

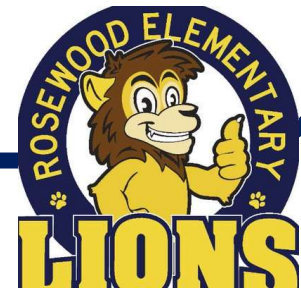
## STATION 1 – SENSORY PATHWAY

**Get Ready:** You'll need sidewalk chalk, a list of different ways to move.

**Get Set:** find a long line moving down your driveway, parking lot or a safe place along the sidewalk

### GO!

- This event is called Sensory Pathway.
- The object of the game is to create a pathway along with movement activities like in the picture.
- After your creation, each family member must go through the pathway following the directions laid out.
- Score 1 point for every member that can go through the pathway and follow directions.
- Write your score down on the official Field Day Score Card.



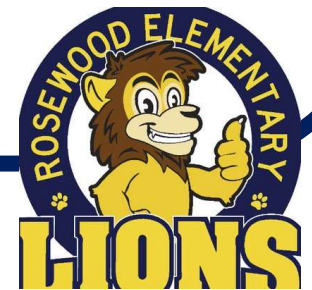
## STATION 2: 2-LITER BOTTLE BOWLING

**Get Ready:** 6 to 10 empty liter soda bottles, 1 small ball,

**Get Set:** find a long line moving down your driveway, parking lot, a safe place along the sidewalk or the hallway of your house

**GO!**

- First give them a wash and dry, and then fill each bottle with a little gravel, sand or water -- the amount isn't scientific; you're just trying to weigh them down to reduce the odds they'll blow over (or away)
- Create a bowling 'lane',
- Set up the pins,
- Grab yourself a ball (about the size of a bowling ball) and
- Hope for a strike...



## STATION 3: SOCK-ER SKEE-BALL

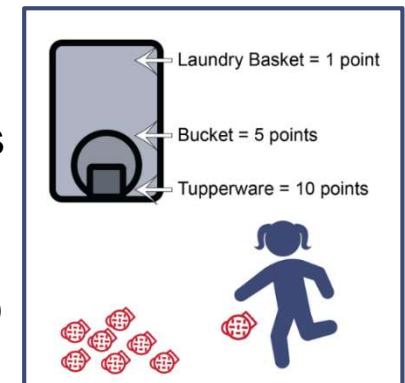
**Get Ready:** 10 sock balls, 1 Laundry Basket, 1 Bucket, 1 Tupperware container

**Get Set:** Roll up the socks to make sock-balls. Stack the targets into skee-ball formation with the Tupperware inside the bucket and the bucket inside the laundry basket.

**GO!**

- This event is called Sock-er Skee-ball. The object of this game is to score points by kicking the sock ball into the skee-ball targets.
- You'll do that by using your feet to kick the sock ball into the target.
- Score 1 point for every sock ball that lands in the laundry basket.
- Score 5 points for sock balls in the bucket.
- Score 10 points for sock balls in the Tupperware container.
- You get 10 chances to score as many points as you can.

Write your score down on the official Field Day Score Card.



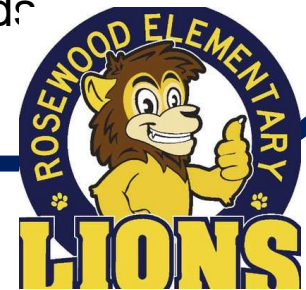
## STATION 4: WATER BALLOON TOSS

**Get Ready:** bucket filled with water balloons

**Get Set:** Divide all participants into two player teams. Each team is given a water balloon.

**GO!**

- Have the teams form two lines, so the partners in each team are facing each other. steps away from each other.
- On the signal, the player that is holding the water balloon tosses the balloon to their partner.
- If the water balloon breaks that team is out until the next go round.
- If the catch is successful, each player takes 1 step backwards.
- Continue play until there is a winner.



## STATION 5: MILK JUG RELAY

**Get Ready:** Two 1-Gallon Milk Jugs, Items to Mark Start/End Points (cones, socks, plastic cups, etc.), Clock or Stopwatch

**Get Set:** Set up an area to move in by making a starting point and ending point. Distance can be 15 to 30 walking steps from beginning to end. Fill two used 1-gallon milk jugs with water ( $\frac{1}{4}$ ,  $\frac{1}{2}$ , or full) and place at a start spot.

### GO!

- This event is called the Milk Jug Relay. The object of this game is to carry the milk jug across the room as many times as you can.
- You get 1 point for each full length you travel.
- Add extra challenge by carrying two milk jugs at once.
- You have 1 minute to complete the challenge.
- Write your score down on the official Field Day Score Card.

