

Family Olympics Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p>Human Ring Toss</p> <p>Decide on a distance away from the person whom the rings will be thrown to (3-6ft)</p> <p>One person throws the inflatable ring trying to get it on their team mate. The person whom the rings are being thrown at <i>cannot</i> move their feet; but they can lean/move their waist and move their arms to get make it eaiser to ring them</p> <p>Rings that are ON the human counts as 2 points; while rings touching or leaning on the human are 1 point.</p> <p>First team to 13 points wins.</p>	<ul style="list-style-type: none"> • 2 or more inflatable rings
<p>Frisbee Water Fill</p> <p>Each team members fills frisbee with desired amount of water and runs to the end to pour the water into the container, being careful not to spill. The team member then sprints back to their team so the next person can fill the frisbee with water and run to dump into the container.</p> <p>First team to fill the container at the end with water (to brim) wins.</p>	<ul style="list-style-type: none"> • 1 frisbee per team • 1 large container filled with water per team 1 tall narrow container at the end per team
<p>Fly Swatter Golf</p> <p>Determine a designated length of course. Each team member swats plastic ball on ground until desired length of course then back to team. Next</p>	<ul style="list-style-type: none"> • 1 fly swatter per team (example: 5 teams 5 fly swatters)

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<p>team member receives the swatter and completes the course.</p> <p>First team to complete all members wins.</p>	<ul style="list-style-type: none"> • plastic practice golf balls or similar •
<p>Beach Ball Race</p> <p>Participant places ball between their knees. They then run to the laundry basket and drop ball with into the laundry basket. If ball does not fall into the laundry basket, they are to “re-start” and attempt again from the beginning.</p> <p>When the ball falls into the basket, pick up ball and run back to give to the next team member.</p> <p>First team to complete wins.</p>	<ul style="list-style-type: none"> • 1 inflatable beach ball per team • 1 laundry basket per team
<p>Bean Bag Toss</p> <p>Determine the designated distance for throwing (Can be based on family member ie. Adult versus child lines to throw from). The person has 3 bean bags and throws them until all 3 are in either the bucket or the holes.</p>	<ul style="list-style-type: none"> • 3 bean bags • Buckets or holes to put them in • Or if you already have a backyard game
<p>Balance Beam</p> <p>Set up pieces of scrap wood and place the 2 x 4 on top</p>	<ul style="list-style-type: none"> • 2 x 4 piece of wood • Scrap pieces of wood for ends
<p>Pool Noodle Javelin Throw</p> <p>Using a pool noodle and hula hoop; securely hang or hold the hula hoop for the participants to be able to throw the pool noodle javelin.</p>	<ul style="list-style-type: none"> • Pool noodle • Hula hoops •

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Blanket Drag Race

Grab some blankets and attempt to pull your team mate across the lawn as fast as you possibly can.

Obviously things will be a lot easier if your partner is under 4 feet tall!

- 1 Blanket per team
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Water Balloon Relay

A water-balloon relay is just as tricky as the old egg-in-spoon relay race you grew up with, only less messy—or wasteful. Mark handoff points (about 30 feet apart) and position runners at each. The first team to make three successful balloon transfers and cross the finish line—balloon intact—wins. Tip: Try using biodegradable water balloons, in case one of the remnants gets buried before you have a chance to collect them.

- A pack of water balloons and a half-dozen position markers (sand pails, large stones, or driftwood would work).