



FAMOLYMPICS



Equipment and how to play

This can be played indoors or out. Indoor alternatives are shown in the right hand column.

You need:

- Stopwatch or timer
- Start line and throwing lines as indicated (could be string, cones, rope)

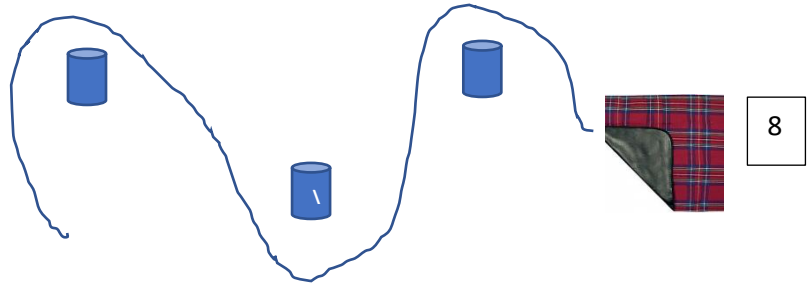
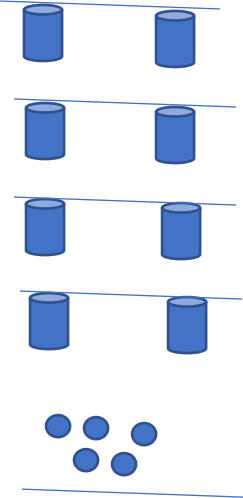
How to play:

- Start the timer on the word 'Go'.
- The winner is the fastest round all the challenges.
- If playing in families via facetime/skype etc, teams could be drawn out of a hat to mix up the groups and so that different course lengths do not matter in the overall score.
- One person from each family is on each team and the final score is the total of all scores in that team divided by the number of players in the team to create an average time.
- Teams could also be drawn out of a hat AFTER everyone has already had a go, to create more uncertainty!
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| | Outdoor | Indoor modification |
|----|--|--|
| 1 | 4 Garden canes or large twigs, 8 flowerpots to make 4 hurdles – start on starting line and hurdle over the 4 hurdles | Mark 4 lines on the floor and jump with 2 feet over each |
| 2 | Bucket or cardboard box (with cushion inside to stop balls bouncing out), 5 tennis balls – throw the tennis balls from behind the throwing line into the pot. Do not continue until all are in. | Use lighter calls or beanbags if indoors |
| 3 | Skipping rope (or similar) - do 20 skips | Lie on back and cycle legs in the air for 20 revolutions |
| 4 | 10 cones or pots/dishes upside down to create a zig zag – run round the outside of the cones/pots in a zig zag | Could be placed in a hallway |
| 5 | 1 table tennis bat and ball – 20 fish 'n' chips (keeping the ball in the air with alternating sides of the table tennis bat) | |
| 6 | Plastic picnic table or item to crawl under (could also be a child's play tunnel) – crawl through | Crawl under kitchen, dining or coffee table |
| 7 | Football (or toy) on a cone or upturned dish/pot, tennis ball – roll the tennis ball underarm from behind the throwing line to knock the large ball off the pot | No modification needed other than taking care not to damage anything |
| 8 | Picnic rug/plastic cloth/old towel and 3 large pots, buckets or markers – staying ONLY on the mat, jump round the cones to the next marker | |
| 9 | Cone or stick to indicate star jumping position – 20 star jumps | |
| 10 | 5 Olympic rings made from hoops, scarves, old boxes etc and 5 beanbags (could also use plastic bags with dried peas inside and tied at the top) – throw one beanbag to land in each hoop. The clock stops when the final beanbag lands in the last hoop. | |

START

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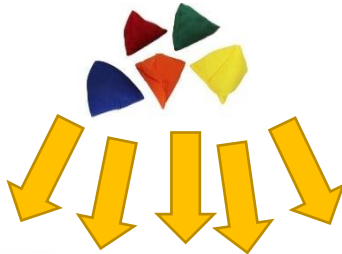
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FINISH



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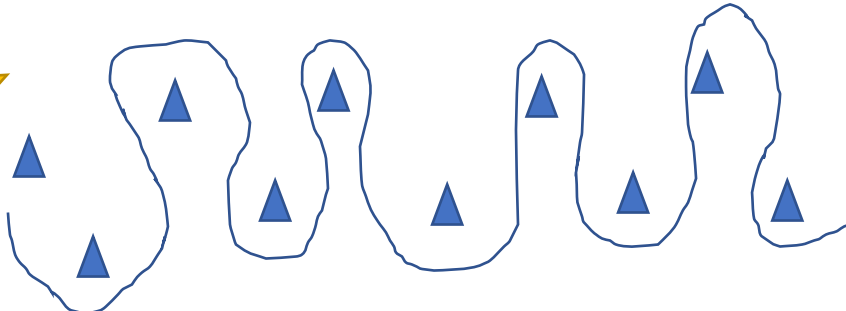


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