



The OTA iPlay “Home Game”

Theme: Field Day Week

Iron-Kid Warm Up

1. 1 Minute Jog
2. 10 Jumping Jacks
3. 15 Rocket Launchers
4. 20 Second Plank
5. 25 Second Body Twist

Completed: _____

Field Day “Running Shoes” Challenges

- Balance Test
- SOLO Relay Race – “Down and Back”
- Jingle Jangle – “4 Corners”
- American Ninja Warrior Obstacle Course

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Field Day “Accuracy” Challenges

- Closest To The Pin Toss
- Bowling Roll
- Battleship Pong
- Ring Toss

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Field Day “Strategy” Challenges

- Grid Master
- What’s Missing
- House Hunt

Completed: _____

Completed: _____

Completed: _____

Field Day “Alternate” Challenges

- Limbo Contest
- World Series Rock-Paper-Scissors best of 7
- Shape Up
- Coin Chase
- Shuffle Table
- Towers (Cups)

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____



Game Plan: Directions and Instructions for “Field Day Week”

*Note – we have tried to develop a program with as much flexibility as possible understanding that age groups, available sports equipment, space constraints, level of parental/guardian involvement all varies. The number of “repetitions” your “team” decides to do is up to you. If you’re having fun, keep doing it. If one is enough – move on! Feel free to substitute, modify, alter, improvise wherever needed.

Field Day “Running Shoes” Challenges

- **Balance Test**
 - platform big enough for one foot
 - stand and balance on one foot – timed
- **SOLO Relay Race – “Down and Back”**
 - point to point
 - round 1 – egg in spoon lap
 - round 2 – balloon tap lap
 - round 3 – hop 1 foot down, 2 foot back lap
 - round 4 – dribble a football with your feet lap
 - round 5 – crabwalk lap
- **Jingle Jangle – “4 Corners”**
 - mark square with 10-15 yard sides
 - A to B – sprint
 - B to C – skipping
 - C to D – hopping
 - D to A – backpedaling
- **American Ninja Warrior Obstacle Course (be safe and creative)**
 - Type of Obstacle 1 – zigzag running
 - Type of Obstacle 2 – rolling
 - Type of Obstacle 3 – climbing
 - Type of Obstacle 4 – hanging
 - Type of Obstacle 5 – lifting and carrying
 - Type of Obstacle 6 – balance and walking
 - Type of Obstacle 7 – throwing and catching
 - Type of Obstacle 8 – ducking and crawling
 - Type of Obstacle 9 – jumping and leaping
 - Type of Obstacle 10 – finish line dance!



Field Day "Accuracy" Challenges

- **Closest To The Pin Toss (any object that can be thrown)**
 - place marker (Pin) in designated area
 - either line up at a Toss Line or even circle all the way around Marker
 - toss "bean bag" to try to get it the closest to the pin/marker
 - points based on where "bean bag" lands (dart board/bulls eye format)
 - can add rules about throwing (backwards, underhand, eyes closed, etc.)
- **Bowling Roll (any ball and ang "pin" will do)**
 - set up a cone with a ball on top
 - mark off lines to roll a ball to knock other ball off cone or knock down "pins"
 - more points the further you bowl from
- **Battleship Pong (any cups/mugs and balls that will fit or rolled up socks)**
 - Set up a row or pyramid of cups
 - toss balls into cups
 - keep track of balls that land in cups/mugs
- **Ring Toss (create any circular ring, could be paper plate with middle cut out)**
 - set up targets
 - move throwing line back each round
 - keep track of how many rings land over targets

Field Day "Strategy" Challenges

- **Grid Master (can use tape, paper plates, cones, etc. to create spots/squares)**
 - lay out the 25 square grid on floor
 - parent/guardian designs route from one end to the other one square at a time
 - player lines up at the corner of the grid (this is where they enter)
 - the Grid Master (i.e. parent/guardian) will then tell player to enter the grid
 - once the player enters, he/she has to decide which new square to step to next
 - players can only advance 1 square at a time - only moving forward, sideways, backwards or diagonally
 - Players may not step back onto a previously used square
 - once the player moves to a new square he/she asks the Grid Master "Right"? The Grid Master will then tell the player if he/she is "right" or "wrong"
 - if right, then the player gets to move again, if wrong, the player must go back to the beginning
 - once starting at beginning, player try's to retrace where they got to then past until completing the Grid from one end to the other



- **What's Missing (need tray that can hold any number of objects, any objects works)**
 - select objects (3,5,10, etc – ie, golf ball, fork, watch, rock, pen, etc.)
 - place the tray in front of player
 - player study's it for 30 seconds, then cover it up and remove one object
 - rearrange the objects, and show it to the player again
 - every time player guesses what's missing correctly, points are awarded
- **House Hunt (create list of questions for players to discover answers to)**
 - what color is mailbox? how many windows in house? how many mirrors in house?
 - how many steps in house? what's on front door? how many colors on walls?

Field Day "Alternate" Challenges

- **Limbo Contest**
 - place a stick level between two holders
 - players will try to pass under without falling down or bending forward
 - Keep lowering stick until player can no longer pass through properly
- **World Series Rock-Paper-Scissors best of 7**
 - the players simultaneously countdown from three
 - when the players say "go," they each use a hand to create the shape of their chosen item
 - rock is represented by a closed fist
 - scissors are represented with two fingers (the pointer finger and middle finger) extended in the shape of scissors
 - paper is represented by a flat, open palm
 - the winner of Rock Paper Scissors is determined as follows:
 - Rock defeats (smashes) Scissors
 - Scissors defeats (cuts) Paper
 - Paper defeats (covers) Rock
 - If both players choose the same item, they must play again
 - best of 7 rounds to determine winner
- **Shape Up (give players 5-10 objects of any kind that can be arranged)**
 - objects could be things like broom, belt, cup, box, ball, shoe, hat, etc.
 - tell the players that this is a test on shapes and images
 - call out different shapes/images (circle, square, airplane, face, house, boat, etc.)
 - players must arrange objects into the shape that is called out – be creative



- **Coin Chase (need 40-50 coins, bucket or bowl)**
 - spread coins all across playing area
 - player starts at a designated spot
 - on GO, player races to collect coins
 - player can only pick up 1 coin at a time, and then drop it in bucket
 - keep going until all coins have been picked up, or until time is called
- **Shuffle Table (can use frisbee, plastic ring,**
 - clear a flat surface (table) and mark points on the table that increase as you get closer to the edge
 - player slides object across trying not to let it slide off the table but getting as close to the edge as possible
 - player should keep track of points
 - points should be 2, 4, and 6 for the three areas closest to edge
 - determine highest total score for number of turns
- **Towers/Cups (need plastic solo cups or paper cups)**
 - choose a measuring mark
 - player must stack cups to that mark in a designated time and without them falling
 - variation: build certain formations – pyramid, box, top to bottom/bottom to top, etc.