

WASH YOUR HANDS RELAY

Get Ready: 20 Seconds or More Music by Doug E. Fresh, 2 Objects (shoes, cones, plastic cups)

Get Set: Create 2 end lines by setting objects 6' to 12' apart in an area safe for movement. Play 20 Seconds or More by Doug E. Fresh

GO!

- This event is called Wash Your Hands Relay!
- The song 20 Seconds or More helps to teach us how to wash our hands and keep our family safe from disease.
- The object of this game is to move from line-to-line as many times as you can in 1 minute while pretending to wash your hands.
- You must walk, skip, or gallop. Running or jogging is not allowed.
- On the start signal, begin moving from line-to-line.
- Count each time that you move to an end line.
- On the stop signal, record your score on the official Field Day Score Card.



OPEN

