

## Family Picnic Games Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p><b>Bean bag toss-</b> Kids are to stand at a certain distance away from the hula-hoops and the goal is to toss them from the line and get them into the hula hoops that are laying on the ground.</p> <ul style="list-style-type: none"> <li>- In teams, have campers run to the line, throw 3 bean bags, the run back and the next person in line goes (they have to get all 3 bean bags in before the next person goes)</li> <li>- Leaders will put the bean bags back to the starting position at the line between each person</li> </ul>	<ul style="list-style-type: none"> <li>- Bean bags x6</li> <li>- Hula hoops x2</li> </ul>
<p><b>Potato Sack Race-</b></p> <ul style="list-style-type: none"> <li>- Have the teams line up in a single file line</li> <li>- First person in line will stand in the potato sack and will jump a distance (make it one of the lines on the field) and then back</li> <li>- When they get back, switch with the next person in line</li> </ul>	<ul style="list-style-type: none"> <li>- Potato sacks x2</li> </ul>
<p><b>Three Legged Race</b></p> <ul style="list-style-type: none"> <li>- Divide participants into pairs, matching of similar height and build.</li> <li>- Have each player stand next to their partner and put their arm around their partner's waist.</li> <li>- The partners' inside legs (the right leg of the partner on the left and the left leg of the partner on the right) should be tied together</li> <li>- Use two ropes to mark a starting line and a finish line.</li> <li>- Have the players line up at the starting line. At your signal, have players walk or run as fast as they can to the other end</li> <li>- First team to cross standing wins</li> </ul>	<ul style="list-style-type: none"> <li>- 2 ropes for finish lines</li> <li>- Something to tie/hold legs together</li> </ul>
<p><b>Sponge Race Relay</b></p> <ul style="list-style-type: none"> <li>- Mark a spot on the jars that will indicate that they are full and have each player dip the sponge into the bucket of water.</li> </ul>	<ul style="list-style-type: none"> <li>- 2 Large Sponges</li> <li>- Bucket of water</li> <li>- Empty bucket or Jar</li> <li>-</li> </ul>

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<ul style="list-style-type: none"><li>- Once their sponges have been submerged in water, run to the jar and squeeze the sponge into the jar</li><li>- Then run back to hand the sponge to the next teammate in line</li><li>- The first team that has filled their jar wins!</li></ul>	
<p><b>Water Balloon Dodgeball</b></p> <ul style="list-style-type: none"><li>- Instead of dodging playground balls, the players will dodge water balloons and getting hit can be a refreshing way to lose.</li></ul>	<ul style="list-style-type: none"><li>- Water balloons</li></ul>