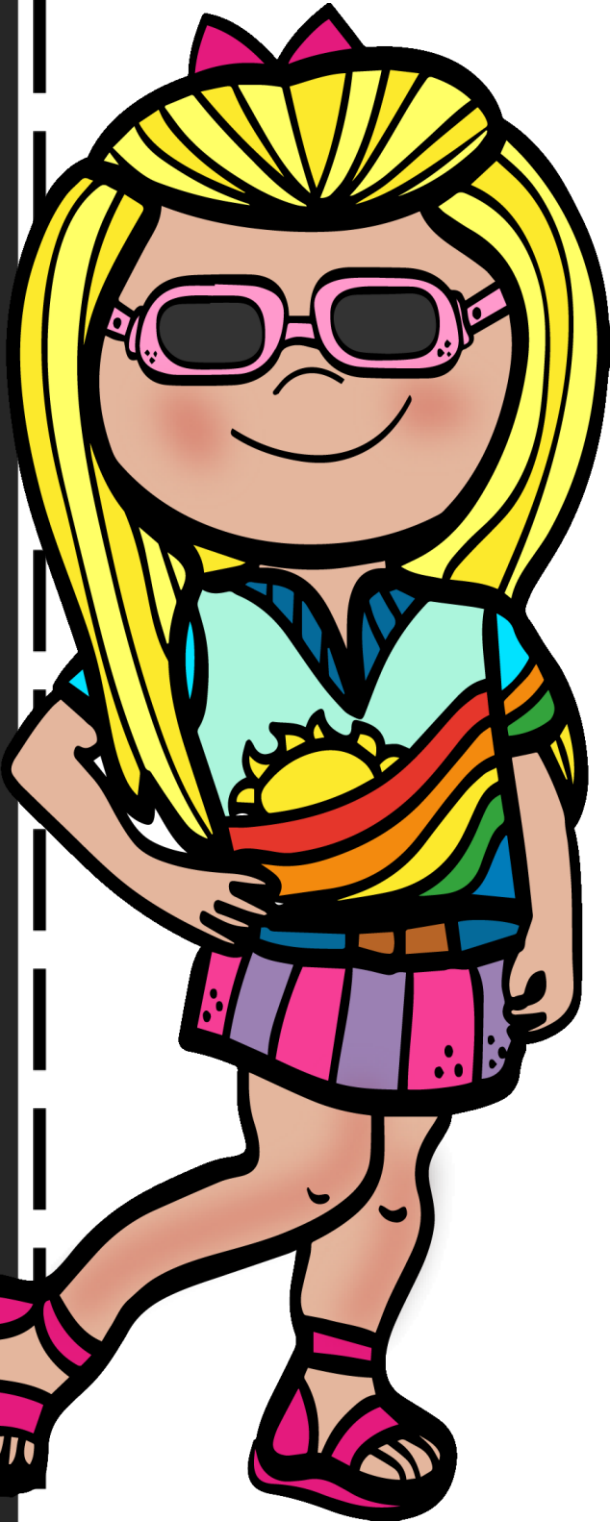


# Family Field Day @ Home

## The Game Plan

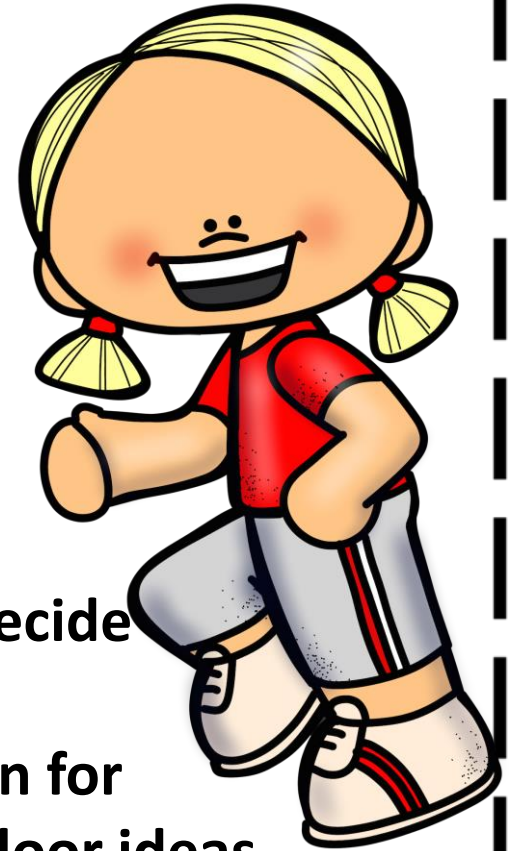


To get started on planning a perfect family fun field day at home you will need to follow a few simple steps:

1. Look at the station options and decide which ones will work for your family.
2. Look at the options on each station for warm weather, cold weather and indoor ideas.
3. Gather the supplies you will need for each station that you have chosen.
4. Optional- Plan some fun family costumes or themed outfits for the big event.
5. Optional- Hang signs in yard or chalk on your driveway/sidewalks announcing your family field day.
6. Optional-prepare a playlist or go to Spotify and use Family Field Day @ Home playlist with songs suggested by your teachers at school.
7. Get the camera or phone out and ready to capture some awesome family memories.

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# Family Field Day @ Home

## Hit the Beach Beauty

### Supplies Needed

- 1-2 cans of shaving cream or whip cream
- 1-2 sponges or wash cloths
- Beach towel or bath towel



### Game Directions

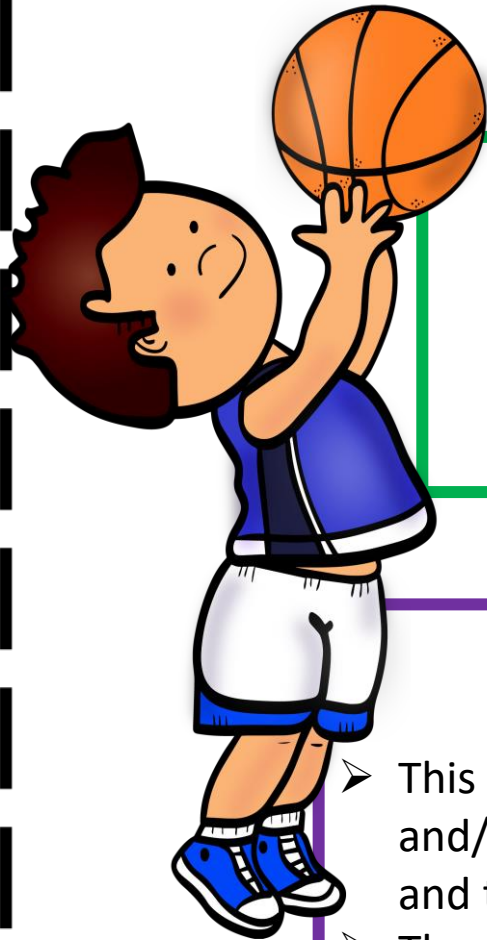
- One player will lay down on a beach towel to be the beach beauty.
- The other players will each have a sponge filled with cream to throw at the Beach Beauty.
- After a few throws alternate the Beach Beauty.
- Warning- shaving cream does hurt in the eyes so be careful. If you have younger children playing you may want to opt for the cream.

**Options** – Vary your throwing distances to make it harder or easier. Throw backwards, under your legs, behind your back, eyes closed or create your own ideas.

**Too Cold for Outside** – try putting your beach beauty in the bathtub to reduce the mess in the house.

# Family Field Day @ Home

## Summer Shoot Out



### Supplies Needed

- 1 big bucket of water
- 3-4 little cups
- Basketball Goal or Clothes Basket
- 1 Ball to shoot into the basket

### Game Directions

- This game can be played by using a basketball goal and/or a clothes basket based upon what you have and the age or skill of your players.
- The object of the game is to score a basket to earn a cup of water.
- If you make a basket you get a cup of water to pour on yourself or any other family member.

**Options** – Adjust the distance that you shoot from to make it harder or easier. Try closing your eyes when shooting. Try shooting backwards. Try shooting with your non dominant hand.

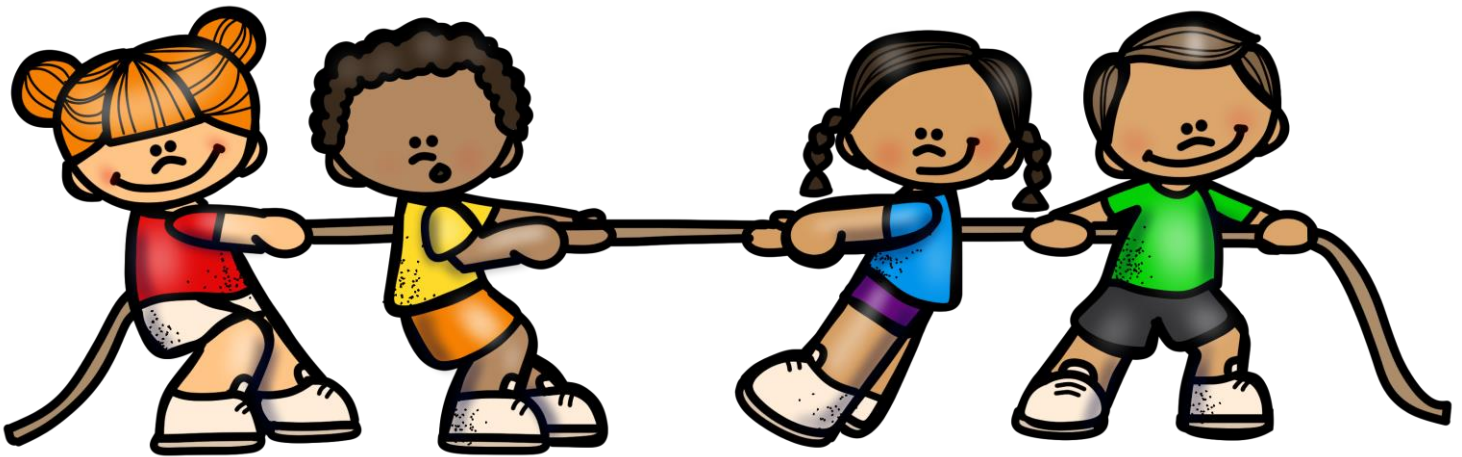
**Too Cold for Water No Problem** – Play it as a minute to win it and have each player shoot to see how many times, they can score in one minute.

# Family Field Day @ Home

## Towel Tug of War

### Supplies Needed

- 1 beach towel or sheet
- 1 small rag to put in the middle of the towel
- 2 cones, buckets, baskets or something to mark boundaries



### Game Directions

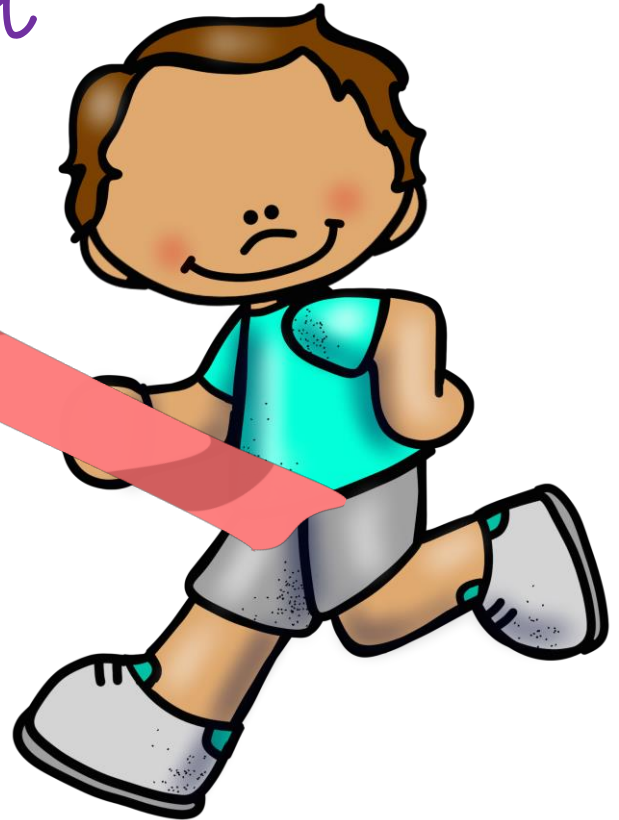
- This game can be played 1 vs. 1 or in teams.
- This is played like traditional tug of war.
- Each team pulls on the towel (rope) until they can get the middle rag past their boundary line.
- If your towel is too short, try it with an old sheet.

**Options** – Have players stand on a pillow and see if they can pull their opponent off the pillow.

**Too Cold for Outside No Problem** – Play it inside but be careful.

# Family Field Day @ Home

## Wring it Out



### Supplies Needed

- 2 Large buckets filled with water
- 2 small empty bucket or bowls
- 2 wash cloths or small hand towels

### Game Directions

- This game can be played 1 vs. 1 or in teams.
- Players must run to the bucket that is filled with water.
- Dip your towel into the water bucket
- Run back to the empty bucket and squeeze out the water.
- The object of the game is to fill your empty bucket or you can do a timed race to see who gets the most water into their bucket.

**Options** – Change how you move to the bucket. Try crab walking, army crawling, bear walking, running backward, frog jumping.....

**Too Cold for Outside**– This game is not ideal for inside. If it is too cold outside pick a different activity.

# Family Field Day @ Home

## Stick The Landing



### Supplies Needed

- 1 Water, Gatorade, pop bottle
- Bottle will be 1/3 full of water.
- Make sure lid is on tight

### Game Directions

- The object of the game is to throw your bottle into the air and have it land upright.
- The bottle must go at least one full turn 360 degrees when in the air.
- You have one minute to see how many times you can get your bottle to land upright.

**Options** – Try different types of bottles to see which is easier. Add or delete water in bottle to see which is easier. Try this on a hard surface vs a soft surface. Try using your non dominant hand.

**Too Cold for Outside-** No Problem No worries, this game can be played inside or outside.



# Family Field Day @ Home

## Shark Attack



### Supplies Needed

- ❑ 1 Large bucket filled with water.
- ❑ 2 small buckets or bowls
- ❑ 2-4 Solo cups with 8 holes in it. To put holes in cup use a hole punch or poke holes with scissors. Holes can be randomly placed around the cup.

### Game Directions

- The object of the game is to get as much water into your empty bucket/bowl as possible.
- This can be a 1 vs 1 game or a team game.
- First player runs to the filled water bucket and fills their cup.
- Then they place cup on their head to get back to the empty bucket. Yes, you can hold the cup on your head.
- Yes, water will come out of your cup through the holes so you better hurry.

**Options** – Try different types of movement patterns like walking, run backwards, skip, hop, jump, gallop or sideways.

**Too Cold for Water-** This would be a game you would not want to choose if you are unable to get outside with water.

# Family Field Day @ Home

## Pillow Parachute Sock Toss

### Supplies Needed

- 1-2 pillowcases
- 10-20 pairs of socks. Tie each pair in a knot or roll into a ball shape.
- 2 clothes baskets for target



### Game Directions

- The object of the game is to launch the socks off of your pillowcase parachute and try to get them to land in your basket.
- Two players will hold pillowcase. Put one sock ball onto the pillowcase and launch it up.
- You get one point for every pair you get into the basket.

**Options** – You can do this as a minute to win it game or you can see which team can get so many points first. You can also add an additional twist and have a person holding basket who can move to help you score more points.

**Too Cold for Outside-** No Problem, this is a game that can easily work inside. Watch out for your ceiling lights and move any valuable out of the way.

# Family Field Day @ Home

## Ziplock Keep It Up Run



### Supplies Needed

- 3-4 Ziploc Bags
- 2-4 cones or markers of some sort to show where to run to and back.

### Game Directions

- The object of the game is to tap your Ziploc bag up in the air like a balloon and run around the cone/marker and back to the start.
- This can be a team relay race or 1 vs. 1
- How many times can you run from the start and around the cone and back in 1 minute.
- REMEMBER- you must be tapping your Ziploc Balloon all the way.

**Options** – Try different sizes Ziploc bags. Change the way you move jump, hop on one foot, run backwards, side slide, crawl or create your own ideas.

**Too Cold for Outside-** No Problem, this is a game that can easily work inside. Watch out for your ceiling lights and move any valuable out of the way.

# Family Field Day @ Home

## Fly Swatter Hockey

### Supplies Needed

- 1 fly swatter or kitchen spatula, serving spoon, wooden spoon per person
- 2 clothes baskets or something to make 2 goals.
- 2-3 balloons. You will use only one at a time but having a couple spares is a good idea.



### Game Directions

- The object of the game is to score a goal using your fly swatter/kitchen utensil only.
- This game can be played 1 vs. 1 or as a team game.
- You may only use your flyswatter/utensil to move the balloon.
- To score a goal you must get in inside the clothes basket/goal. You will need to tip clothes baskets on their side to be the goal.

**Options** – Try different sizes balloons, balls or a beach ball.

**Too Cold for Outside-** No Problem, this is a game that can easily work inside. Find a safe spot and make sure to move your valuable out of the way.

# Family Field Day @ Home

## Dribble , Dribble, Downpour

### Supplies Needed

- Large bucket filled with water
- 2-3 mini paper or plastic cups



### Game Directions

- This game is like duck, duck, goose. Sit in a circle.
- One player will be the leader. The leader walks around the circle with a cup of water and dribbles a small bit on the heads of the sitting players saying, dribble, dribble, and then finally pours the whole cup of water on a player and shouts DOWNPOUR.
- That player then stands up and chases the leader around the circle.
- The chaser becomes the new leader and the game repeats as many times as you want.

**Options** – If you get caught you do 5 jumping jacks or something of your choice.

**Too Cold for Water No Problem** – Just play it like duck duck goose and use the words dribble, dribble, downpour.

# Thank You

Thank you for purchasing this resource. I would greatly appreciate your feedback.

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