



STUDENT TRAINING PACKS

OPENPhysEd.org

Practice Plan Number 3

National Field Day is almost here! How are you feeling?



Before you practice the events below, which do you think you'll like the most? Why?

Event Name	Practice Day 1		Practice Day 2		Rate 1 thru 4 1 = Not Fun 4 = Most Fun
	Score 1	Score 2	Score 1	Score 2	
Backboard Bank It					
Coin Flip 400-Meter Dash					
Fan-A-War					
Fast Folder					
Flip Your Lid					
Keep It Up					
Look for the Good					
Scavenger Hunt					
Tennis Shoe Tower					
Wash Your Hand Relay					

Now that you have practiced these events, which activity did you like the most and why?