



May 8, 2020

Hello Families!

We hope you are excited to participate in Virtual Field Day next week! The PE teachers around the district have been hard at work putting this together. We are thrilled to be able to participate in this event with you and we are very excited to see everyone participate in the stations. This coming Monday, May 11, the videos will go 'live' at 6:00 AM on the PSD Virtual Field Day website: bit.ly/psdfieldday2020

As you complete the stations, take pictures and videos! Send them to us via email or email them to your child's classroom teacher. Share them on social media using the hashtags:

#psdpe #psdfieldday #psdtogether

What will you need to participate? The following pages have a list of suggested equipment as well as some alternatives if you do not have exactly what you need. Please know that we do not expect anyone to complete all of the stations. Students should pick stations that they like and stations that they have the materials to complete. If you do not have materials that's ok, you can skip that one. We are sending this home early so that you can be prepared ahead of time for next week's fun.



Equipment List

<u>Station Name</u>	<u>Equipment</u>	<u>Alternative Equipment</u>
Sack Race	Pillow Case	Can do with nothing
Marble Roll	Marble Tube (pvc pipe, paper towel roll)	Something small that rolls
Waiter Relay	Plate (can be paper or plastic) Cup (any kind)	Tray of some kind
Balancing Act	Cup (non breakable) Bucket	Pot or bowl
Sock Rockets	Pair of tube socks Something to mark the start line and target (cones etc.)	
Sock-er Skeeball	Ten Sock balls Laundry Basket Bucket Bowl	Other light ball 3 targets or goals of different sizes
Simon	Chalk	

Fan Favorite	Plastic grocery bag Book 2 distance markers (cones, rocks etc.) Water Balloons Sidewalk Chalk	
Paper Plate Cornhole	Sheets of paper (can be scrap paper) Laundry basket Timer of some kind	Anything to use as a goal bucket or box would work
Shoekick Golf	Shoes! Unbreakable target (hat, rope in a circle, etc.)	
Jump Rope/Jump Challenge	Jump Rope	A rope you or something you can jump over
Milk Jug Relay	2 Milk Jugs (empty)	Orange juice jug with handles Laundry detergent jug
Table Ball	Volleyball or playground ball	Any medium sized ball
Sock Basketball	Pair of Socks 5 Gallon Bucket	Laundry basket or large box

Shoe Flip	Any shoe	
Keep It Up	1 ball/balloon of any kind	Rolled up pairs of socks, football, soccer ball, tennis ball, etc.
Water Bottle Trap	Water bottle (empty) Tennis ball Laundry basket	Any small sized ball
Wind Bowling	6-12 paper/plastic cups Balloon	Wadded up paper Paper plate
Snowball Fight	Cotton Balls Balloons	Wadded up paper Paper plates
Statue of Liberty Relay race	(2) 5 gallon buckets w/ water (2) large Solo drinking cups	Any large container that can hold at least 2 gallons of water. Any type of disposable cup that a hole can easily be punched in the bottom
Grocery bag parachute challenge.	(2) plastic grocery bags (2) Frisbees	Shoes, jacket or ball of some sort to use as a marker.
Slackline/Rope Challenge	Slackline	Rope
Flip Your Lid	Spatula, Tupperware/plastic lid	Paddle, wooden spoon, something flat

NFL Combine	Cones Measuring device Some kind of timer	Anything to mark a spot
Dizzy Bat Race	Baseball Bat Cones Timer	Stick or paper towel tube Anything to mark a spot Count using "Mississippi"
Towel Flip Challenge	Beach Towel Timer	Pillow Case or bedsheet Play a song for 1 minute
TP Mummy Race	Roll of toilet paper	Bed sheet or ace bandage

Get excited for next week and start gathering your materials. Please let me know if you have any questions!