



@miss.g.88

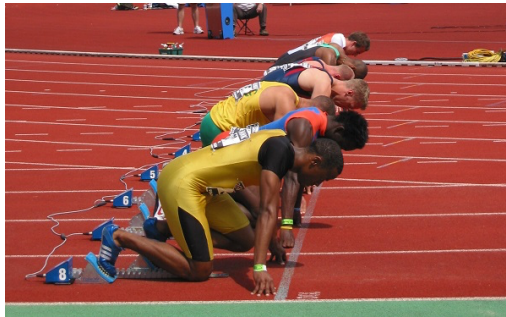
2020 OLYMPICS



As the Tokyo 2020 Olympics has been moved to next year, why don't we bring the olympics to our own homes. Here are some fun ideas you can do with your family. Choose a country to represent and have a competition. Minimal household products will be required, or be as creative as you like.

Running Races

Find a safe space (eg - driveway) or backyard where it is clear. Create a start line and a finish line. Say the words: **“On your marks, get set, GO!”** and see who comes first



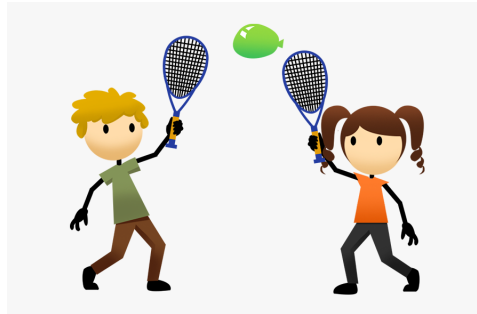
Balloon Volleyball

Find a safe space (not near things that could break). Use a balloon or a blow up beach ball or a pair of socks. Create a line down the middle that is the “net”. Make sure to come up with rules together for your game to be fair. Eg: If the ball touches the ground, it is a point for the other team, you can only hit the ball 3 times.



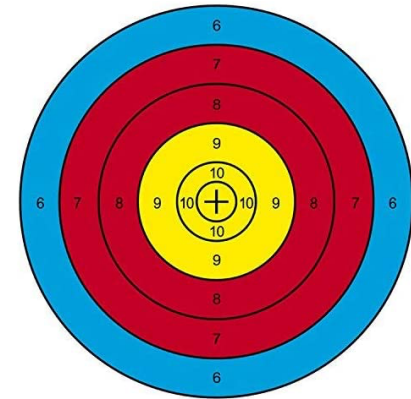
Balloon Badminton / tennis

Find a safe space (not near things that could break). Use a balloon or a blow up beach ball. Create a line down the middle that is the “net”. Make sure to come up with rules together for your game to be fair. The racquets could be pool noodles, fly swatter, plastic tennis bats, wooden spoons.



Archery (target practice)

Set up or draw a target that you could throw an object at. Take turns and make sure you can add up points. Work together to come up with a point system. Yellow: 10 points, red: 5 points, blue: 1 point. Ask questions: How many turns do you get? How many rounds do you play? What is the point system?



Basketball / netball

If you have a basketball ring/ netball ring at home: Play 1 v 1 or make a team (depending how many in your family). Follow the usual basketball rules or create your own rules. Time your game or reach a certain amount of points



Discus / shot put

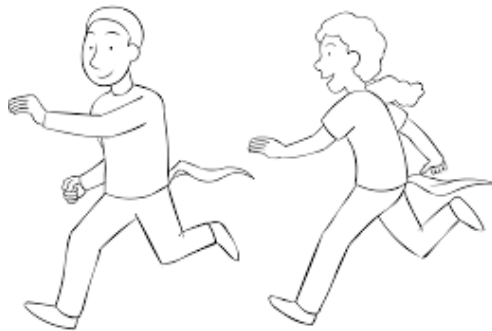
Discus: Using a paper plate or frisbee for discus. Make sure you create rules together and ask each other questions about the rules. How could you measure? How many turns do you get? Is there a line you can't step over?

Shot put: using a heavier object or ball. Make sure the space is clear before you throw.



Tails

Just like we play in the hall / gym. Set a boundary of where you can run, make sure you're playing in a safe space. Use a pair of long socks or a scarf to tuck into your pants at your hip. Dodge and weave away from the others while trying to take their 'tail'. Be creative, have fun, create a scoring system.



Obstacle course

Use backyard and household equipment to create an obstacle course. Skills that can be practiced are dodging, weaving, running, jumping, balancing and much more. Create rules together and time each other to see who completes the course successfully. Add new elements to make it more difficult.

