

Virtual Field Day – May 20th

Although we're not at Manning Oaks together, Field Day must go on! Typically, Field day is a day of fun activities, relays, and cooperative games! This year we have transformed those activities for you to do at home with your family during our last week of school!



Welcome to Manning Oaks Virtual Field Day!! Choose as many activities as you'd like and use the scorecard as you wish.

1. Click the link below.

https://docs.google.com/presentation/d/1UpSnis7NwHU_BscoG00t4ep14zIX1YZPEtVQ7uywxsU/edit#slide=id.g853a94686a_0_167

2. Click on the boxes on slide 2 that you want to try and it will bring you to a Youtube safe link to view a demonstration of each activity
3. Fill out the scorecard if you wish by selecting IMAGE. [Score card](#)
4. Click on the link to View Coach Richardson to Explain more about the google slide sheet. Click here:
<https://safeYouTube.net/w/tWSE>
5. Post your videos or pictures on Twitter. Tag Coach Richardson @MoeCoachRich. Use the hashtags #ManningoaksVirtualFieldday #fcsrising

DOs and DON'Ts:

- DO complete as many events as you can, adjusting for your schedule!
- DO modify the activities with equipment you have at home!
- DON'T forget to post pictures and videos on twitter using Tag Coach Richardson @MoeCoachRich. Use the hashtags #ManningoaksVirtualFieldday #fcsrising

#Manningoaksvirtualfieldday

- DO HAVE FUN!

Virtual Field Day 2020 Extra Events

Race Events

1. Toys in the Toy Box – Place a basket (box or bucket) at one end of the room and toys on the opposite at the starting line. Place 1 toy between your knees and jump to the basket (“toy box”). Drop the toy in the toy box without using your hands. Run back to the start and repeat with another toy! See how fast you can get 5 toys in the box or race against a family member.
2. Egg and Spoon Race – Place an egg on a spoon. Carefully walk from 1 end of the room to the other without dropping the egg!! (Can hard boil the egg for less mess or use a paper ball).
3. Sweep the Socks – Using a broom and a sock ball, sweep your socks from 1 end of the room to the other and back. Time yourself to see how fast you can go or race a family member

Water games (need a bucket of water)

1. Dribble, Dribble, Drench – Similar to the game duck, duck, goose. Dunk a towel or sponge into a bucket full of water, then dribble the water over the heads of your "ducks", when you choose your "goose", you squeeze the towel/sponge and drench them with water!
2. Car Wash - Place a wet sponge or towel under your chin (without using your hands). Run from the starting line to the bucket and back! Take turns with your family.
3. Sponge Toss - Use a wet sponge, water balloon or towel. Toss the wet object back and forth without dropping it. Each time you make a successful catch take a step back!

Fitness challenges

1. Plank Challenge – Set a timer and see how long you can hold a plank for!
2. Balance Challenge – Create a balance, then set a timer and see how long you can hold your balance without falling!
3. Wall Sit Challenge – Set a time and see how long you can hold a wall sit for!

Click Here

<https://safeYouTube.net/w/MqAE>

Please email Coach Richardson at Richardsonf@fultonschools.org if you have any questions!