

# VIRTUAL FIELD DAY

the at-home



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Inspired by #quarantineolympics and OPEN PhysED

# HOW TO:

- The following slide will show 12 at-home Olympic events.
- Click to show a video or written description of the event.
- Create a scoreboard for your family to keep track of wins.
- After completion of the 12 events, the individual with the most wins gets the Gold Medal.
- If there is a tie, play the tie-breaker event!
- RECORD the at-home Olympics and create a video together as a way to keep the memory of this time at home together.

**\*CLICK HERE FOR MATERIALS LIST\***

# the at-home **OLYMPICS** EVENT LIST

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BACKBOARD  
BANK  
IT

SOCK  
SLIDE

SPOON  
RELAY

KEEP  
IT  
UP

TOILET  
PAPER  
BOWLING

MILK  
JUG  
RELAY

BACK  
SLIDE  
RACE

BOWL  
BALL

PEA  
RACE

PAPER  
PLANE  
CORNHOLE

STRAW  
WRAPPER  
CONTEST

WIND  
BOWLING

TIE BREAKER

CEILING FAN CASH DROP

# MATERIALS LIST

- BACKBOARD BANK IT: 5-8 Large Sock Balls, Laundry Basket or Bucket, A Wall
- SOCK SLIDE: Hardwood Floor, Tape for Marked Start Line, Tape Measure
- SPOON RELAY: 1 Spoon, 1 Object to Balance (Small Ball, Marble, Toy), Plastic Cup or Cone to mark Start/Check Points, Stopwatch
- KEEP IT UP: 2 Blown Up Balloons, Stopwatch
- TOILET PAPER BOWLING: 10 Plastic Water Bottles, Tape, Toilet Paper Roll, Start Line
- MILK JUG RELAY: Two 1-Gallon Milk/Water Jugs, Plastic Cups or Cones to Mark Start/End Points, Stopwatch
- BACK SLIDE RACE: Hardwood Floor, Tape for Marked Start/ Finish Line, Stop Watch
- BOWL BALL: 6 Bowls, 1 Sock Ball, Paper & Pencil to Tally Score
- PEA RACE: Hardwood Floor, Tape for Marked Start/Finish Line, Stop Watch
- PAPER PLANE CORNHOLE: 3 Paper Airplanes per Player, a Bucket or Laundry Basket
- STRAW WRAPPER CONTEST: 1 Wrapped Straw for Each Player, Tape Measure
- WIND BOWLING: 1 Balloon or Paper Plate, 10 Plastic Cups
- CEILING FAN CASH DROP: 6-10 Bills of Varying Amounts