



# Field Day/Spirit Day 2020



## Penguin Race

(idea from OPEN Phys.Ed.)

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**Type of Activity:** Individual, Partner or Family challenge (Relay)

### Equipment Needed:

1 tennis ball, softball size ball, volleyball OR rolled sock and 2 plastic cups or cones, per player/team  
The cups should be set up about 10 feet, OR 5 of your normal walking steps, apart from each other.  
You can play by yourself OR race a partner OR compete as a team or race as 2 teams

### Directions:

**BY YOURSELF:** How many points can you score in a minute? Place the sock or ball between your knees and waddle or jump back and forth from one cup to the other. When you reach a cup, turn it over. If you drop the sock or ball, do 5 jumping jacks and then put the sock/ball back between your legs and continue. Score 1 point for each cup you turn over. **RACE A PARTNER CHALLENGE:** Same as by yourself, but be the first penguin to turn over 6 cups. Each partner will need their own cups. **TEAM CHALLENGE:** Same as BY YOURSELF, teammates take turns, relay style, each time returning to the start. Each team has their own cups. Increase!

**Video Link:** [Penguin Race DOCFieldDayTogether](#)