

RCS Virtual Field Day:

1. Water bottle flip

<https://www.youtube.com/watch?v=zfwQQ0Eo0gQ&list=PL3V4Mn87Y0XpniuE8sYRIMz3JK3RAU2L3&index=1>

Equipment: 1 water bottle (full); stop watch

- How many times can you flip a water bottle right side up in two minutes? Start by holding the water bottle in your hand (usually holding the top works best) and toss it up by flipping it in the air so that the water bottle lands up right. When two minutes is up, write down how many successful flips (bottle standing upright) on your score card.

2. Zip Lock Bag Volley

Part 1: https://www.youtube.com/watch?v=iMoryEtbL_o

Part 2: <https://www.youtube.com/watch?v=ym7fg--UCx0>

Equipment: 1 Gallon zip lock bag; stopwatch

- Fill a zip lock bag with air. See how many times you can hit the Zip Lock bag into the air using your hands or any part of your body into the air repeatedly. If it hits the floor you start back at zero. When two minutes is up, write down your highest score on the score card.

3. Sock Ball Launch-

<https://youtu.be/qMnYEDIsMkl>

Equipment: 7 sock balls; 1 pillowcase or kitchen towel; 1 laundry basket; stopwatch

- Have an adult measure out 10 feet using their steps; heel to toe. Use a pillow case folded in half long ways or a kitchen/hand towel to launch a sock ball and see how many sock balls you can get into the laundry basket. Make sure you hold each end of the towel or pillow case with the sock ball in the middle. When you pull outward, the center of the pillowcase or towel will be pulled taught and the sock ball should launch! Count how many you can make in two minutes then record your score on the score card.

4. Sponge/Washcloth Soaker-

<https://www.youtube.com/watch?v=303DP3Wvo2c&list=PL3V4Mn87Y0XpniuE8sYRIMz3JK3RAU2L3&index=4>

Equipment: 1 bucket filled with water; 1 sponge or washcloth; 1 rubber band; 1 empty water bottle or plastic cup; 1 measuring cup; stop watch

- Measure out $\frac{3}{4}$ of a cup of water and pour it into a plastic cup or empty water or pop bottle. You can use a marker to mark off the water line or a rubber band if you are using a cup. Place your starting bucket and sponge/washcloth 20 feet away from each other (using step method above) from the cup/bottle. When you start your timer, see how long it takes you to dip your sponge/washcloth in the water bucket and run down to the other end and wring out as much water as you can into the bottle and head back.

5. **Backboard Bank it-**

<https://www.youtube.com/watch?v=QgQ300M8N-8&feature=youtu.be>

Equipment Needed: 5 sock balls, laundry basket/bucket, a wall

- The object of the game is to score as many points as you can in one minute.
- Toss the sock ball balls off the wall and into the basket. You MUST use the wall as your backboard.
- Score a point for every sock that is banked into the basket.
- Write down your score on the score card. This is optional

6. **Shoe Kick-**

<https://www.youtube.com/watch?v=DFpjrPsCbqg>

Equipment: Shoes

- Loosen up your tennis Shoes and starting at your start spot, try to kick your shoe off as far as you can. Do both feet and then using the heel to toe method have an adult count their steps from the starting point to your furthest kicked shoe. Record your distance on the score card.

7. **Card Toss-**

<https://www.youtube.com/watch?v=AZtRvWME64s>

Equipment: 1 deck of cards (or any game cards); 1 laundry basket or Large cardboard box

- Choose your starting spot and mark it. Have an adult walk 4 steps heel to toe away. Try and throw as many cards as you can in two minutes into the basket/box. You can use a deck of cards, UNO cards, any game that has cards included could work! Hint: Using a Frisbee technique will work better than an overhand or underhand throw! Once two minutes is up, write down how many you got on your Field Day card.

8. **Book Balance-**<https://youtu.be/BC2rBD9zrvE>

Equipment: End point marker (could use a shoe!); a hard cover book

- Have an adult measure out 20 steps from a starting point to an end point. Try walking from the starting point to the end point and back balancing a book on your head!
- If the book falls, you have to pick it up and place it back on top of your head. Write down how long it took you.
- You may NOT take any steps once the book has fallen but may continue once you place the book back.

9. Spoon Relay-

Equipment: Spoon; End point marker; 1 piece of balled up paper

- Part 1 :
<https://www.youtube.com/watch?v=h4sjsJikZo&list=PL3V4Mn87Y0XpniuE8sYRIMz3JK3RAU2L3&index=7&t=0s>
 - Have an adult measure out 20 steps from a starting point to an end point. Lick the spoon and stick it on to your nose! With the spoon on your nose, try walking as fast as you can to the end point and back. If the spoon falls off you cannot take any more steps until the spoon is placed back on your nose. Record how long it took you to get back to your starting point.
- Part 2:
https://www.youtube.com/watch?v=D_vFv9hdSyk&list=PL3V4Mn87Y0XpniuE8sYRIMz3JK3RAU2L3&index=6&t=0s
 - Another option is to place the handle end of the spoon in your mouth and a small paper ball the size of a ping pong ball on the spoon end. Try walking as fast as you can from the end point and back. If the spoon falls off you cannot take any more steps until the spoon is placed back on your nose. Record how long it took you to get back to your starting point.

10. Towel Flip-

<https://www.youtube.com/watch?v=66XLeBny4nc&list=PL3V4Mn87Y0XpniuE8sYRIMz3JK3RAU2L3&index=10&t=0s>

Equipment: You'll need 1 large beach or bath towel

- Lay your towel out flat on your floor and stand on it.
 - 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.
 - Extra challenges
 - Folding the towel in half, then into quarters, then into eighths while still on the towel.
 - Make the towel into a square, rectangle, triangle, pentagon, or an octagon.

11. Paper Plane Cornhole-

<https://youtu.be/i6oPoYT2Tk>

Equipment: 3 Sheets of paper per player; bucket or laundry basket

- Create 3 paper airplanes using a design of your choice. Place your bucket 4-5 feet away from your throwing line.
- 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

12. **Jug Relay-**

<https://www.youtube.com/watch?v=DdLtPXkWYIY&list=PL3V4Mn87Y0XpniuE8sYRIMz3JK3RAU2L3&index=4&t=0s>

Equipment: 2 empty milk or water gallons, stop watch, start and end point

- Measure out 15-20 walking steps heel to toe from a starting point to an end point
- Fill each gallon $\frac{1}{4}$ or $\frac{1}{2}$ of the way with water.
- On “Go” start the timer and see how many times you can walk down and back (that’s one carrying the cartons in 1 minute.
- Record your score on the score card

13. **Fast Folder-**

<https://www.youtube.com/watch?v=1MOVaGcVhLc&list=PL3V4Mn87Y0XpniuE8sYRIMz3JK3RAU2L3&index=8&t=0s>

Equipment: 10 Clothing items and a laundry basket

- Set-up: Place 10 items from your laundry basket in a pile next to you.
- 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.
 - Alternate scoring options:
 - Use more than 10 pieces of clothing – if 10 is too easy.
 - Assign a point value to individual clothing items
 - Example: Shirts = 2pt, Pants = 1pt, etc

14. **Bozo Buckets-**

<https://youtu.be/YqjQOWUp7kk>

Equipment: 4 large Tupperware; Sock ball; Stop watch

- Line up 4 larger Tupperware or bowls in a straight line 4 feet away from your starting position. Using a sock ball, try to toss the socks into the buckets.
- Bucket 1 is the one closest to you, bucket 2, second, and so forth.
- Bucket one is worth one point, bucket two is worth 2, three is worth 3, etc.
- Keep track of how many points you can get in two minutes.
- Record your score once your time is up

RCS Field Day Week

May 18th – 22nd

Participant Name: _____

School Name: _____

3 RCS Field Day Rules		
BE SAFE	HAVE FUN	TRY YOUR BEST
Event	Score	
Water Bottle Flip		
Zip Lock Bag Volley		
Laundry Basket Launch		
Sponge/Washcloth Soaker		
Backboard Bank It		
Shoe Kick		
Card Toss		
Book Balance		
Spoon Relay		
Towel Flip		
Paper Plane Cornhole		
Jug Relay		
Fast Folder		
Bozo Buckets		