



Fire up the 4th!

Family Olympic Game Ideas and Rules

The Olympics are an important international event featuring summer and winter sports. The five interlocking Olympic rings represent the five continents of the world linked together in friendship: Australia, Asia, Africa, Europe, and the Americas. The Olympics are for everyone with 28 sports, nearly 300 events, and 204 countries participating.

Using the Olympics as a theme, take time this summer to throw your own family Olympics! You may want to choose five events to represent the five sports that have been a part of every Olympics — track and field, gymnastics, cycling, fencing, and swimming. Or you might research different countries and choose an activity from around the world. Maybe you will be inspired to try a new sport or activity. It can also be fun to let your creativity flow and make up your own silly games or search the internet for a variety of family activities. The No. 1 rule in Family Olympics is to have fun and be safe. While preparing to host your own Family Olympics, it is important to plan games, sports, and activities that are appropriate for the ages and abilities of your players.

The following activities can help you get you started.

Outdoor activities: A dry sunny day will give you the chance to have your Family Olympics outdoors.

❖ FCS Frisbee Fun

➤ **Water Frisbee Fill:** Instead of swimming laps in water, this game has you running with water (goggles, optional!).

- Supplies: 1 Frisbee disc per team, 1 large container filled with water per team, 1 empty container per team
- Line up each of the containers filled with water. Leave enough space between for each team.
- Line up the empty containers approximately 30 to 40 feet away and across from the water.
- Each team member fills a Frisbee disc with water and runs to the end to pour the water into the empty container — don't spill! The team member then runs back to their team so the next person can fill the Frisbee and run with the water to dump into the container.
- The first team to fill the container to the brim wins!

➤ **Frisbee Toss**

- Supplies: 1 Frisbee disc and three goals (the goal could be a bucket, hula hoops, or you can tape a circle on the ground)
- Give each goal a point value
- Each player throws the Frisbee three times, aiming for any goal he/she chooses
- The person with the most points wins!

❖ **Golden Goal:** Brazilians are known for their love of soccer and for producing some of the world's top footballers. This simple goal-scoring game will get all the family concentrating on being the next Pelé! (Pelé is a world famous retired professional soccer player from Brazil, who is known for being one of the greatest players of all time.)

➤ How to play:

- Use masking tape to mark a starting line. Approximately 30 feet away (or closer or farther depending on your players) from the starting line, make a goal using 2 cones, or anything you have as markers. The goal should be approximately 6 feet wide.
- Each participant, in turn, gets five chances to score a goal.
- The winner is the person who scores the most goals.
- If there is a tiebreaker, you continue to play until somebody misses their shot, leaving one winner.

❖ **Ridiculous Races:** Track and field is a popular Olympic event. Design your race by offering a variety of silly events. Before you get started, each participant could design a race number to wear for the Ridiculous Races.

➤ How to play:

- Mark a start line and a finish line with masking tape. The distance from start to finish will depend on the event and the people who are playing.
- Decide on a starting sound, it could be something simple like a wooden spoon hitting against a tin pot, a bell, horn, or a silly noise you make.
- Decide on a different challenge for each race. The first round could be a straightforward run, the second could be walking backwards, and the third could be crab walking or running with an egg on a spoon.
- Each participant must run past the finish line in each round.
- The person who passes the finish line first in each round goes through to the final round.
- The last round could be a steeplechase filled with obstacles, such as jumping through a sprinkler, crawling under a pole, and crossing the finish line while jumping in a sack. The person to finish first is the track and field champion.

❖ **Long jump:** You will need lots of space for this one!

➤ How to play:

- Mark a jumping line with masking tape
- Each participant runs up to the line and then jumps as far as they can past it.
- Use a marker, to show where they land. You could use masking tape, chalk, etc., depending on the surface.
- Each participant is given three tries at jumping, marking their landing spot each time. Their farthest landing point is marked and left there. You may want to initial it depending on how many people play.
- Whoever jumps the farthest wins.

Indoor activities: You don't have to cancel Family Olympics because of rain — simply move inside! When inside, be sure to clear any obstacles and make sure your space is safe.

❖ **Dizzy Discus:** This is a nice way of getting active while introducing an icon of the Olympics, the five interlocking rings. Prepare five paper plates for this game by asking the children to color/paint them — one for each color of the Olympic rings: blue, black, red, yellow, and green. Play this game in a large room.

➤ How to play:

- Use masking tape to mark a starting line.

- Each participant chooses a plate and in turn stands at the starting line and throws the paper plate horizontally as they would throw a flying disc or Frisbee.
- Whoever throws the paper plate the farthest is the winner.

❖ **Javelin Straw Throw:** Try this game in a long room or hallway.

➤ How to play:

- Mark a starting line with masking tape.
- Place five non-breakable bowls on the ground to set up a points system, aligning them in a row, perpendicular to the starting line.
- Ask each participant to label his/her straw with a marker or label.
- Each participant stands at the starting line and takes turns throwing.
- Participants count their points by the number of bowls their straw passes, each bowl represents 5 points for a maximum score of 25 points.
- You may want to introduce several rounds to keep the fun going even longer.

❖ **Balance Beam:** Prepare this game by laying out a long rope or use painter’s or electrical tape to make your beam. You could have various rounds of the game by making it progressively harder, creating a curve in the rope, asking the participants to walk backward, sideways, with their eyes closed, or even to create a gymnastics routine, etc.

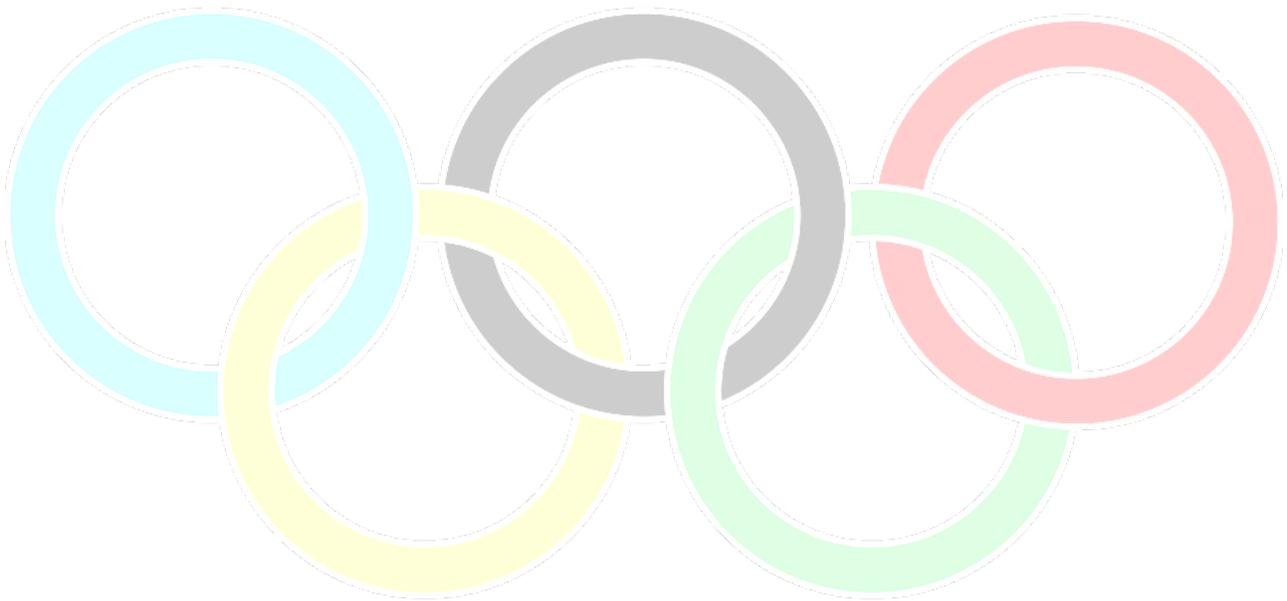
➤ How to play

- Participants have to walk across the “beam” keeping their feet on it at all times.
- The winner is the person who manages to stay on the beam for the greatest distance, and if you like, after repeated rounds.

Get the whole family involved in your own Olympic Games! Family Olympics are a great way to make memories that last a lifetime. As well as a lot of fun with a little dose of competition. Remember these are just some games to get you started. Get creative, mix it up with new games, look up sports from other countries, and remember you can pick goofy games that are hilarious to play and to watch. Here are some more ideas to get you started on your tradition of Family Olympics:

Outdoor daytime	Rainy Day or Evening Activities
<ul style="list-style-type: none"> • Frisbee • Cornhole • Ladder balls • Frisbee toss (try to land the Frisbee disc in a bucket or hula hoop or other marked space) • Water/squirt guns to shoot out a candle flame • Mini golf • Hula-hoop contest (hula-thon) • Cherry pit spitting contest • Racquet race (balance ball on racquet and run/speed walk a prescribed distance) • Water balloon steeplechase • Pantyhose bowling 	<ul style="list-style-type: none"> • Bowling (indoors) • Glow-in-the-dark bowling (glow sticks in water bottles) • Foosball • Pool • Darts • Pin-the-tail-on-the-donkey • Pictionary, charades (or other game) • “Chopped” in the kitchen

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| <ul style="list-style-type: none">• Blindfold croquet• Topsy waiter (spin, walk with tray of water glasses, and fill a bucket)• Cheese puff toss (most puffs stuck to a shower cap wins)• Party Streaming (first to unwind a roll of party streamers wins) | |
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