

# WES Family Fantastic Funday Week

Each participant needs 1 scorecard. Try to complete as many as you can!

Participant Name: \_\_\_\_\_ Teacher Name: \_\_\_\_\_

## 3 Family Fantastic Funday Rules:

**BE SAFE**                      **HAVE FUN**                      **HAVE INTEGRITY**

**Sportsmanship** –*Playing games with ones best effort and placing the rules and integrity over results and winning*

### Opening Weekend Fitness Events

Event	Attempt #1	Attempt #2	Personal Best
5k or 1 mile run/walk	Which Race?		
Push up test			
Shuttle Run			
T-Test (Speed and Agility)			
Broad Jump			
Family Tabata workout	Check if Completed		

### Challenge Events

Event	Attempt #1	Attempt #2	Personal Best
Fill the bottle			
Water balloon/egg toss			
Paper Airplane corn hole			
Balloon Pop relay			
Towel Flip			
Bowl ball			
Penguin race			
Tip the Hat			
Backboard bank it			
Dressing Dizzy			

### Family Fun and Crazy

Event	Completed
Tic tac toe relay	
Rock Paper scissors	
Everybody is it	
Steal the Bacon	
Castle Attack	
Sponge tag	