**BOWL BALL**

**Get Ready:** 6 Bowls, 1 Sock Ball, Paper & Pencil to Tally Score

**Get Set:** Set the bowls on the floor in a triangle pattern 3-4 inches apart. Put a piece of paper with the point total in the bottom of each bowl. Mark a throwing line 6-8 ft. away.

Hint: Big bowls are easier than small bowls!

**GO!**

* The object of the game is to see how many points you can score in 1-minute.
* You do this by tossing the sock ball into the bowls and scoring points based upon where they land.
* After each throw, retrieve the sock ball and hustle back and throw again.
* If the sock lands in a bowl, use the pencil and paper to tally the points for that bowl.
* After 1-minute, calculate your tally and write your total number of points on the official Field Day Score Card.

**Water Bottle Trap**

**Get Ready:** 1 Empty Water Bottle, 1 Laundry Basket, 1 Sock/Tennis Ball

**Get Set:** Lean the edge of the laundry basket on top of the empty water bottle. Designate a rolling line 8-10 ft. away (the open side of the laundry basket should be facing you).

**GO!**

* The objective is to see how many points you can score in 1-minute.
* Do this by rolling the sock/tennis ball at the water bottle.
* To score the ball must hit the water bottle first (the roll does not count if it misses the bottle and knocks over the basket – sorry!).
* Rolls that hit the water bottle first score as follows:

1 point = basket falls and traps ball only

2 points = basket falls and traps water bottle only

3 points = basket falls and traps both ball and water bottle

* Write your total number of points on the official Field Day Score Card.

**PENGUIN RACE**

**Get Ready:** 1 Sock or Tennis Ball and 2 Plastic Cups per Person

**Get Set:** Set the plastic ups 15-20 ft. from each other.

**GO!**

* You are a Penguin – the ball is an egg.
* There are 2 different ways to play:
(1) By Yourself or (2) Race A Partner.
* ***By Yourself Challenge*** – How many points you can score in 1-minute?
* Place the egg between your knees and waddle back and forth from one cup to the other. When you reach the cup, turn it over.
* If you drop the egg, do 5 jumping jacks before you continue.
* Score 1 point for each cup you turn over.
* ***Race A Partner Challenge*** – Be the first Penguin to turn over 6 cups!
* On the start signal, waddle to the first cup and turn it over.
* Now hustle back to the other cup (as much as one can hustle while waddling). Continue back and forth.
* If you drop the egg, do 5 jumping before you continue.
* First to turn over 6 cups wins the race (scores 6 points).

**CLIMB THE LADDER**

**Get Ready:** 6’ Ladder, 6-12 Sock Balls, Laundry Basket, Empty Water Bottle

**Get Set:** Set up the ladder. Place the water bottle on the floor under the first rung. Mark a throwing line 10-15 ft. away. Place the laundry basket on the throwing line. Put all the sock balls inside the basket.

**GO!**

* “Climb the ladder” using the fewest throws.
* Start with the bottle on the floor under the first rung.
* Throw sock balls at the bottle until you knock it over. Take your time, this is not a race.
* Move the bottle up one rung each time you knock it off the ladder.
* If you run out of sock balls, collect them and continue.
* Count all of your throws on every step of the ladder. How
many throws does it take to knock the bottle off of the top
rung of the ladder?
* Write the total throws on the official Field Day Score Card.

**IF THE SHOE FITS**

**Get Ready:** 1 Tennis Shoe, Spacious Area, Clean Feet

**Get Set:** Make sure you have plenty of unobstructed space around you.

**GO!**

* How many points you can score in 1-minute?
* Put your foot partially into the tennis shoe.
* On the start signal, flip the shoe into the air.
* Score as follows:

1 point = shoe lands on its side

2 points = shoe lands right side up (sole of the shoe on the ground)

3 points = shoe lands *perfectly* upside down (no sides touching the ground)

0 points = if the shoe hits you in the head or knocks over a lamp.

* Write your total number of points on the official Field Day Score Card.
* Go wash your foot.