

Families, here's how to participate in OPEN National Field Day:

Step 1:

Download/print the OPEN National Field Day Packet (PDF) from www.OPENPhysEd.org/nationalfieldday. *Note: Packets may be provided by your school.*

Step 2:

Practice the events using the included practice plans and event cards.

Video demonstrations are available at www.OPENPhysEd.org/fielddayvideos

Step 3:

Use the Complete Equipment List to be sure all equipment is gathered. *Note: Most equipment can be found around the house. If you cannot go out and purchase something on the list, just skip the event. Students will not be penalized in any way for skipping events due to equipment.*

Step 4:

Watch the OPENing Ceremony on Thursday, May 7 at 7:30 PM Eastern.

Tune in at www.OPENPhysEd.org/fielddayopening

Step 5:

Participate with the world at any time on May 8.

- ⇒ Track your scores on the official score card.
- ⇒ Post the action via social media using #NationalFieldDay and Tagging your school & @OPENPhysEd.
- ⇒ If this event is organized by your school, submit your complete scorecard to your teacher / field day organizer. If not, have a family member check the card for participation.
- ⇒ Download and print your certificate of participation from your school learning platform or www.OPENPhysEd.org/fielddaychamp

Commemorative t-shirts are available from

April 30 through May 18 in the [OPEN National Field Day Team Shop](#).

Please note, shirts will **not** ship before the event.