

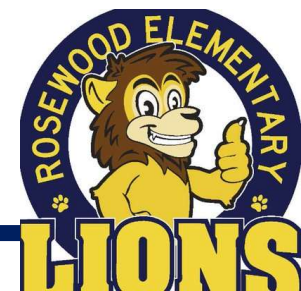
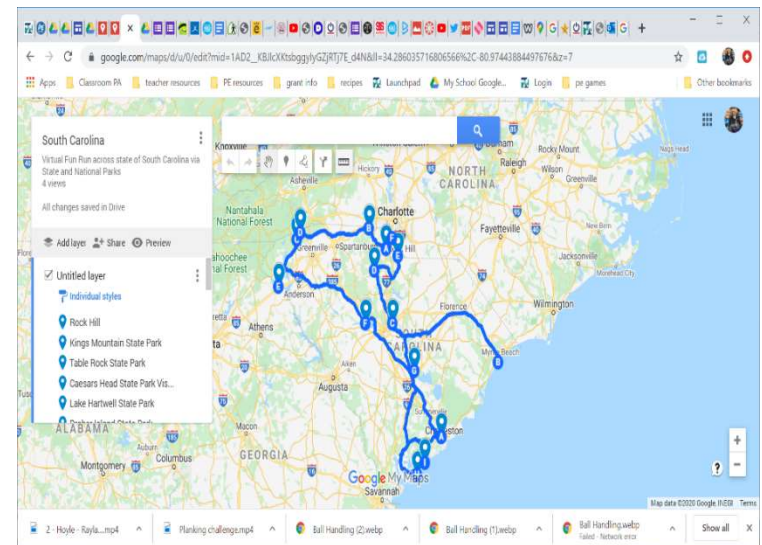
STATION 6 – VIRTUAL FUN RUN

Get Ready: We are going on a Virtual Road Trip! You'll need a place to walk, neighborhood, park.

Get Set: Our goal is to visit 13 of South Carolina's State Parks and 49 National Parks across the US by adding the miles we walk, run, hike, or bike each day.

GO!

- If you do not have a way to measure or track distance, here is a tip for estimating your miles:
 - walking for 15 minutes would be about 1 mile
 - jogging for 10 minutes would be about 1 mile
- riding a bike for 6 minutes would be about 1 mile
- To log your miles, go to district website under Virtual Fun Run and "Log Miles Form". Write your score down on the official Field Day Score Card.



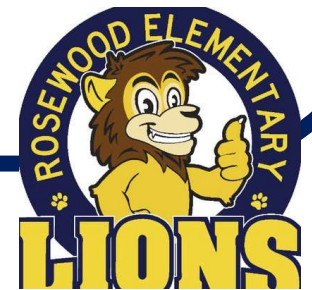
STATION 7: MAGIC CARPET RIDE

Get Ready: 2 rugs, towels or bed sheets/blankets,

Get Set: create a starting line and an ending point across the room

GO!

- On the signal both opponents sit on the carpet (the carpet is upside down) and begin to scoot across the room to the finish line
- Both players cannot use their hands only the body parts on the carpet,
- The first player to cross the finish line is the winner,
- Take picture or videos and send them in to Ms Mickel or Ms Moore



STATION 8: KEEP IT UP

Get Ready: 1 beach ball/light weight ball for every 3 to 4 players

Get Set: Circle up and try to volley the beach ball keeping it in the air as many consecutive times as possible, taking turns without the ball hitting the ground.

GO!

- Keep track of the number of consecutive hits that your team gets.
- Start over from zero when the ball hits the ground.
- The highest score will be the winner of the contest. After a few minutes of trying this with the beach ball, try a larger ball! Do the same activity again.
- Write your score down on the official Field Day Score Card.



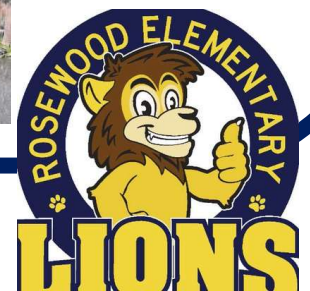
STATION 9: FOAM BALL PASSOVER

Get Ready: Soft ball or large sponge

Get Set: Line up in a straight line and lay down (feet need to be close to the other person's head in the line, but they **SHOULD NOT** be touching another person's head); or standing in a line one behind the other.

GO!

- On the GO signal, first person will rotate body back and attempt to hand the ball off to the next person in line without using your hands or if standing dip sponge in bucket pass down the line over and under until the end.
- Time your team to see how long it takes you to get your ball or sponge to the end.
- Record your time.



STATION 10: PLAY YOUR FAVORITE FAMILY GAME

Get Ready: Write down the equipment needed

Get Set: Explain to us how to set up the game in case some one else would like to play your favorite game.

GO!

- Write the directions here in bullet form.
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- Write down how we need to score to win this game.

