

## **FIELD DAY ACTIVITIES**

### **SPOON EGG RELAY**

#### **Instructions-**

Must be a long wooden spoon, your hand has to be on the end part of the spoon and you may not hold the egg with your hand it must balance on the end of the spoon. You need to mark 60' and back around a cone if the egg falls off you must stop where you're at, replace the egg on the spoon and continue to walk to complete the relay. Take pictures or videos of you doing the spoon egg relay that will be posted on TMS Facebook page.

EQUIPMENT- 1 LONG WOODEN SPOON, AN EGG OR (SMALL PLASTIC WIFFLE BALL OR PING PONG BALL) 2 CONES

### **CUP PONG**

Fill 2 solo cups up with about a  $\frac{1}{4}$  of Water (H<sub>2</sub>O) and set them on a long table, you will need a partner to do this with you, the object of the game is to be the first one to score 3 points, to score a point you must either toss the ping pong ball in the cup by either in the air or bouncing it in the cup. The loser has to do 5 pushups. Please have someone either video or take pictures of you playing cup pong that will be posted on TMS Facebook page.

EQUIPMENT- 2 SOLO CUPS, LONG TABLE, PING PONG BALL OR SMALL PLASTIC WIFFLE BALL

### **DIZZY IZZY RELAY**

#### **Instructions-**

Place 2 cones the same distance apart, get a baseball bat and place your head on the knob of the bat while the barrell stays in constant contact with the ground. Your body will spin around the bat 10 times then while trying to keep your balance you must run to the cone and back as fast as you can, have someone time you while doing this. Please take videos or pictures to be uploaded to TMS Facebook page.

EQUIPMENT- BASEBALL BAT, CONE OR OBJECT TO RUN AROUND, START LINE/ FINISH LINE A CONE OR ANY OBJECT THAT YOU START AND FINISH AT.

### **BASKETBALL TRICK SHOT**

Video yourself attempting a Trick shot, the shot must go in for it to be counted as a Trick Shot.

Equipment needed- Basketball goal or trash can, basketball or paper wad.

### **SOCCER KICK**

Video yourself kicking a soccer ball to a target (partner, tree, etc.) For bonus points see how many times you can dribble a soccer ball with your feet.

EQUIPMENT NEEDED- SOCCER BALL OR ANY BALL OR OBJECT YOU CAN KICK

### **FOOTBALL PASS**

Video yourself throwing a Football pass from a parent/guardian or neighbor, keep a 6' distance. If you do not have someone to throw a pass to, do a self-pass and then go catch it. We want to see who the next Tom Brady is at Temple Middle School.

EQUIPMENT NEEDED- FOOTBALL OR ANY BALL OR OBJECT YOU CAN CATCH,

### **BASEBALL/SOFTBALL THROW**

Draw a line with chalk or use a cone, must stay behind the line or object. Boys use baseball girls use softball and try to keep it on a straight line and measure the distance to where the ball lands and not stops. Have someone videoing this and also someone who can mark the distance of where the ball landed. 3 attempts take your best throw.

Equipment needed- Baseball/softball or tennis ball, tape measure, cone or chalk to mark the starting line.

### **FOOTBALL PUNT**

Same instructions as baseball softball throw. Do 3 punts take your best punt. Have someone video you doing this and someone marking the distance of where the punt landed. Have someone videoing this and also someone who can mark the distance of where the ball landed. 3 attempts take your best punt.

EQUIPMENT NEEDED- FOOTBALL OR ANY OBJECT YOU CAN PUNT, STAR

### **WATER BALLOON CHAIR POP**

Use the same distance as spoon egg relay. Fill up a balloon halfway with water and place it in a chair. You must start behind the cone then run down to the chair and sit on the balloon until it pops. Try to do this in the least amount of times as possible. Please video yourself doing this and it will be uploaded to TMS Facebook page.

### **STUDENT CHOICE**

Use equipment that you have available to you to do a Field Day activity. For example, Coach Smith has a basketball goal and basketball available so he will post a video of him dunking. Please take a video that will be posted on the TMS Facebook Page.

Other examples for Student Choice, Yard Bowling, Home Run Derby, Frisbee, Jump Rope, Dance etc.