

GSMS Weekly P.E. Activity Ideas ~ June 1st to 5th

All schools (including students and staff) are invited to participate in a **Spring Games Challenge!**

How to participate:

- 1) Complete the daily challenge.
- 2) Keep track of your score on the scoresheet.
- 3) Share a video of you completing the challenge on our NBPES's (New Brunswick Physical Education Society) YouTube channel. Include the hashtag **#ASDWSpring**. Website: <https://www.youtube.com/channel/UChffr-8FbAMCYKeYuiSfB5g>
The sharing is optional, of course, but we would love to see our George Street students sharing their **awesomness!**

MONDAY, JUNE 1ST

FAN-A-WAR

Get Ready: 1 Paper Plate (Piece of Cardboard or a School Folder) per Player, Center Line (2 Shoes or Cups will work) 1 Ping Pong Ball or a Balloon

Get Set: Create a center line on a table or the floor. Place the balloon or ball on the center line. Both players across from each other with the centerline in between them.

GO!

- This event is called Fan-a-War.
- The object of this game is to keep the ball on the opponent's side of the center line. You will have 1 minute.
- On the start signal, begin fanning the ball toward your opponent's side of the center line and away from your side.
- Continue for 1 minute. Score 5 points if the ball is on your opponent's side.
- Play and score 2 rounds and then write your score down on the official Field Day Score Card.



TUESDAY, JUNE 2ND

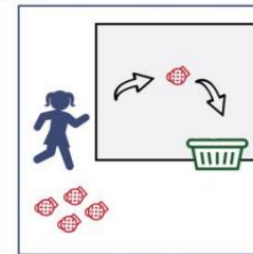
BACKBOARD BANK IT

Get Ready: 5 Large Sock Balls, Laundry Basket or Bucket, A Wall

Get Set: Roll up the socks to make sock-balls. Place the basket or bucket against the wall. Mark a distance 5' – 10' from the basket.

GO!

- This event is called Backboard Bank It.
- The object of this game is to score as many points as you can in 1 minute.
- Do that by tossing the sock balls off of the wall and into the basket. You **MUST** use the wall as your backboard and bank it into the basket.
- Score a point for every sock that is banked into the basket.
- Write your score down on the official Field Day Score Card.

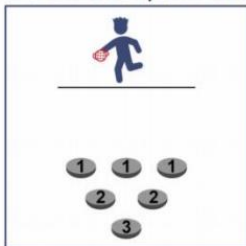


WEDNESDAY, JUNE 3RD

BOWL BALL

Get Ready: 6 Bowls, 1 Sock Ball, Paper & Pencil to Tally Score

Get Set: Set the bowls on the floor in a triangle pattern 3-4 inches apart. Put a piece of paper with the point total in the bottom of each bowl. Mark a throwing line 6-8 ft. away.
Hint: Big bowls are easier than small bowls!



GO!

- The object of the game is to see how many points you can score in 1-minute.
- You do this by tossing the sock ball into the bowls and scoring points based upon where they land.
- After each throw, retrieve the sock ball and hustle back and throw again.
- If the sock lands in a bowl, use the pencil and paper to tally the points for that bowl.
- After 1-minute, calculate your tally and write your total number of points on the official Field Day Score Card.

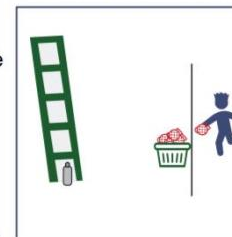


THURSDAY, JUNE 4TH

CLIMB THE LADDER

Get Ready: 6' Ladder, 6-12 Sock Balls, Laundry Basket, Empty Water Bottle

Get Set: Set up the ladder. Place the water bottle on the floor under the first rung. Mark a throwing line 10-15 ft. away. Place the laundry basket on the throwing line. Put all the sock balls inside the basket.



GO!

- "Climb the ladder" using the fewest throws.
- Start with the bottle on the floor under the first rung.
- Throw sock balls at the bottle until you knock it over. Take your time, this is not a race.
- Move the bottle up one rung each time you knock it off the ladder.
- If you run out of sock balls, collect them and continue.
- Count all of your throws on every step of the ladder. How many throws does it take to knock the bottle off of the top rung of the ladder?
- Write the total throws on the official Field Day Score Card.



FRIDAY, JUNE 5TH

FLIP YOUR LID

Get Ready: Kitchen Spatula, 1 Tupperware/Plastic Lid

Get Set: Place the lid facing up on a table or floor. Get your spatula ready for some lid flipping!



GO!

- This event is called Flip Your Lid.
- The object of this game is to flip your Tupperware lid upside down to earn points.
- Place the lid facing up on the table or floor, then slide the spatula under and flip the lid in the air. Let it land flat on the table or floor.
- Score a point for every lid that you flip upside down (0 points if it lands right-side up).
- Quickly reset the lid each time you flip it.
- You will have 1 minute to see how many times you can flip the lid upside down.
- Write your score down on the official Field Day Score Card.



SCORECARD:

EVENT	DATE	ATTEMPT #1	ATTEMPT #2	PERSONAL BEST
FAN-A-WAR				
BACKBOARD				
BANK IT				
BOWL BALL				
CLIMB THE LADDER				
FLIP YOUR LID				

Addition information can be found here: <http://nbpes.ca/asd-w-nbpes-spring-games-challenge/> Click here for game cards: <file:///C:/Users/gorma/Downloads/ASDW%20Spring%20Games%20Challenge.pdf>