

THOMPSON'S TEACHINGS ♥ AMANDA THOMPSON

# FIELD DAY

DIGITAL THEME DAY – CAN BE DONE AT HOME!

FIELD DAY

DISTANCE LEARNING STYLE!





- Completely digital Field Day! Literally everything you need to just send it right away to parents. Directions for parents included. NO PREP- no out of the box materials needed!
- Also included: directions on how to change it up to work for you if you want to do less activities, a different order, etc.



- Super easy to implement. Click and go for the whole day! Built in water and lunch breaks. A mix of physical activities, mindfulness, calm downs, games, STEM, and more! Great for the entire family-activities for ALL ages!
- You need to have access to google slides and YouTube. All videos are embedded into the slides, so all they have to do is click play! SUGGESTION: if your parents/kids don't have a google account. Make a class one yourself and share login info for them to use.

FIELD DAY ☆ 00  
 File Edit View Insert Format Slide Arrange Tools Add-ons Help All changes saved in Drive  
 Background Layout Theme Transition

25 **MINUTE CHALLENGE #2**  
 How many times can you clap your hands?  
 01:00  
 click video timer to start

26 **MINUTE CHALLENGE #3**  
 Stand super still on only one foot  
 01:00  
 click video timer to start

27 **MINUTE CHALLENGE #4**  
 Wall sit! Lean against a wall and slide down until you are "sitting" against the wall and hold it!  
 01:00  
 click video timer to start

28 **MINUTE CHALLENGE #5**  
 How many push-ups can you do?  
 01:00  
 click video timer to start

29 **MINUTE CHALLENGE #6**  
 How many sit-ups can you do?  
 01:00  
 click video timer to start

30 **MINUTE CHALLENGE #7**  
 Pencil Point: Jump up and down with your arms pointing straight above your head.  
 01:00  
 click video timer to start

31 **MINUTE CHALLENGE #8**  
 How many arm circles can you do?  
 01:00  
 click video timer to start

32 **MINUTE CHALLENGE #9**  
 Superman: Lie down on your stomach and lift both arms and legs up in the air.  
 01:00  
 click video timer to start

33 **MINUTE CHALLENGE #10**  
 How many squats can you do?  
 01:00  
 click video timer to start

34 **FIELD DAY OUTDOOR CHOICE BOARD #1**  
 Spend some time outside enjoying the sunshine! Choose some activities from the Choice Board on the next page to do outside. Make sure to wear sunscreen if needed.  
 How many activities can you do?  
 Have Fun!

throw a ball	water balloon	take a walk	plant something in the garden	roll and spin
collect rocks from the yard	have a picnic	play catch	kick a ball	
take a nap	run around	build a fort	build a rock tower	go on a nature walk
draw a picture	jump rope	graze your sheep on grass	play on a swing set	frisbee

35 **FIELD DAY OUTDOOR CHOICE BOARD #2**  
 build a fort  
 play with a ball  
 draw for all four seasons  
 play with a toy or real choice outside  
 build something  
 plant seeds  
 play basketball  
 go on a nature walk  
 go on a trip  
 water table  
 bounce house  
 paper with water  
 go to a park  
 play on a slide  
 play a board game outside

36 **FIELD DAY STEM: WHAT IS AN OBSTACLE COURSE?**  
 Use items around your house/backyard to design and construct an obstacle course.

37 **OBSTACLE COURSE**  
 Draw and label your design plan.  
 Design steps to complete:  
 -draw a picture of your course  
 -label things that items to label  
 -draw and write on a grid

38 **OBSTACLE COURSE**  
 What materials will you need? Draw and label below.  
 Materials:  
 -draw a picture of your course  
 -label things that items to label  
 -draw and write on a grid

39 **OBSTACLE COURSE PHOTO SHARE:**  
 Send a picture of your design, you running the course, or any other cool pictures to your teacher.

40 **FIELD DAY REFLECTION**  
 Write about your favorite part of Field Day.  
 click here to type your answer

41 **FIELD DAY REFLECTION**  
 What was the hardest part about today?  
 click here to type your answer

42 **FIELD DAY REFLECTION**  
 What is something you will always remember?  
 click here to type your answer

43 **OBSTACLE COURSE PHOTO SHARE:**  
 Use the back to design. Upload from computer - add your picture then you can delete and send the page to your teacher or email with your teacher. Make sure add your picture. Upload the text with something like "I did it!"

44 **OBSTACLE COURSE PHOTO SHARE:**  
 Add a photo here

45 **CLOSING THOUGHTS: SO AMAZING!**

46 **FIELD DAY REFLECTION**  
 Write about your favorite part of Field Day.  
 click here to type your answer

47 **FIELD DAY REFLECTION**  
 What was the hardest part about today?  
 click here to type your answer

48 **FIELD DAY REFLECTION**  
 What is something you will always remember?  
 click here to type your answer

-A mixture of video based and indoor/outdoor play  
 -Everything can be done following digital learning goals and social distancing  
 -Ideas for implementing included- ZOOM workouts, picture sharing, and more!