

Virtual Field Day – Informational Sheet

Hello,

I know Field Day can seem like a daunting task to perform at home, however if you look at the resources you will see that it is easy to set up. All equipment used in this Field day are items that can be found around the house. Take a look at the event list early in the week so that your child(ren) can select events and have a chance to get the items needed for the events ready and practice. Students will not be required to complete any other schoolwork on Field Day, Friday, May 29, 2020, this has been done to encourage as much participation as possible for some family fun. Please remember the point of Field Day is to have FUN!!! Go have Fun with your family!

- If you have children in multiple schools, let them each pick a couple events from each school, or go with one event list from one school. Whatever is easiest for your family!
- The events are all similar if not the same from school to school. There are a few modifications from elementary level to middle school level.
- Allow the children to go through the event list and choose 4-8 activities to complete on Friday.
- The score card is just a template if you would like to use it feel free. You can also use a piece of paper and have the children create their own scorecard with the events they would like to do, or no scorecard and have fun competing against one another. Be Creative!
- If you have questions about a particular event, here is a link to OPEN which is where most of the resources came from:
<https://openphysed.org/fielddayvideos>
- Above all, please be safe and have FUN!

If you have any questions, please contact your child's Physical Education teacher during their office hours. We hope you all take this opportunity to enjoy some friendly competition with your family!