

Family Olympics



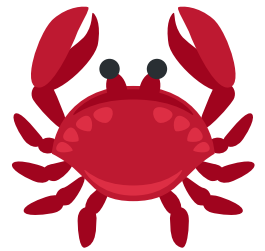
Family Olympics is a great way to get everyone in the house together for a great deal of fun. In order to participate, you will need some supplies, most of which we hope you can find already lying around the house, if not they will not be expensive. You will also need a scoreboard to keep track of scores and standings if you wish to do so. You can score however you wish. Each event will have a supply list and instructions on how to participate. We encourage these olympics to be moderated by the eldest figure in the household. We also encourage that moderator to participate. Sportsmanship and fun is of utmost importance so make sure to be healthily competitive and encouraging. You may even make placement “medals” and uniforms if you wish to do so. If you have a larger family you can even split into teams! a little bit of body text

Event # 1: Crab Walk Race

What you need:

- route markers (optional)

Directions: The crab walk race is a great way to start off your Olympics because it is simple and can help you iron out any kinks you may have in your Olympic setup. The crab walk race is simple. Each competitor (or team) must crab walk (crawling on hands and feet with front facing up) through a course set up in the house or a simple straight line race outside if possible. The winner is the competitor or team that finishes the race first. For teams, you could try a relay race.



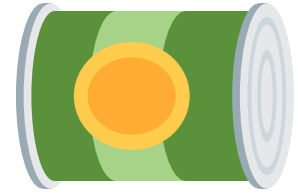
Event #2: Pantyhose Bowling

What you need:

- old pair of pantyhose
- tennis balls (or any similar sized ball)
- bowling pins (this can be plastic cups, half filled water bottles, etc)

Directions: For this event, competitors must knock over all the bowling pins. The team or competitor with the fastest time wins. In order to knock over the pins, the competitor must put the tennis ball (or whatever you have laying around as a substitute) in the foot of the pantyhose and attach the waist of the pantyhose to their head. It should look something like the picture below. The competitor must then knock over the pins using the ball at the end of the pantyhose. YOU MAY NOT USE YOUR HANDS AT ANYTIME TO MOVE THE BALL OR THE PINS. This is a great time for someone to make the joke “Use your head!”.

Event #3: Can Curling



What you need:

- cans from kitchen/pantry
- masking tape
- broom

Directions: For this game, we want to bring the true energy of the olympics. Set up a three ring target on the floor in your home, preferably somewhere not carpeted. Now each competitor is to roll their can towards the rings, trying to stop the can on the middle ring. The broom is not needed but is for the fun Olympic feel. The broom should be used to sweep in front of the can in the path you would like the can to go. Have all competitors go, leaving their can at the target until the end of the round. When everyone has gone, score the targets for each competitor or team. Using your own points system, score the inner ring the highest, decreasing points as you move out. Repeat as many rounds as you would like for this event.

Event #4: Paper Airplane Javelin

What you need:

- paper

Directions: This event is very straight forward. Each competitor or team is to construct a plane from paper. Feel free to decorate the plane, this can help to identify who is who. After all teams or competitors have made their planes, establish a throwing line. This event can be inside or outside, whichever you prefer. Have each competitor throw their plane from the throwing line. Whichever plane is flown the farthest wins! You may even award style points for design and creativity if you wish.

Event #5: Keep Up (Indoor Volleyball)



What you need:

- balloon

Directions: This event is another simple one. The objective is to keep the balloon from hitting the floor. This event is designed to be played by two competitors or teams at a time. If you have two teams or competitors, great, if you have more than two, you may need to set up some type of simple bracket. To start, One team or competitor "Serves" by hitting the balloon upward, it is now on the opponent to hit the balloon up and keep it from hitting the floor. You may not spike the balloon downward but you may hit it upward and away from your opponent. If the team or competitor that is obligated to keep the balloon from hitting the floor lets the balloon drop, they lose. This game can be played either indoors or outdoors.

Bonus Event: Triathlon

What you need:

- chores that need to be done

Directions: This event is optional. The goal is to have all teams or participants complete a triathlon of chores. The fastest to complete the triathlon wins. We will leave what chores you find to be most fair for each team to your discretion.