

VIRTUAL FIELD DAY!

Complete as many activities as you can!
Add the points for each activity you complete.
Let your teacher know how many points you scored!



Make a paper airplane and see how far it will fly. 2 points	Go on a bike ride or nature walk. 2 points	Have a family race. 5 points	Get a laundry basket and a ball. How many shots can you throw in? 4 points
Do the long jump 3 times. How far did you jump? 3 points	Hula Hoop for as long as you can. 2 points	Free Choice Do something active! 3 points	Practice dribbling a soccer ball or basketball for 3 minutes. 3 points
Create and play hopscotch 4 points	Play Hide and Seek with your family. 5 points	Run from one side of your yard to the other. Do this 3 times. 3 points	Do jumping jacks for 1 minute. 2 points
Crab walk for 1 minute. 3 points	See how far you can throw a frisbee or ball. 3 points	Jump rope for 3 minutes. 4 points	Time how long you can balance on one foot then switch. 4 points