



Field Day/Spirit Day 2020



Bruins Pillow Case Race

Danyelle Anderson - St. Angela Merici

Type of Activity: Individual or Family Challenge

Equipment Needed:

- ★ Pillowcases for each participant - please ask an adult for pillowcase.
- ★ Something to mark start and end lines - shoes or balls work well.

Directions:

Split up in teams. Stand in pillowcase. On GO hop to end line and back. Hand off pillow case to next player, and repeat. If doing individually, time yourself and try to beat your best time.

Video Link: <https://youtu.be/QnwqImmbqww>