

SPRING OLYMPICS

Rowing- Use a skateboard and 2 plungers (I borrowed skateboards and found plungers at the dollar store!) This activity is done sitting on the skateboard, and using both plungers to quickly get you from the starting line to the finish. (Be careful if you do this on a gym floor or kitchen, the plungers will suck to the floor and it is quite funny but much harder to maneuver.)

Canoeing- Same idea as above, but you only get one plunger and have to get from point A to B while rotating hands back and forth.

Swimming- Once again on the skateboard...

Front stroke- you must lay on your belly, while using your hands and arms to swim to the finish line.

Back stroke- you again lay on the skateboard on your back, and use your feet and legs to get to the finish line.

Free Style- do whatever method works for you to get to the finish line the quickest!

Javelin- You will need straws for this event, if you want to make it more interesting, give every contestant some supplies to make their straw heavier. For example: tape or food that can be sucked up inside for a farther throw. Then see who can throw them the furthest!

Frisbee Bowling- You will need 10; 1 liter soda bottles, and then fill them 1/4-1/3 full of water or dirt. Set them up like bowling pins. And throw a Frisbee at them to see who can knock the most down. You decide how many throws or rounds in the competition, or make a full bowling game of it! I bought some Frisbees from the dollar store that were in the pet section made of heavy rope and fabric. They are perfect for knocking down the pins. If your Frisbee isn't very heavy, don't fill the bottles up too much.

Other Olympic ideas-

Shot-put- Give each player 2 balls. Everyone throws one ball before going to the next player for the 2nd ball. Tuck the ball into your neck then extending your arm, release the ball. Mark where it lands and whoever throws it furthest wins!

Target Shooting- Give each player 1 straw and 2 beans, everyone takes a turn trying to hit a target by spitting the bean through the straw at it.

Equestrian- Use a play horse or a broom if you don't have one, make an obstacle course like pole bending (going in and out of cones or rocks), barrel racing (circling a garbage can), jumping over a cross bar (stick on 2 chairs), jumping over water (a rug maybe), or anything else that looks fun!