



Welcome to the virtual UKnighted Olympics! #br_u_knighted

We've created a menu of fun challenges to do with your family! Choose to do one, two, or ALL of the field day challenges, and share your process in the flipgrid! Flipgrid is a fun way to share a short, 1.5 min max video! Students can easily log in with your school email! Include all of your family! Links to Flipgrids are embedded in each box below!

This is just for fun! Always have parent permission and supervision, and include family members if you'd like to!

Challenge #1

Build a paper airplane and measure how far it can fly!

Challenge #2

Build an obstacle course in your house or yard and make a video of someone running through it (we personally would love to see your parents do this!).

Challenge #3

You've been flipping water bottles for years, so show off your skills! How many tries will it take for you to flip and land a water bottle on a table?

Challenge #4

Can you build a house of cards? Show us the end result!

Challenge #5

How many pieces of popcorn (or similar treat) can you throw into the air and catch in your mouth in a minute? (Parent supervision!)

Challenge #6

Chew on a piece of bubblegum and show us how big a bubble you can blow! (Parent Supervision!)

Challenge #7

Dress up like your favorite Blue Ridge staff member OR Do your best impersonation of a staff member!

Challenge #8

Self-care is important when life is crazy! Show us what you're doing to stay sane!

Challenge #9

Are you a total rockstar? Show off your lip-syncing skills! (45 second limit)

Challenge #10

We know you've spent hours learning all the TikTok dances! Show off what you learned! (Must be school appropriate)

Challenge #11

Place a cookie (or similar flat food) on your forehead. Using your face muscles, move the cookie from your forehead to your mouth! (5 minute limit)

Challenge #12

Try Not to Laugh! Sit face-to-face with someone in your household. Take turns trying to make each other laugh, and see how long it takes for someone to crack! (Tickling not allowed!)

Challenge #13

We all know some awesome people who are doing important things to help out during this time. Show us how you thank a helper!

Challenge #14

Have you ever tried stacking Cheerios on a sleeping dog? Or a sleeping sister? Try it out, see how many you can stack!

Challenge #15

Show us your school spirit! Do something to add some Blue Ridge spirit to a window in your house or your yard to celebrate our seniors!