

# KEEP IT UP



**Volley the beachball or balloon up in the air with your hands, head and feet as you travel around the end marker and back to the starting line.**




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Home Field Day



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## What do I need?

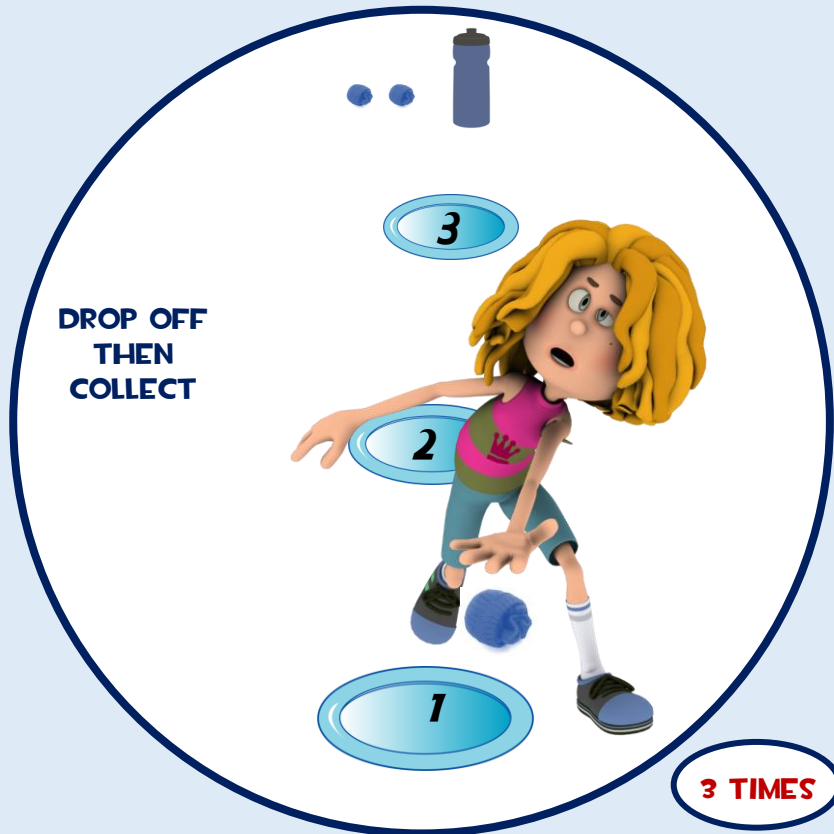
1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **A Beachball or Balloon:** You can toss and catch a small pillow or sock ball instead 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Volley or toss/catch moving back and forth for a minute and count the number of markers you go around. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# KEEP IT UP

# SOCK BALL SNATCH






Run from the start and drop off one sock ball on plate #1. Run back and get the 2<sup>nd</sup> sock ball and run it to the plate #2 . Repeat with the 3<sup>rd</sup>. Now go back and get them in the same order.

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## What do I need?

1. **Start Marker:** You can use cups,  water bottles, toilet paper rolls or any small object
2. **3 Plates/3 Sock Balls:** You can substitute the plates with  pieces of paper
3. **A Timing Device:** This is optional  if you want to time yourself while you perform the event

## How can I make it more fun?

1. **Beat your Record:** Drop off the 3 socks and then get them (1 at a time). Time yourself...do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head beside a family member or friend

# SOCK BALL SNATCH

# DRIBBLE DROP OFF



**Dribble a ball using your feet to a drop off zone. Make sure the ball stays in or on the zone marker and run back to the start. Run back to the zone and dribble it back home.**


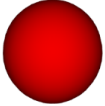


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**Home Field Day**



**4**

## What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **A Ball:** Any kind will do...even a football. Use a sock ball if that is all you have. 
3. **A Drop-off zone :** A paper plate, hula hoop or pillows will work 
4. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Dribble and drop for a minute and count your drop-offs & pickups. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# DRIBBLE DROP OFF

# HURDLE RUN



Run from a start marker and jump over a set of hurdles. Run around an end marker and return to the start. Repeat.




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## What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Cereal Boxes:** You can substitute with pillows or cardboard boxes 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Run and hurdle for a minute and count the number of laps you make. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# HURDLE RUN

# HIT THE TARGET

CHOOSE A 5 OR  
10-POINT SHOT



*Change  
your distance*

10  
ATTEMPTS

Throw a sock ball into one of 2 different open targets. One target should be bigger than the other like a 1. laundry basket and a 2. trash bin.




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## What do I need?

1. **Throwing Distance Marker:** You can use a cup, water bottle or toilet paper roll 
2. **A Laundry Basket and a Trash Bin:** You can substitute with a large and small cardboard box 
3. **Sock Balls:** You can substitute with a beanbag or a small stuffed animal 

## How can I make it more fun?

1. **Record your Points:** Throw a 10 point or 5 point shot and count up your score from 10 attempts. Do it again and see if you can do better
2. **Compete Against Someone:** Go head-to-head with a family member or friend (10 attempts)

# HIT THE TARGET

# TABLE TOSS

PUT AN ARC  
ON YOUR TOSS



5 Points

**Change  
your distance**

10  
ATTEMPTS

**Toss a sock ball underhand from a marker so that it lands and comes to rest on a table without sliding off.**

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Home Field Day



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## What do I need?

1. **Tossing Distance Marker:** You can use a cup, water bottle or toilet paper roll

2. **A Table:** You can substitute with anything with a flat surface

3. **Sock Balls:** You can substitute with a beanbag or a small stuffed animal



## How can I make it more fun?

1. **Record your Points:** Toss a 5-point shot when it stays on the table and count up your score from 10 attempts. Do it again and see if you can do better
2. **Compete Against Someone:** Go head-to-head with a family member or friend (10 attempts)

# TABLE TOSS

# KNOCK DOWN

USE DIFFERENT  
CUP STACKING  
FORMATIONS



5 Points  
Each

Try different  
distances

5  
ATTEMPTS

From a marker, roll or toss a ball at some plastic bottles or cups. Retrieve the ball, set them back up and repeat.




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## What do I need?

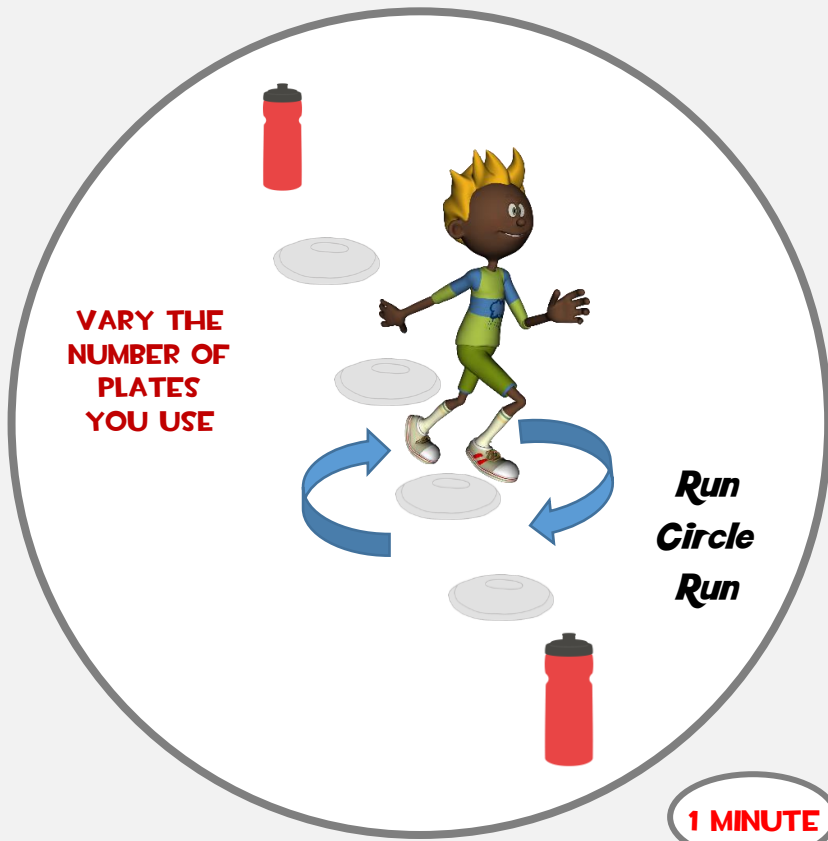
1. **Tossing Distance Marker:** You can use a cup, water bottle or toilet paper roll 
2. **Plastic Cups:** You can substitute with plastic bottles or TP rolls 
3. **Ball:** You can substitute with a sock ball or a small stuffed animal 

## How can I make it more fun?

1. **Record your Points:** Score 5 points for each cup that is knocked over and count up your score from 5 attempts. Do it again and see if you can do better
2. **Compete Against Someone:** Go head-to-head with a family member or friend (5 attempts)

# KNOCK DOWN

# CIRCLE RUN



VARY THE  
NUMBER OF  
PLATES  
YOU USE

*Run  
Circle  
Run*

1 MINUTE




Run from the starting marker towards the first paper plate. When you reach it, circle around it as you run. Run around the other paper plates as you go. Run around the end bottle and come straight back to the starting bottle. Repeat



Home Field Day



## What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Paper Plates:** You can substitute with a small pillow or roll of toilet paper 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

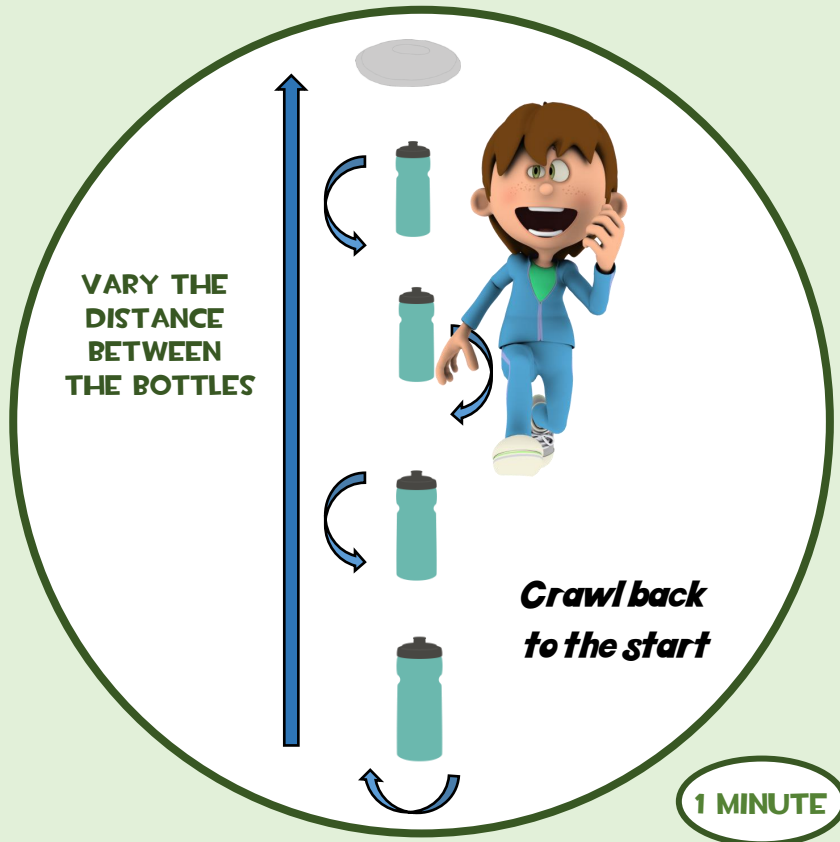
## How can I make it more fun?

1. **Beat your Record:** Run for a minute and count the number of markers you get to. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# CIRCLE RUN



# ZIG-ZAG RUN



From a start marker, run and weave in and out of a set of bottles. Go around the end bottle and crawl back to the start. Repeat



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## What do I need?

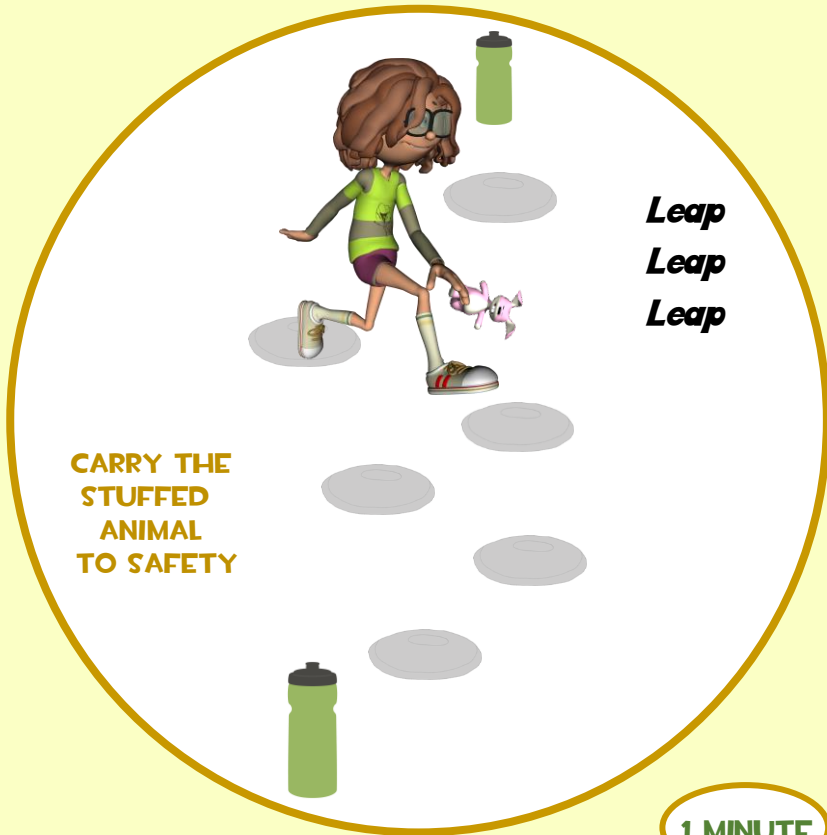
1. **Start Marker:** You can use a paper plate or anything flat
2. **Water Bottles:** You can substitute with plastic cups or rolls of toilet paper 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Zig-Zag run and crawl for a minute and count the number of laps you make in a minute. Do it again and see if you can better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# ZIG-ZAG RUN

# SAVE THE DAY



CARRY THE  
STUFFED  
ANIMAL  
TO SAFETY

*Leap  
Leap  
Leap*

1 MINUTE





From a start marker, land on each of the paper plates as you travel. Make sure you leap from one leg to the other as you carry a stuffed animal. Run around the end bottle and leap back to the start line.



Home Field Day



## What do I need?

1. **Start and End Markers:** You can use water bottles, toilet paper rolls or plastic cups 
2. **Paper Plates:** You can substitute pieces of paper or anything else that is flat 
3. **Stuffed Animal:** You can also use a small pillow or any soft object 
4. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Leap the plates for a minute and count number of laps you make in a minute. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# SAVE THE DAY

# FLIP THE BOTTLE



From a starting marker, run down to a set of bottles. Toss 1 bottle up slightly in the air and flip it so that it lands back upright on its base. Run back to the spot and repeat.




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## What do I need?

1. **Start Marker:** You can use a paper plate or anything flat 
2. **Flipping Water Bottles:** You can substitute with rolls of toilet paper 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Run and flip the bottles for a minute and count the number of successful flips you have in 1 min. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# FLIP THE BOTTLE

# PILLOWCASE JUMP



**Put your legs inside a pillowcase and jump up and down to the end marker, go around it, and then jump back to the starting line.**




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Home Field Day



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## What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **A Pillowcase:** Use as big a pillowcase as you have at your home to jump in 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Jump for a minute and count the number of markers you get to. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# PILLOWCASE JUMP

# EGG & SPOON

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**IF IT DROPS,  
TURN 1 FULL  
REVOLUTION  
AND RESUME**

*Walk  
and  
Balance*

**1 MINUTE**




From a starting marker, walk while balancing an egg or golf ball on a spoon around an end marker and then back to the start. Repeat

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Home Field Day



## What do I need?

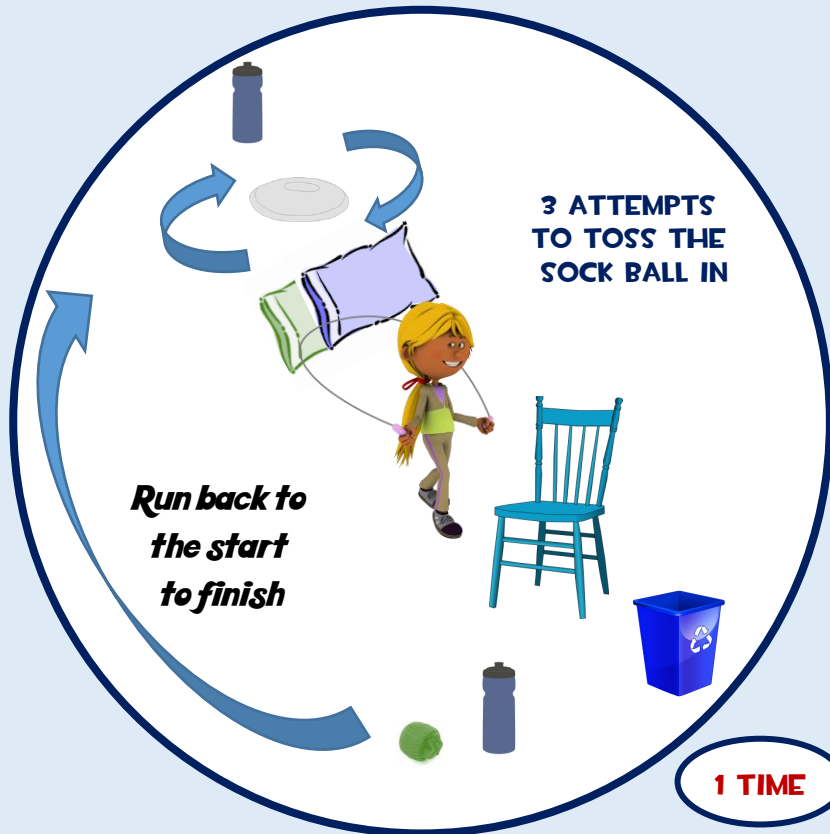
1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **A Spoon and Egg:** You can use a hard-boiled egg or substitute with a golf ball 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Walk and balance for a minute and count the number of markers you get to. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend

# EGG & SPOON

# OBSTACLE COURSE



1. From starting marker, run around a paper plate
2. Jump over a hurdle (use stacked pillows)
3. Jump rope or pretend to jump rope 5 times
4. Crawl under a chair and go to toss marker
5. Toss a sock ball into a bin or bucket- 3 attempts








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## What do I need?

1. **Start and Toss Markers:** You can use cups or water bottles, 
2. **Paper Plate:** You can substitute with a piece of paper 
3. **Hurdles:** Use pillows or cushions 
4. **Jump Rope:** Just pretend or use any rope 
5. **Chair:** Anything you can crawl under 
6. **Tossing bin:** Use a trash bin or bucket 
7. **A Timing Device:** This is optional if you  want to time yourself while you perform the event

## How can I make it more fun?

1. **Beat your Record:** Go through the entire obstacle course, ending by running back to the start. Time yourself and try it again and see if you can beat your time
2. **Race Against Someone:** Go head-to-head with a family member or friend or try to beat their time

# OBSTACLE COURSE





# SWEEP IT UP



From a starting marker, sweep a sock ball or a crumpled-up piece of paper around an end marker and back to the start.



## What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **A Broom:** You can substitute with a mop or stick 
3. **Ball:** Use a sock ball or paper ball 
4. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Sweep back and forth for 1 minute and count the number of markers you get to. Do it again and see if you can do better
2. **Race Against Someone:** Go head-to-head with a family member or friend





# FILL YOUR BUCKET



From a starting marker, walk or jog to the end marker. Fill each of your buckets with 1 item and return to back the start. Take them out and repeat until all the items have been moved.



## What do I need?

1. **Start and End Markers:** You can use cups, water bottles or any other small object 
2. **Buckets:** A bucket, pail or milk jug 
3. **Items:** Can be rocks, sock balls, stuffed animals, toilet paper rolls, pencils, fruit, cutlery, etc. 
4. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

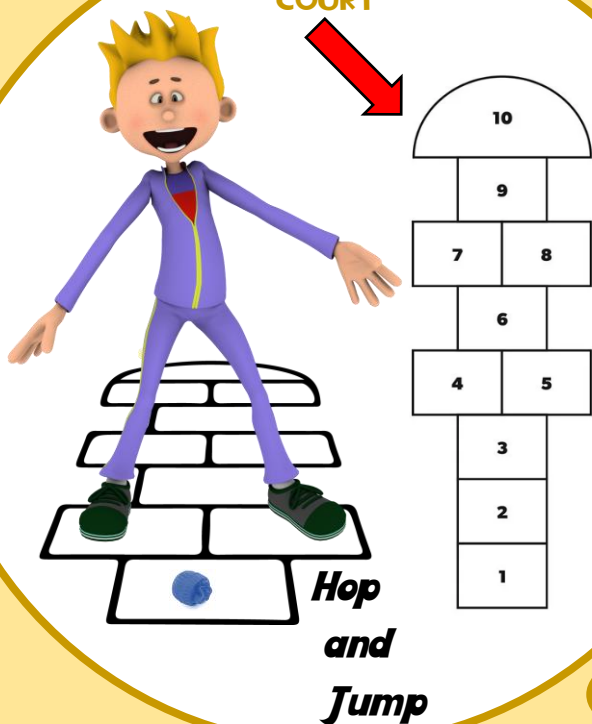
1. **Beat your Record:** Pick up all items and return them 1 at a time. Time yourself and try it again and see if you can beat your time
2. **Race Against Someone:** Go head-to-head with a family member or friend or try to beat their time

# FILL YOUR BUCKET



# HOPSCOTCH

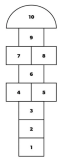

DRAW THIS COURT



Use chalk to mark a hopscotch court on your driveway or sidewalk. Toss a marker in a square and hopscotch down and back. Pick up the marker on the way back.



## What do I need?

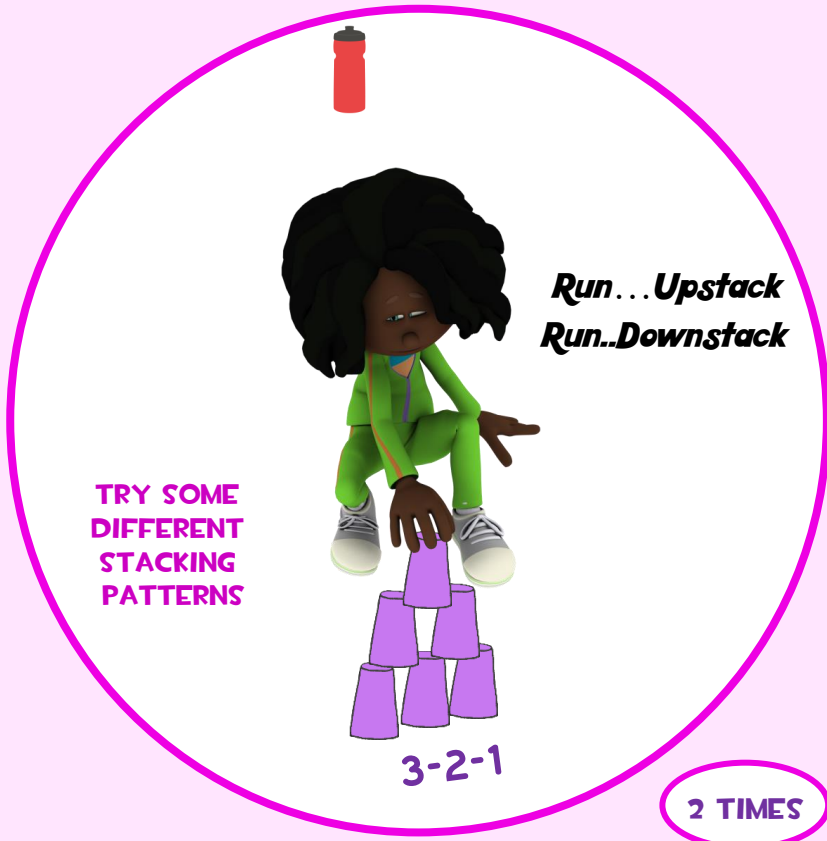
1. **Hopscotch Court:** Look at the 10-Square court drawn in the picture. Draw it somewhere safe around your house 
2. **A Marker:** You can use a sock ball, rock, beanbag or stuffed animal 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Go through the Hopscotch Court down and back and time yourself. Do it again and see if you can get a faster time
2. **Race Against Someone:** Use 2 courts and go head-to-head with a family member or friend

# HOPSCOTCH




# RUN AND STACK



From a starting marker, run to the cups to upstack 6 cups in one, 3-2-1 pyramid. Run back to the start and repeat to downstack the cups.



## What do I need?

1. **Start and End Markers:** You can use cups, water bottles, toilet paper rolls or any small object 
2. **Cups:** Use plastic cups or substitute using bottle tops 
3. **A Timing Device:** This is optional if you want to time yourself while you perform the event 

## How can I make it more fun?

1. **Beat your Record:** Run and upstack then run and downstack. Run back to the start. Time yourself and try it again and see if you can beat your time
2. **Race Against Someone:** Go head-to-head with a family member or friend or try to beat their time

# RUN AND STACK