



Field Day/Spirit Day 2020



Balance Your Physical Education

Coach Thomas - St. Brendan School

Type of Activity: Individual or Family

Equipment Needed:

- ★ Text books or any other books solid enough to balance on your head. Choose 3-10 books. You will add one at a time as you succeed.
- ★ Place a cone - Measure out 20 feet
- ★ Plastic cup or any type of distance marker

Directions:

1. Measure out a start point and turn point at 20 feet. (you can do 10 feet for PreK-2nd grade)
2. Stand at start point and put ONE text book on your head.
3. Walk down and back without dropping it.
4. Add a book each lap and see how many books you can balance on your head and how many laps you can do. Challenge family members or classmates virtually.

Video Link:

<https://youtu.be/goy03cNTJaE>