

# Welcome to Piercestown NS Virtual Sports Day!

You will need:

- Sock balls (see video)
- 2 Laundry baskets or boxes
- 6 Large plastic bowls
- Oversize clothing
- Spatula and lid
- One runner shoe
- Paper airplanes (see video)
- 2 Plastic cups
- Unfolded laundry

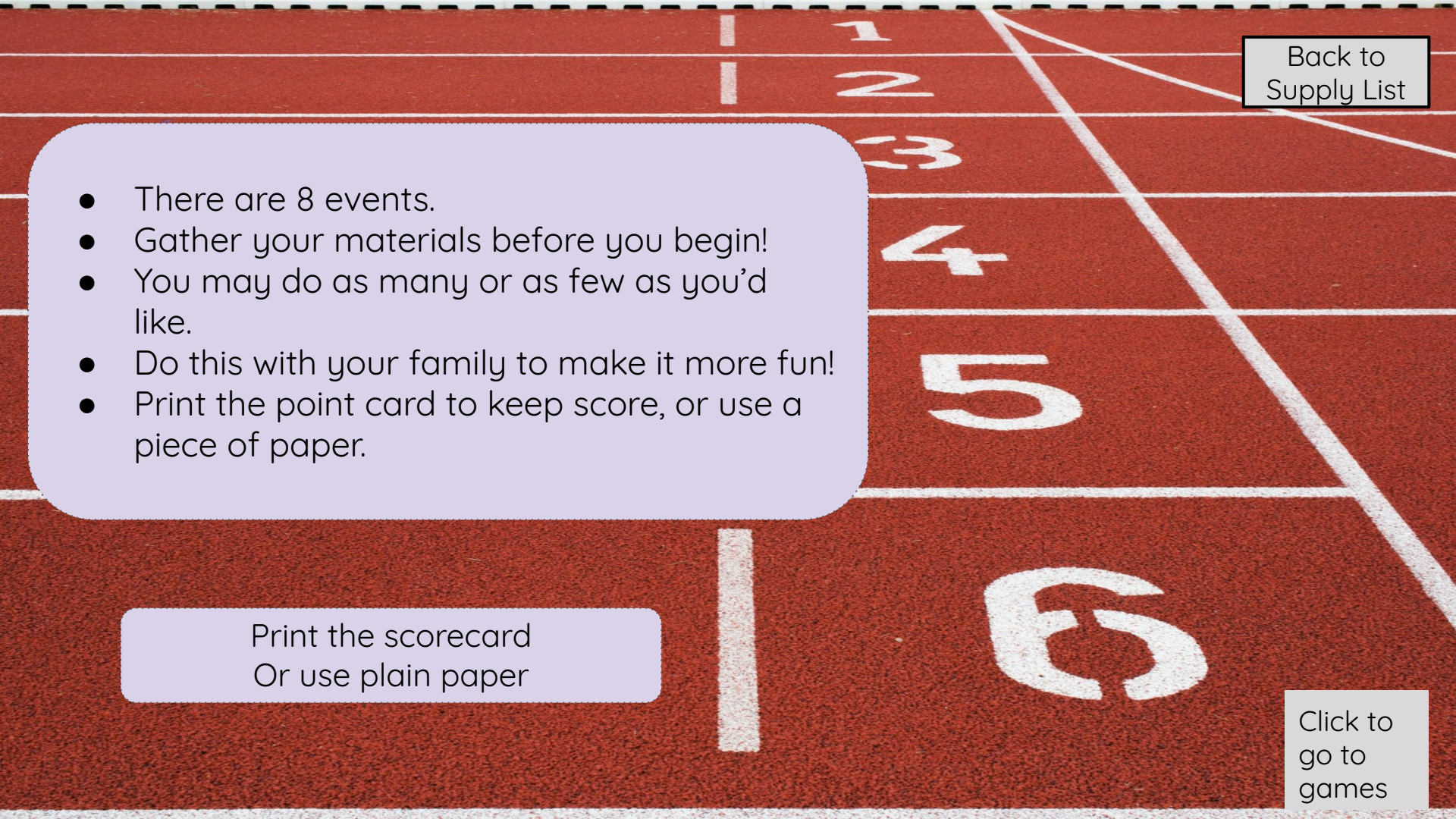
Video:  
How to Fold a  
Paper airplane

Video:  
How to make  
sock balls

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- There are 8 events.
- Gather your materials before you begin!
- You may do as many or as few as you'd like.
- Do this with your family to make it more fun!
- Print the point card to keep score, or use a piece of paper.

Print the scorecard  
Or use plain paper

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# EVENTS

**Backboard Bank It!**

**Fast Folder!**

**Bowl Ball!**

**Flip Your Lid!**

**Clothes Relay!**

**Paper Plane Cornhole!**

**If the Shoe Fits!**

**Penguin Race!**

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*\*These events and resources are all from Online Physical Education Network.*



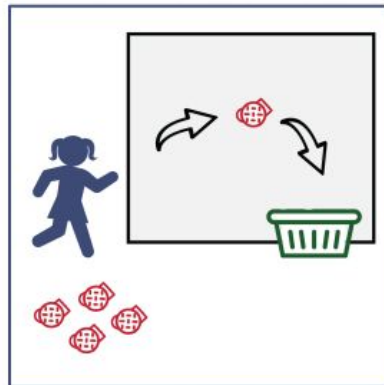
## BACKBOARD BANK IT

**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.



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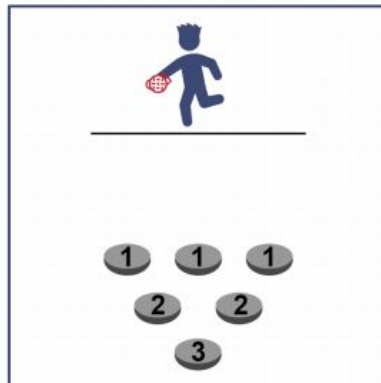
## BOWL BALL

**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)



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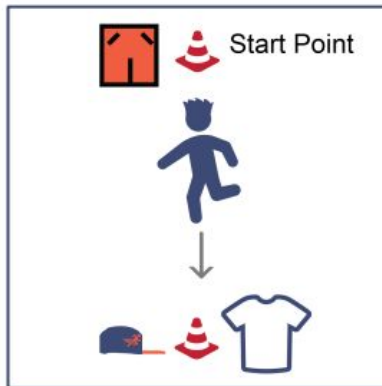
## CLOTHES RELAY

**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.



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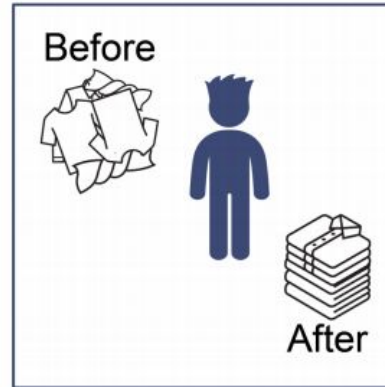
## FAST FOLDER

**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.



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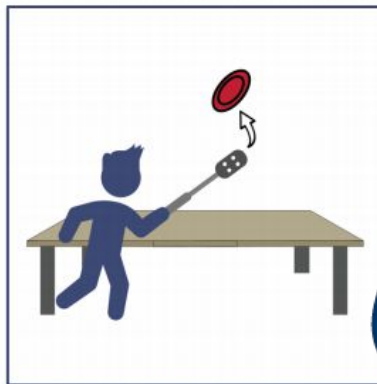
## FLIP YOUR LID

**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.



COOL



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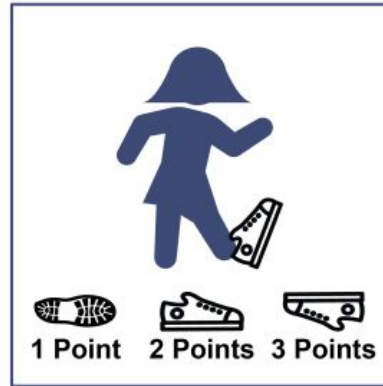
## IF THE SHOE FITS

**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.



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## 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.



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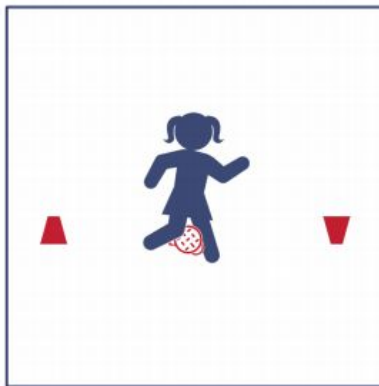
## PENGUIN RACE

**Get Ready:** 1 Sock or Tennis Ball and 2 Plastic Cups per Person

**Get Set:** Set the plastic ups 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).



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- Here are some more Field Day games to play!



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