



May 18-22, 2020

Parents,

This is a list of field day events for our first KCS at Home Field Day. Some can be done indoors, while others may require outdoor space. You can choose as many as you want or make up some of your own. Don't forget the "Treat Station". Click on the event to watch a short video. You can post pictures using the hashtag **#KCS@HomeFieldDay**. *Please adjust any event with different items or distances based on the age and abilities of your child. Some potential adaptations for students with different abilities are highlighted.* The only rule is to have fun!

	Event	Equipment Needed	Space Needed	Description
Challenges				
1	Egg-Spoon Race	Eggs, spoons	10-25 feet	Carry egg on spoon waist high, down and back a set distance. <i>*Carry the egg in a basket if holding a spoon is too difficult.</i>
2	Sack Race	Pillow case or trash bag	Varies	Stand in a trash bag; jump forward to the finish line <i>*Cut the bottom out of the bag and walk or roll your wheelchair</i>
3	Hula Hoop Challenge	Hula hoop	Minimal	Head to head: who can hula hoop longest; 1 person: how long can you hula hoop? Can you beat your time if you do it again? <i>*Twirl the hoop over an arm or step in and out of hoop</i>
4	Jump Rope Challenge	Jump rope	Minimal	Head to head: who can jump rope the longest? 1 person: how long can you jump without messing up or stopping? Can you beat your time if you do it again? <i>*Step over or walk on a rope line</i>
5	Cup Stacking Challenge	12 cups (solo cups will work)	Minimal	On a flat surface and with 12 or more cups, see if you can complete 1 or more of the cup stacking challenges: Castle

Building, Topsy Turvy Tower, 3-3-3 Stack Relay, & Castle Building Relay (See video for instructions)

Games

6	Locomotor Skills Race	n/a		<p>Head to head: race from finish line to end line using different locomotor skills. Examples: Skipping, hopping, jumping, galloping, etc.</p> <p><i>*From a wheelchair: See who can complete a certain arm movement the most times in a given amount of time: Butterfly wings, rainbow arcs, punches, large hand claps, reaching for the stars.</i></p>
7	Dizzy Bat	Plastic bat Golf club Yard stick	Varies	<p>Spin around three times (usually with forehead on a bat) and then run to the finish line.</p> <p><i>*From a wheelchair: Go in wide circles 3 times then walk quickly and safely towards the finish line.</i></p>
8	Two-Headed Monster	One large shirt	Varies	<p>Two kids in the head of one extra large shirt and try and run to finish line without falling</p>
9	Balloon Stomp	Yarn/string and, balloons	Minimal	<p>Tie a balloon to each student's ankle to allow about a foot of yarn. Opposing team members follow runners down a course trying to pop the balloon.</p> <p><i>*Modify by throwing water balloons at a target.</i></p>
10	Noodle Sword Fight with Bubbles	Pool noodle for each person; bubbles	Varies	<p>In teams of two or four, give one or two students a noodle to use as a sword and the remaining one or two blow bubbles and count the winning number of bubbles conquered.</p> <p><i>*From wheelchair: Pop the bubbles holding a pool noodle or mount the noodle by the armrest to help with the student holding the noodle to pop them.</i></p>
11	Softball Distance Throw	Ball of any type	Varies	<p>Take turns seeing who can throw the ball the farthest.</p> <p><i>*From wheelchair: Set out targets on the</i></p>

				<i>ground to throw at or push the balls off a table or w/c tray if the student has difficulty throwing. Can also use a large dryer hose to put ball in to roll it out.</i>
12	Spoon Object Relay	Any small objects (coins, eggs, apples, marbles, dice), large spoon and basket or big bowl.	Varies	Carry an object from starting point to basket and drop in basket. Return to the starting point and get the next object. See how many you can get in the basket in 1:00, or race against a friend. <i>*Can be performed from a wheelchair. You can carry a beanbag to make it easier</i>
13	Jack & Jill	N/A		Lay on your side at the top of a hill or the start of a flat surface. Begin rolling side over side (log roll) to a desired finish line. <i>*Roll your body on the floor and knock over milk jugs standing up blike bowling pins</i>
14	The Great Animal Race	N/A	10 ft+	Race from point A to point B. Start as a cheetah (run). Next, become a gazelle (skip). Then, become a bear (bear crawl). Now a penguin (waddle). Finally a crab! (crab walk). Time yourself or race someone else. <i>*From wheelchair: Make the animal noises and hand gestures to act like the animals on the path to the finish line.</i>
15	Shoe Kick	Tennis Shoe	Varies	Place toes in your shoe and sling it / kick it as far as you can across your yard or field. If the student cannot kick them off, have them throw them or push them off their lap towards a target on the ground.
16	Shoe Throw	Tennis shoe	Varies	See how far you can overhand throw your shoe across your yard or field. <i>*Or throw them in a laundry basket-Mom will be happy!</i>
17	Last man standing	n/a	Minimal	With a timer ready or siblings to compete against, see how long or who can last the longest at running in place. <i>*If the student is unable to run, have the student do air punches or rainbow arcs for the given</i>

				<i>time.</i>
18	Balance Challenge	n/a	Minimal	With a timer ready or siblings/parents to compete against, see how long or who can last the longest at balancing on desired foot. Compete again with the other foot. <i>*From a wheelchair, see how long or who can hold their arm up high the longest. Or stand in place with one foot on a step or stool)</i>
19	3-legged Race Too Big for Your Britches	A bandana or scarf/ pair of pants.		Pick a partner and work together to be the quickest in this relay. (1) Use a bandana to tie you and your partner's ankles together. You must work as a team to travel down to the finish line. (2) Share a pair of pants with each person putting their leg in the leg of the pants. Work as a team to travel down to the finish line. <i>*Or hold a rope or scarf with your friend and don't let go</i>
20	Kangaroo Jump	Ball, stuffed animal, etc	Varies	With a ball or stuffed animal between your knees, try to keep the object in place while jumping down to the finish line. From a w/c, try to hold a stuffed animal between knees or give it a hug the length of time to the finish line. <i>*Or jump to a spot on the floor or a line drawn</i>
21	Defying Gravity	1-5-Blown-up Balloons	Minimal	With a balloon hit into the air, see how long or how many hits you can make without letting the balloon hit the ground. <i>*Add additional balloons after lasting for so long or after so many successful hits. *Balloon hitting/batting from a wheelchair level (or can suspend the balloon from a string to help you hit consecutively to practice)</i>
22	Shoe Tie Race	Two shoes that have laces	Minimal	Take shoes off and take them to a spot that is away from the starting line (10-20 yards). Go back to the start line and on the word "go", race down to retrieve one shoe and return to the starting line. Quickly put the one shoe on and completely tie it before racing down to retrieve the second shoe. Once the second shoe is on and

				<p>tyed, the race is over and the clock stops.</p>
23	Target Challenge	Any items (frisbee, basketball, sock, baseball, etc)	Varies	<p>Setup a desired target and with a chosen home object to throw- see how far away you can get and still hit the target</p>
24	Standing-broad jump	N/A	Minimal	<p>From a specific starting spot, see how far you can jump from a standing position. Mark the spot and go back to the start spot and try to beat your longest jump. <i>*From a wheelchair level, see how far you can reach along a wall. Measure the length!</i> <i>*Or jump to a certain spot or jump 3 times in a row</i></p>
25	Partner toss and catch	Beanbag, rolled up socks, stuffed animal, etc	Varies	<p>Partners face each other; begin fairly close together; toss the object; if you make the catch, take a step farther away; if you drop, the event is over. How far back can you go? <i>*If catching is difficult, push back and forth along a table. A beach ball is good, too.</i></p>
26	Create your own obstacle course	Broom, mop, buckets, sidewalk chalk, chairs, laundry basket, rope, pool noodle	Varies	<p>Design the course so that you will be going over, under, and around items using different locomotor movements. Use a timer to see how quickly you can make it through the course and challenge other family members to beat your time. <i>*This can also be done indoors using couch cushions, large boxes, written signs.</i> <i>*From a wheelchair: Place streamers down a hallway and go over and under or sideways around it.</i></p>
27	Chair Ring Toss	Any ring-like object that can fit around a chair leg. Cut up toilet paper/paper towel rolls, plastic rings	5-10 ft	<p>Flip a chair upside down and rest it where the chair legs are facing you. Begin at a short distance and try to toss the rings on the chair legs. Move back to increase difficulty. <i>*You can make larger rings from sections of pool noodle cut and taped together</i></p>

28	Seated or Standing Tug of War	Old towels, clothes (pants, shirts), or rope, if available	10-15 ft	Compete with a sibling, guardian, or parent and try to pull the other person onto your side or area. <i>*Can be done from seated position or standing position.</i>
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Water fun

29	Little Spring Shower	Solo cup with holes punched in the bottom	5-10 yards	At the start line, fill the solo cup with water and hold above your head. Race 20 yards to the finish line while keeping the cup above your head.
30	Sponge relay	Buckets, sponge (or rag), partner	5-10 yards	Have two buckets spread apart at a desired distance. Fill one bucket with water and place a sponge inside of it. With a partner, see how fast you can fill the sponge with water and transfer it to the empty bucket by tossing it to your partner who is standing by the empty bucket. They will ring the sponge out and then you both will switch places. You will continue this process until all the water is out of the one bucket and in the other. <i>*Or carry the dripping sponge to the next bucket and go back and get a new sponge</i>
31	Water Balloon Toss	Water balloons	Varies	Which partners can toss the balloon back and forth the longest without letting it pop! <i>*Or toss water balloons at a face drawn on a board standing upright</i>
31	Treat station	Popsicles, ice cream or other treat		It is always fun to plan a cool treat in the middle or at the end of your Field Day.