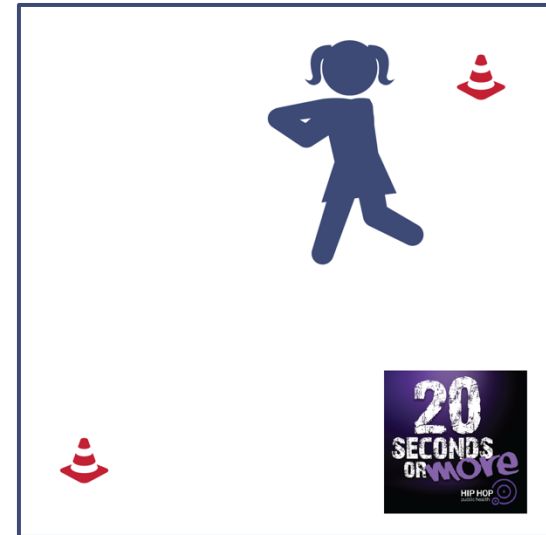
# WASH YOUR HANDS RELAY

**Get Ready:** 20 Seconds or More Music by Doug E. Fresh, 2 Objects (shoes, cones, plastic cups)

**Get Set:** Create 2 end lines by setting objects 6' to 12' apart in an area safe for movement. Play 20 Seconds or More by Doug E. Fresh

**GO!**

- This event is called Wash Your Hands Relay!
- The song 20 Seconds or More helps to teach us how to wash our hands and keep our family safe from disease.
- The object of this game is to move from line-to-line as many times as you can in 1 minute while pretending to wash your hands.
- You must walk, skip, or gallop. Running or jogging is not allowed.
- On the start signal, begin moving from line-to-line.
- Count each time that you move to an end line.
- On the stop signal, record your score on the official Field Day Score Card.



**OPEN**<sup>®</sup>



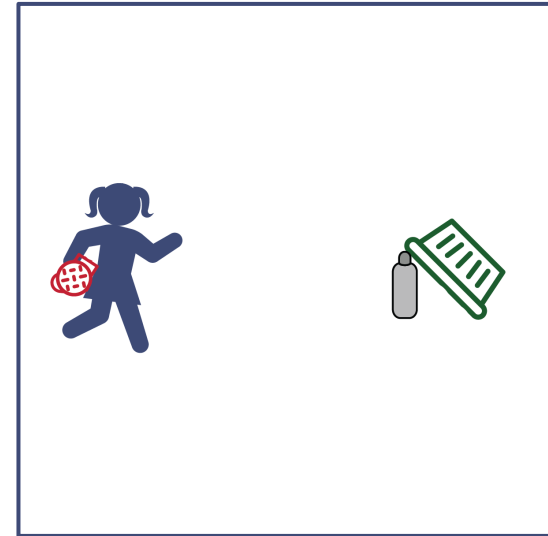
# Water Bottle Trap

**Get Ready:** 1 Empty Water Bottle, 1 Laundry Basket, 1 Sock/Tennis Ball

**Get Set:** Lean the edge of the laundry basket on top of the empty water bottle. Designate a rolling line 8-10 ft. away (the open side of the laundry basket should be facing you).

**GO!**

- The objective is to see how many points you can score in 1-minute.
- Do this by rolling the sock/tennis ball at the water bottle.
- To score the ball must hit the water bottle first (the roll does not count if it misses the bottle and knocks over the basket – sorry!).
- Rolls that hit the water bottle first score as follows:
  - 1 point = basket falls and traps ball only
  - 2 points = basket falls and traps water bottle only
  - 3 points = basket falls and traps both ball and water bottle
- Write your total number of points on the official Field Day Score Card.



Find more resources at [www.OPENPhysEd.org/nationalfieldday](http://www.OPENPhysEd.org/nationalfieldday)





## WIND BOWLING

**Get Ready:** 1 Balloon (or Paper Plate), 10 Plastic Cups

**Get Set:** Set 10 empty plastic cups at the edge of a table in single file along the edge.

### GO!

- This event is called Wind Bowling. The object of the game is to knock all the cups off a table edge using only the air from the balloon or paper-plate fan.
- You'll do that by blowing the balloon up and aiming the escaping air towards the empty plastic cups. If you don't have a balloon you can wave the paper plate like a fan with the fan's air hitting the cups.
- Score a point for every cup that gets knocked off the table.
- You have 1 minute to knock down as many cups as you can.
- Write your score down on the official Field Day Score Card.

