



UNPLUG!

UNWIND!



**No**  **STRESS**

NO SCHOOL!

FIELD DAY!





Dear CPA Families,

While I am so sad that we cannot have our regularly scheduled Field Day at Crown Pointe, I'm glad that our students will be able to spend the day with family. So let's still have Field Day!!! No screens and no school work. The only technology allowed is a camera to take pictures of all the fun had. Please do your best as a family to get a BINGO of five activities in a row (horizontal, vertical or diagonal). Or go for broke and do all the activities over the entire weekend. Activities can be modified to meet your family's situation, see below for alternative ideas! Make it your family style of awesomeness. I hope you have a lot of fun and please feel free to send me pictures after the day is over to my e-mail address: [aj.varner@crownpointeacademy.org](mailto:aj.varner@crownpointeacademy.org). I would love to put together a video of all the fun our school has without technology for our teachers and staff! Thank you all so much for persevering through this time and being there for your students! All of us at CPA miss you and hope to see you very soon.

Sincerely,

Mr. Varner

**HOW TO DO IT:** Set No Technology Expectations for your CPA Students! First read through the activities and prepare ahead of time. While there are some videos of the activities available, watch them before Friday to keep the day screen free. **Because no technology is allowed, print or draw the BINGO grid on a piece of paper before Friday, May 15<sup>th</sup>.**

1. Inside or outside or both!
2. Take in some nature and Social Distance.
3. At home or at the car wash, everyone helps. GET WET!!!
4. Or card game or game night ideas.
5. Or Iced Tea or Kool-Aid...OH YEAAAAAH!

6. This activity was posted in early April for grades K-5 (squeeze a sock ball between the knees). Other ideas include bat spin races, pillow case sack races, blindfolded races and more.
7. Or a cup pyramid or a Lego masterpiece. Use anything you have at home to build a structure.
8. Or Volleyball, or Soccer, or Football or Badminton or Baseball/Softball. And on and on and on.
9. Or scooter or skate board or Heelies.
10. Send it and other pictures to [aj.varner@crownpointeacademy.org](mailto:aj.varner@crownpointeacademy.org) with permission to use in a video for CPA.
11. Check out Bubble Races...[https://www.youtube.com/watch?v=j-7JC\\_9Aqc](https://www.youtube.com/watch?v=j-7JC_9Aqc)
12. Make a 3x3 grid with tape. With plastic cups of different colors (or use markers for teams), two players flip the cup from the edge of a surface to land it on its top. If a player lands a cup upside down, they place it on the Tic-Tac-Toe grid and keep going. 9 cups per team. First to get 3 in a row wins. Or check out other awesome fun plastic cup games <https://www.youtube.com/watch?v=IZyGbE8UghA>
14. If the sky is clear go outside together to look at the stars, Spend some time outside with a fire if possible. You could even pitch a tent outside.
15. Tag Games like Freeze Tag, Sharks and Minnows, Toilet Tag, Blob Tag, Walking Tag, Groundies!
16. Look up or print directions ahead of time... <https://www.youtube.com/watch?v=aIIVe3yrMMO>
18. Build a small wall stacked with boxes, brooms, baskets, pillows, or anything else that can take a beating. Create a shooting line at least 10 feet away. Use a basketball or soccer ball (or other similar in size). Players sit behind the line and lay on their backs. Then they sit up throwing the ball at the wall. How many throws does it take to knock down the wall?  
<https://www.youtube.com/watch?v=EBeG891hACE>
21. Get in a low plank on the forearms and toes. Who can hold it the longest? Keep the back flat. Other Fitness challenges: Push-ups/Sit-ups, Jumping Jacks, or Jump Rope, Hula Hoop, Extended Arm Hang, Squats, Wall sit, Hand stands or Balances.
22. Or soccer pass or juggle or Hacky Sac.
23. Or cake, or bread, or tortillas. Also can make pizza, or tacos or salads.
24. Add in squirt guns for even more fun!
25. Each player has a book and a plastic grocery bag. With lines 10 feet apart fan the bag to the far line a back!... <https://www.youtube.com/watch?v=TJuYFFKyow>

**HAVE FUN!**

F	I	E	L	D
1. BUILD AN AT HOME OBSTACLE COURSE	2. GO ON A FAMILY WALK OR RUN	3. HELP WASH A CAR	4. PLAY A FAMILY BOARD GAME	5. MAKE LEMONADE
6. WADDLE RACE AGAINST SOMEONE	7. MAKE A HOUSE OF CARDS	8. PLAY BASKETBALL	9. RIDE YOUR BIKE	10. TAKE AN OUTDOOR FAMILY PICTURE
11. BLOW BUBBLES	12. PLAY CUP FLIP TIC TAC TOE	<b>SCREEN FREE DAY</b>	14. NIGHT OUT-S'MORS AND/OR STARGAZE	15. PLAY TAG
16. MAKE AN ORIGAMI ANIMAL or PLAY ORIGAMI FOOTBALL	17. HAVE A BACKYARD OR PARK PICNIC	18. PLAY SIT-UP ANGRY BIRDS	19. JUMP ROPE, HOPSCOTCH or HULA-HOOP	20. MAKE SIDEWALK CHALK ART
21. DO A PLANK CHALLENGE WITH A FRIEND OR FAMILY MEMBER	22. PLAY CATCH	23. BAKE SOME COOKIES	24. PLAY CAPTURE THE FLAG	25. FAN FAVORITE RACE AGAINST SOMEONE

Get 5 In a Row,   or   or  ! Or do them all!