



Olympians
Games

An exciting part of every week at Olympians is The Games! Maybe you get excited just thinking about creating and running a game time for children, or maybe it's just not your thing.

Why Game Time?

You might be asking yourself, "Why do we need to play games?" Here are a few reasons why we feel Game Time is important for every Olympian ministry:

1. **Fun:** Game Time is fun, and children look forward to, and respond to, fun! Game Time will be the part of Olympians that brings out the excitement for a lot of your children.
2. **Gets out Energy:** Most children don't do well sitting for an extended time. Game Time will help them to get the "wiggles" out, and even get some exercise! Game Time can help with behavior, when the Olympians know that it's coming as a part of your program.
3. **Teamwork:** Many games that children love to play help to encourage healthy teamwork. You can use Game Time as an opportunity to teach about teamwork, and its application to our spiritual lives.
4. **Theming:** It doesn't always work out, but there are often opportunities to "theme" your Game Time and tie it together with the lesson from that week.

Where to Get Games

Whether you're a veteran game leader or a "rookie," you might be wondering where to get some games. Here are some ideas.

1. **Games you already have:** If you've been a children's ministry leader for a while, you may have a list of "favorites" that you can pull from. You can play them "as is," or adapt them to freshen them up.
2. **Pull from other ministries:** Often there are lists of games that come with Vacation Bible School curriculum, or that were played at a camp that your Olympians attended. These can be great because many of your Olympians will already know them, and you can remind them of the fun they had at VBS or camp!
3. **Olympian Game Time List:** We have included 60 great games for you to use! It includes the time required for the games, equipment list, set up, rules, and many come with alternate ways to play for variety!
4. **Other Websites and Books:** There are many other great resources out there. You can use Google to search for children's ministry games, use Pinterest to search for ideas, use Facebook to ask friends who are also in children's ministry, or even buy a book full of game ideas! There are lots of great ideas out there from some very creative people!

Where to Get Supplies

Depending on the game and the person who created it, the list of necessary equipment can be very simple or overwhelmingly complex.

Some thoughts:

- You may already have a lot of game supplies in the gym or game closet. Take a thorough inventory, and write down what you have. This will help you as you plan future Game Times.
- Ask around. Fellow church members, neighbors, or Facebook friends may have some extra balls, cones, bases or beanbags laying around in their garage that they would be willing to give to your Olympian ministry.
- Shop around. Between stores (dollar stores, thrift stores, Walmart) and online shopping (Amazon, PE supply websites) you'll be able to find any supplies you may need, at a variety of quality levels and prices.

A Drop In The Bucket

Time Frame:

Five to eight minutes

Equipment Needed:

Two beanbags – one of each color, Two cones – one of each color, Two small plungers, Two small buckets, Two rubber balls – one of each color, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone and bucket approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Give the first Olympian for each team their team's beanbag, plunger and rubber ball. The starting Olympians will hold the plunger with rubber end pointing up and rubber ball in it, they will also place their beanbag between their knees.

Game Instructions:

When the whistle blows, the starting Olympians on each team will walk around their cone and back to the starting line as quickly as possible, balancing the rubber ball and keeping the beanbag between their knees without dropping it. After completing their turn, they pass the equipment to the next Olympian who repeats the process. When the last Olympian completes their lap, they will go to their team's bucket, where they will drop the beanbags into the bucket, using only their knees.

How To Win:

The team that drops their beanbag into the bucket first is the winner.

Important Rules:

If the Olympians drop any of their props, they simply need to stop and pick them up. When everything is in place, they can continue the race.

All On One Side

Time Frame:

Three minutes per round

Equipment Needed:

Two balloons of different colors (with extras ready in case of breakage), Masking tape, Whistle, Stopwatch

How Many Players:

All Olympians

Prep:

Put a masking tape line on the floor for each team (approximately eight to ten feet long). Leave at least three feet of space between each team. The whole team starts randomly on one side of the tape with no one on the other side.

Game Instructions:

Each Olympian volleys the balloon to another Olympian and then runs over their tape line to the other side. The last Olympian to touch the balloon taps it over the line and runs over. The receiving Olympians try to keep the balloon in play and repeat the process.

If the balloon touches the ground, the team must end play for that round.

The balloon must stay on the side the team begins on until the last Olympian sends it over the tape line or the team must end play for that round.

How To Win:

The team that gets to the other side of the line and back the most times is the winner, the team with the next highest number of times places second and the remaining team is third. Award points accordingly.

Game Variations:

This may be played with a volleyball net by having each Olympian volley the balloon to another Olympian and then scoot under the net to the other side. The last Olympian to touch the balloon taps it over the net and scoots under. The receiving Olympians try to keep the balloon in play and repeat the process. If the balloon touches the ground or goes over the net while there are still Olympians on both sides, the play ends.

Animal Parade

Time Frame:

Four minutes

Equipment Needed:

Two scooters – one of each color, Two stuffed animals (equal in size), Two jump ropes – one of each color, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Give the first Olympian on each team a scooter, stuffed animal, and a jump rope. A stuffed animal should be placed on each scooter and each team's jump rope should be tied to one of the handles on the scooter.

Game Instructions:

When the whistle blows, the starting Olympian pulls their animal around the cone and back to the starting line. Then they give the scooter to the next Olympian and sit down. The process is repeated until all Olympians have competed and are seated.

How To Win:

The first team to have all of their Olympians complete the process and be seated is the winner.

Important Rules:

If stuffed animals fall off the scooters, Olympians must stop and reposition them before continuing.

Back to Back Soccer

Time Frame:

5-10 minutes

Equipment Needed:

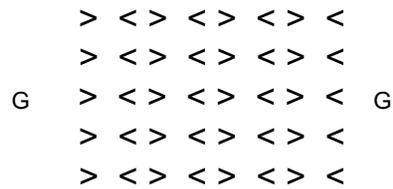
Chairs, Balloons

How Many Players:

All Olympians

Prep:

Place chairs in multiple rows back to back. (i.e. 5 chairs facing to the left, with 5 chairs immediately behind them facing to the right, as shown below. The two seats on each end are for the goalies.)



Game Instructions:

Players sit back to back, with all players from a team facing the same direction. Balloons are thrown into the group. The players hit the balloons toward their goalie. If their goalie catches a balloon they get a point for their team. Players are not allowed to stand up out of their chairs. You can take away a penalty point for players that stand up.

How To Win:

At the end of the allotted time, the team with the most points wins.

Game Variations:

If you like, you can play with a soft inflatable ball instead of a balloon.

You can play with more than one balloon/ball at a time

Backwards Kickball

Time Frame:

Ten minutes

Equipment Needed:

Four Bases, Kickball

How Many Players:

All Olympians

Prep:

Set up bases like in normal Kickball. One team will start out kicking, while the other team will be fielding. Set up a leader to be the all-time pitcher.

Game Instructions:

Everything has to be done backwards. The kicker needs to stand backwards, with their back to the pitcher, and kick with the back of their foot. First base is to the kicker's left, and the kicker must run backwards to a base. The fielding team has to move backwards and throw the ball behind their back to their teammates. Other than this, normal kickball rules apply. Have the teams change sides after three outs. Play until time expires.

How To Win:

The team with the highest number of runs is the winner.

Balancing Act

Time Frame:

Five minutes

Equipment Needed:

Two cones, Two foam Frisbees, Two beanbags, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Give the first Olympian for each team their team's foam Frisbee and beanbag.

Game Instructions:

When the whistle blows, the starting Olympian places a foam Frisbee on their head and continuously tosses their beanbag up and down in their hands while walking to their cone and back to their starting line. After crossing their starting lines, they pass their foam Frisbee and beanbag to their teammate and go sit down behind the starting line. The next Olympian repeats the process and so on.

How To Win:

The first team that has all of its Olympians complete a turn is the winner.

Important Rules:

If a foam Frisbee or beanbag is dropped, the Olympian must retrieve it and return to the point of the drop before continuing.

Balloon Busters

Time Frame:

5-10 minutes

Equipment Needed:

Balloons (1 per Olympian, plus extras for additional rounds and accidental popping), string cut into 1 ½ foot lengths, whistle

How Many Players:

All Olympians

Prep:

Before Game Time, blow up the balloons and tie a string onto each one. If you're playing in teams, blow up separate colors for each team. If it's "every man for themselves" it doesn't matter what color balloons you use.

Game Instructions:

Have the children each tie a balloon on their ankle.

If you're playing in teams, when the whistle blows, each Olympian tries to pop the balloons of the other team(s) while protecting their own balloon

If you're playing individually, when the whistle blows, each Olympian tries to pop everyone else's balloons.

How To Win:

The team with the most balloons left after a specific time or the last person with a balloon wins.

Balloon Over/Under Relay

Time Frame:

Three minutes

Equipment Needed:

Two balloons of different colors (with extras ready in case of breakage), Masking tape, Whistle

How Many Players:

All Olympians

Prep:

Establish a starting line for each team using masking tape. Each team should stand in a straight line, one person behind another, behind their starting line. Give the starting Olympians their team's balloon.

Game Instructions:

When the whistle blows, the starting Olympian for each team passes the balloons over their head to their teammate directly behind them. The second Olympian in line passes the balloon between their legs to the third Olympian. The balloons are passed all the way to the back of the line in the same manner, through the Olympians' hands, alternately passing them over the head or between the legs. When the last Olympian in line receive the balloon, they run to the front of their line and repeat the same process.

How To Win:

Play continues until the Olympian that started in the front of the line is back at the front of the line and raises their balloons in the air.

Important Rules:

If a balloon gets away from an Olympian, they must retrieve it and return to their position in line before passing the balloons to the Olympian behind them.

If an Olympian does not alternate in passing the balloon over and under, the balloon must be returned to the front of the line and then restarted.

Balloon Partner Relay

Time Frame:

Four minutes

Equipment Needed:

Two balloons – one of each color (with extras ready in case of breakage), Two cones, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Have all of the Olympians divide into pairs, with each pair linking their inside arms together. Give the first pair of Olympians for each team their team's balloon.

Game Instructions:

When the whistle blows, the starting pair of Olympians must run from the starting line, around the cone, and back, while alternately batting the balloon in the air with their free hands. They must alternate hitting the balloon, first one then the other. When the pair returns to their starting line, they must hand the balloon to the next pair of runners and then go sit down.

How To Win:

The first team that has all of its Olympians complete a turn is the winner.

Important Rules:

If the balloon falls to the ground, the Olympian pair must stop and pick it up before running again. If they fail to alternate hitting the balloon, they must do an extra lap before handing the balloon to the next pair of Olympians. If they unlink their arms, they must stop and link again before continuing the game.

BARF

Time Frame:

5-10 minutes

Equipment Needed:

Chairs

How Many Players:

All Olympians

Prep:

Set up a circle of chairs, with one less chair than the number of Olympians you have. Divide the group evenly and give each team a food name (Pizza, hot dogs etc.)

Game Instructions:

Have all but one Olympian sit in the chairs. The Olympian left standing is "IT" and stands in the middle. "IT" calls two food group names, and those groups must change seats. "IT" tries to get one of their seats before they're all seated. If "IT" says "BARF" everyone changes seats. The person without a seat becomes the new "IT."

How To Win:

This game can be played without a winner, or...

Each round a person is "IT" they score a point. At the end of the game, the person with the fewest points wins.

Beanbag Borrow

Time Frame:

Seven minutes

Equipment Needed:

One beanbag

How Many Players:

All Olympians

Prep:

Place the beanbag in the middle of the room. Place the teams on opposite walls and line them up tallest to shortest. Number the players in each team starting with one.

Game Instructions:

Play begins when the Game Leader calls a number, the two Olympians with that number run into the center of the room, try to grab the beanbag, and return with it across their team's wall without being tagged by the other player. If successful, that team receives a point. If any Olympians tag the person carrying the beanbag, they earn a point for their team. The beanbag is returned to the center of the room and another number is called. Play can continue for seven minutes or until the time determined by the Game Leader.

How To Win:

The team with the highest number of accumulated points is the winner.

Important Rules:

Olympians must have one hand touching the wall until their number is called. If you have an uneven number of Olympians, one team may have an Olympian who will be given two numbers to remember.

Game Variations:

Call two or more numbers at a time for added excitement and difficulty.

Beanbag Skeet Ball

Time Frame:

Five minutes

Equipment Needed:

Eight Beanbags in two colors, Eight buckets

How Many Players:

All Olympians

Prep:

Establish a starting line and line up each team behind it. Buckets should be lined up in straight rows (one behind the other) beginning five feet from the starting line. It is helpful to mark the buckets with 25, 50, 75, and 100 (starting with the closest bucket) to show how many points they're each worth.

Divide into two teams.

Game Instructions:

When the whistle blows, the first Olympian throws their 4 beanbags into whichever buckets they choose. They can challenge themselves by attempting the farthest buckets, or take the "easy points" of the closer buckets. After they throw their 4 beanbags, they are to retrieve them and bring them to their next teammate. Play continues until all Olympians have taken a turn.

How To Win:

Give 25 points for the first bucket, 50 for the second, 75 for the third, and 100 for the fourth. The team with the highest number of accumulated points is the winner.

Game Variations:

For added difficulty, use Ping-Pong balls instead of beanbags.

Beanbag Slide

Time Frame:

Five to eight minutes

Equipment Needed:

Two beanbags, One cone or other target, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place a target cone approximately 20 feet in front of the starting line, equidistant from both teams. Position the Olympians in a straight line behind the starting line.

Game Instructions:

When the whistle blows, the first Olympian on each team slides their beanbags toward the target cone with the goal of seeing who can come the closest to the cone. The Game Leader is the judge. The leaders for each team slide the beanbags to the next Olympians in line to take their turns. Play continues until all Olympians have taken a turn.

How To Win:

For each turn, the player closest to the cone wins a point. After all Olympians have taken a turn, the team with the most points wins.

Big Wheel Rolling Relay

Time Frame:

Ten minutes

Equipment Needed:

Two large inflated inner tubes, Whistle, Two Cones

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Have Olympians divide into pairs. Lay one inner tube on its side on the starting line.

Game Instructions:

When the whistle blows, the starting pair must stand the inner tube on its edge so that it will roll. The pair must roll the inner tube around their cone and back to their starting line and lay the tube flat before the next pair may start. The next Olympians repeat the process until all pairs have completed their turn.

How To Win:

The team that has all the Olympians complete the process first is the winner.

Bottleball

Time Frame:

Five minutes per round

Equipment Needed:

12 Large plastic soda bottles, At least four foam balls, Whistle

How Many Players:

All Olympians

Prep:

Establish boundaries approximately 60 feet long by 30 feet wide. Also, establish a line halfway between the two end lines. Place three sets of two bottles 14 inches apart near the back of each teams' section. Position the teams so that three of the Olympians from each team will guard the bottles and the rest will throw the foam balls toward the opposing team. Position one leader at the halfway line and two more at the end lines.

Game Instructions:

When the whistle blows, the Olympians who are not guarding the bottles will throw their foam balls toward the opposite team's bottles. A Leader for each team will stand up any bottles that are knocked over and will retrieve any balls that go outside the game boundaries. Play continues in the same manner until five minutes have expired and the whistle blows to signal the end of the round.

How To Win:

Scoring is as follows: ten points for each shot that goes between the bottles, five points for each bottle knocked down.

The team with the most accumulated points is the winner

Cheese Head

Time Frame:

Five minutes

Equipment Needed:

Tarp or drop cloth, Two shower caps, Two cans of non-menthol shaving cream, Two containers of cheese balls, Two trash bags, Two chairs, Stopwatch, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line, and place a tarp approximately 10 feet in front of the starting line. Have one Olympian from each team sit on a chair on top of the tarp. Coaches should take the garbage bags and cut a hole in the middle of each for the Olympians' heads, then place the bags over their bodies so that their heads stick through the holes. Then the coaches should place the shower caps on the Olympians' heads and cover the caps with as much shaving cream as possible. The remaining Olympians should stand on their team's starting line. Give each of the Olympians a handful of cheese balls.

Game Instructions:

When the whistle blows, the Olympians need to throw the cheese balls, one at a time, at their team member trying to get the cheese balls to stick in the shaving cream. After one minute, the whistle is blown again and all team members must stop throwing cheese balls.

How To Win:

The team that has the most cheese balls stuck to their team member's head is the winner.

Important Rules:

Olympians must not throw handfuls of cheese balls. The throwing distance may need to be changed according to the age or ability of the Olympians.

Climbing Mount Everest

Time Frame:

Three minutes

Equipment Needed:

One jump rope per team, Masking tape, Whistle

How Many Players:

All Olympians

Prep:

Set up a similar course for each team. Mark a starting point with masking tape for each team. Place an "x" with masking tape on the floor five feet from the starting point. Place additional "x" markings in a zigzag pattern for each team.

Divide your Olympians into the number of teams matching up with the number of courses you made. In each team, the Olympians need to partner in groups of two. Line up the Olympian pairs behind their starting points lying on their stomachs. Each Olympian should hold one end of the jump rope in his or her hand.

Game Instructions:

The Olympians are mountain climbers scaling Mount Everest. They must hold onto the jump rope at all times to keep from falling as they climb. When the whistle blows, the first climber from each team crawls on their stomach to the first "x" and tags it with their hand. The first climber then waits while their partner crawls on all fours to the first mark and tags it. The first climber then crawls to the second mark and tags it and then waits for their partner to do the same. Both continue onto the next mark and then to the top of the mountain. They each must hold onto the rope at all times.

When a group of two reaches the top of Mount Everest, they run the jump rope back to their starting line, and the next group of two from their team starts.

How To Win:

The first team to have all of their groups of two reach the finish line is the winner.

Important Rules:

If any climber lets go of the rope, the Olympian pair is treated as if they fell back down the mountain to the starting point and must begin again.

Color Blind

Time Frame:

Ten minutes

Equipment Needed:

Blindfolds – one for each team, two colors of construction paper with point values, Pins or tape for putting up construction paper sheets, Cardboard boxes, two different colored rolls of stickers, Masking tape

How Many Players:

All Olympians

Prep:

Mark each box with a sheet of construction paper marked with a point value. Each team needs the same number of boxes in their color.

Using the masking tape, establish a starting line for each team and line the Olympians up behind it. Coaches need to hand out their team stickers (one per Olympian) and then stand beside their starting Olympians with blindfolds ready. Place the boxes at least 15 feet from the starting lines.

Game Instructions:

When the whistle blows, the coaches should blindfold the starting Olympian from each team and spin them around three times. Once the Olympians have been spun around, the coaches should face them toward the sheets. Olympians will walk forward and place their sticker on the first sheet they find. Once the sticker is placed, the Olympian can remove the blindfold and run back to the starting line. Play continues with the next Olympians in line when the first three have returned to their starting lines. After blindfolding each new Olympian, a leader will want to shuffle the boxes around. Points will be tallied based on the team stickers placed on each of the point sheets.

How To Win:

Once every Olympian has competed, the team with the most accumulated points on their color of construction paper is the winner.

Corner Blitz

Time Frame:

Ten minutes

Equipment Needed:

Equipment to play music, Bucket, Slips of paper with names of room corners written on them, Masking tape, Stopwatch

How Many Players:

All Olympians

Prep:

In advance, choose names or numbers for the four corners of your room and write them on slips of paper, place the slips in the bucket. Position all the Olympians in the middle of your room. Using masking tape, mark out a ten by ten area in each corner. One Leader should control the music and one Leader should draw names.

Game Instructions:

When the music begins, the Olympians are to walk around in the middle of the room. When the music stops, all the Olympians run for separate corners of the room. Limit the amount of time the Olympians have to get in the corner to a count of ten. Once all the Olympians are in their corners, the Leader is to draw one name or number out of the bucket. All the Olympians in that corner are eliminated. The remaining Olympians return to the middle of the room. Repeat until only one Olympian remains.

How To Win:

The last Olympian remaining gets a point for their team. You can play additional rounds as time allows.

Important Rules:

Olympians must be completely inside the designated corner areas behind the tape or they are eliminated. Olympians outside the corner, after the ten count, are out of this round.

Game Variations:

You could reverse the game and make it that the name or number that is drawn is the only corner that remains in the game, and the other three are eliminated.

Cover-all Crush

Time Frame:

Four to six minutes

Equipment Needed:

Two pairs of adult Coveralls, A large quantity of five to seven-inch balloons, Three paper bags, Masking tape

How Many Players:

All Olympians

Prep:

Using masking tape, establish a starting line for each team and line up your Olympians in single file behind each one. One Leader should be positioned at each starting line with a bag of balloons. Position one Olympian per team (choose an Olympian who is energetic) 12 to 15 feet away from the starting line and have them dressed in a pair of Coveralls. Position one Olympian per team next to the Olympian in Coveralls who will be the "stuffer" (this Olympian should be of the same sex).

Game Instructions:

As the Olympians step up to the starting lines, a Leader will hand them a balloon to blow up and tie (the more air in the balloon, the easier it is to pop). When the balloon is blown up and tied, the starting Olympian will run it down to the "stuffer," hand it to him or her and then run back to the starting line. When the Olympian crosses the starting line, the next Olympian in line may blow up and tie their balloons. The "stuffer" is to stuff the balloons inside the Coveralls. This process is repeated until the Coveralls are almost filled. At that point, have the Game Leader begin to count down from ten, when they get to zero, have the "stuffers" stop stuffing and return to their starting lines. To complete the game, the Olympians in Coveralls must try to pop all the balloons without taking them out and without using their hands. (Hint: this can be done by lying on the ground and bouncing around.)

How To Win:

Allow one minute for balloon popping (time may be adjusted to keep up the excitement). When time has expired, have the Olympians take off the Coveralls and have a Leader count the popped balloons. The team that has the most popped balloons is the winner.

Game Variations:

An XXL t-shirt can be used in place of the Coveralls.

Crab Crawl

Time Frame:

Four minutes

Equipment Needed:

Two cones, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Have the first Olympian in a crab position (stomach up) behind their starting line.

Game Instructions:

When the whistle blows, the starting Olympians crab crawl feet first around the cone and back to the starting line. Once the Olympian crosses their starting line, they tag the next Olympian, and they repeat the crab crawl.

How To Win:

The first team to have all of their Olympians take a turn is the winner.

Important Rules:

If any Olympians get out of the crab position, they must return to their Starting Line and begin again.

Criss Cross

Time Frame:

Three minutes per round

Equipment Needed:

Whistle

How Many Players:

All Olympians

Prep:

Establish a starting line. Establish a finish line 20 feet from the starting line. Repeat this process for the other teams (as shown on the diagram). Have the Olympians line up behind their starting line.

Game Instructions:

The Game Leader will call out the designated method that the Olympians must use for each round.

For example:

- Hop
- Crab walk
- Sprint
- Backwards Walk
- Skip
- Crawl

When the whistle blows, all of the Olympians will leave their starting lines and head toward their finish lines using the method called out by the Leader.

How To Win:

The winner is the team that has all their Olympians behind their finish line first.

Defend Your Socks

Time Frame:

Eight minutes

Equipment Needed:

Extra pairs of socks, Masking Tape, Whistle

How Many Players:

All Olympians

Prep:

Use the masking tape to mark a square or rectangle almost as large as the room, just leaving a few feet outside of the square. Have the Olympians remove their shoes. All Olympians must have socks on. Use the extra socks for any Olympians who aren't wearing any. Position the Olympians outside the tape square and have them get into a crawling position.

Game Instructions:

When the whistle blows, all the Olympians will enter the tape square and begin to crawl anywhere they want within the square. They are trying to pull the socks from the opposing team members' feet, while guarding their own socks. When they get a sock from an opposing team member, they are to crawl back and give it to their Leader and begin the process again. Olympians may only steal one sock at a time. Game ends after eight minutes or when all the socks have been removed.

How To Win:

The team with the most socks in their possession is the winner.

Important Rules:

If Olympians are caught standing, one sock will be removed from their team. If Olympians get too rough, they will be disqualified and taken from the game. If Olympians steal more than one sock at a time, only one sock will be accepted for their team.

Dodge-Em Relay

Time Frame:

Five to seven minutes

Equipment Needed:

Three or more Cones, Two Batons, Whistle

How Many Players:

All Olympians

Prep:

Set up the cones in a straight line separated by seven to ten feet. Have both teams stand in single file lines, separated by three or four feet and approximately five feet from the first cone. The first two Olympians in both teams should be holding their baton with all four hands. This should look similar to holding onto the safety bar of an amusement park ride.

Game Instructions:

When the whistle blows, the starting pair from both teams run the course, weaving in and out of the cones. Each pair rounds the final cone and then proceeds back through the course. As each pair arrives back at the starting line, they hand off the baton to the next pair who then run the course. This is repeated until everyone on the team completes the course. If the teams are uneven in number, the smaller teams must have pairs of Olympians run twice until all teams have equal pairs running the race.

How To Win:

The team that has all of its Olympians complete the process first is the winner.

Fan The Balloon

Time Frame:

Five minutes

Equipment Needed:

Two balloons, Two pieces of cardboard approximately one foot square, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Place a balloon on the starting line in front of each team. Give the first Olympian in line the cardboard.

Game Instructions:

When the whistle blows, the Olympian begins to move the balloon to their cone and back to the starting line by fanning it with the cardboard. When they cross their starting line, the next Olympian repeats the process and so on until all the Olympians have taken a turn.

How To Win:

The team that has all of its Olympians complete the process first is the winner.

Game Variations:

Putting a coin inside the balloon will make the process a little more challenging.

Flat Head Relay

Time Frame:

Five minutes

Equipment Needed:

Two Cones, Two Beanbags, Masking tape, Whistle

How Many Players:

All Olympians

Prep:

Using masking tape, establish a starting line. Each team should line up single file behind the starting line. Place the cones at least 30 feet from the starting line spaced out so that each team has adequate room to play. Give the starting Olympian from each team their beanbag and have them place the beanbag on their head.

Game Instructions:

When the whistle blows, the starting Olympian runs down to their cones goes around it and runs back to the starting line. Once they cross the starting line, they hand their beanbag to the next Olympian in line and go to the back of the line and sit down. The next Olympian puts the beanbag on their head and repeats the process. Play continues until after all runners have crossed the starting line and sat down.

How To Win:

The first team to have all their Olympians complete the process and be seated behind the starting line is the winner.

Important Rules:

All Olympians must go around the cone – it does not matter if they go clockwise or counterclockwise. Olympians cannot use their hands to prevent the beanbags from falling off their heads. If the beanbags fall off, the Olympians must stop and replace them before continuing. Both feet need to be back across the starting line before the beanbags are removed from the Olympians' heads.

Flip Flop

Time Frame:

Ten minutes

Equipment Needed:

Two blankets similar in size, Whistle

How Many Players:

All Olympians

Prep:

Place a blanket for each team on the floor. Have the Olympians stand on their team's blanket.

Game Instructions:

The goal is for a team to turn their blanket over. Everyone must keep at least one foot on the blanket at all times. Play several rounds as the Olympians will begin to discover ways to turn the blanket over.

How To Win:

The first team to turn their blanket over is the winner.

Important Rules:

If anyone steps off of the blanket with both feet, the other team wins that round.

Flying Balloons

Time Frame:

Five minutes

Equipment Needed:

Enough balloons (of two colors) for each Olympian to have one

How Many Players:

All Olympians

Prep:

Establish a starting line and position the Olympians in single file behind it. Establish a finish line about 20 to 25 feet from the starting line. Give each Olympian an uninflated balloon in their team color to hold until the game begins.

Game Instructions:

When the whistle blows, the starting Olympian for each team blows up their balloon and lets it go. The Olympian then proceeds to where their balloons landed, and, standing still, blows it up and lets it go again. This process continues until the balloon crosses the finish line. Once the balloon crosses the finish line, the Olympian then picks it up and runs back to the starting line, tagging their next teammate. Play continues in this manner until all the Olympians have completed the game.

How To Win:

The team that finishes first is the winner.

Important Rules:

If Olympians walk while blowing up their balloons, they must take five steps backward as a penalty.

Flying Saucer Baseball

Time Frame:

10-20 minutes

Equipment Needed:

Five foam Frisbees

How Many Players:

All Olympians

Prep:

Position four foam Frisbees as bases and one in the hand of the starting Olympian. One team should be "at bat," and the other team in random fielding positions. There is no pitcher, although an Olympian may want to stand in that position for fielding purposes.

Game Instructions:

Play begins when the first Olympian steps up to the plate and tosses the foam Frisbee into the field. That Olympian heads for first base while those from the other team attempts to tag the runner out. Runs are scored as Olympians cross home plate. If the foam Frisbee contacts the Olympian at any point between bases, that Olympian is out. The batter is out automatically if the foam flying saucer is caught as a "fly ball." After three outs, one of the fielding teams rotates to the "batting" team and continues as before. Again, after three outs, the last original fielding team comes to "bat" and the batting team returns to the field.

How To Win:

After each team has been "at bat" three times, the team with the most runs is the winner.

Game Variations:

You may want to limit fouls to speed play.

Fumble Fingers

Time Frame:

Ten minutes

Equipment Needed:

Multiple pieces of gum or candy, Two pairs of gloves, Two cones – one of each color, Masking tape, Whistle

How Many Players:

All Olympians

Prep:

Using masking tape, establish a starting line. Place the two cones at least 30 feet from the starting line spaced out so that each team has adequate room to play. Place the gum or candy and gloves on the floor by each cone. Behind the starting line, each team should line up single file facing their cone. Place two coaches at the starting line, two more coaches should stand by the cones to make sure the rules are followed correctly.

Game Instructions:

When the whistle blows, the starting Olympian from each team runs down to the cones, puts their gloves on, and proceeds to pick up a piece of gum or candy. Once they get the wrapper opened and place the gum or candy in their mouth, the Olympian takes off the gloves, runs back to tag the next Olympian in line, and sits down at the back of the line. Game continues until everyone on each team has completed their turn and sat down.

How To Win:

The team that has all of its Olympians complete the process and sit down first is the winner.

Important Rules:

Olympians must put the gloves on and leave them on until the candy or gum is in their mouths. The next Olympians in line cannot begin until they have been tagged.

Grab The Stuff

Time Frame:

Six minutes

Equipment Needed:

Three batons, Four beanbags – in different colors, Masking Tape

How Many Players:

All Olympians

Prep:

Using masking tape, establish a starting line for each team near opposite walls from each other. Place the beanbags and batons evenly around the room. Place the teams behind their starting lines, lining them up from tallest to shortest. Number each team starting with one through to the last Olympian. Announce the point values for the objects to the Olympians. For example: Red beanbag=500 points, Blue beanbag=400 points, Green beanbag=300 points, Yellow beanbag=200 points, Batons=100 points.

Game Instructions:

The Game Leader calls a number, the two Olympians with that number run into the center of the room and try to grab as many beanbags and batons as they can and carry them back across their starting line. After the Olympians have returned to their starting line, the Game Leader (or another Leader who is keeping score) will count the number of points earned and record them before calling out the next number.

How To Win:

The team with the most accumulated points is the winner.

Important Rules:

An Olympian may take beanbags or batons out of the hands of other Olympian before they get back to their starting line but the Game Leader should watch over the action to prevent injuries.

Game Variations:

Call two or more numbers at a time for added excitement and difficulty.

Heads Or Tails

Time Frame:

Fifteen minutes

Equipment Needed:

One beanbag, two-sided coin (a quarter is suggested)

How Many Players:

All Olympians

Prep:

Divide the Olympians into two equal teams and have them sit on the floor or in chairs arranged in two rows, the teams should sit facing each other. The Game Leader should be between the two rows at the starting point, and a beanbag should be placed between the two rows at the end point. The Olympians sitting in the parallel rows should be holding hands.

Game Instructions:

Play begins when the Game Leader flips a coin in the air and catches it. At first, the coin should be concealed in the Game Leader's hand. The starting Olympians (those seated in the first spot on each team) should lean forward and be prepared to look at the coin once it is revealed. The Game Leader's hand is then opened and closed quickly – only allowing the starting Olympians to see it. The Game Leader should remain quiet, not drawing attention to what is displayed on the coin. If the coin has "heads" up, then the starting Olympians should squeeze the hands of the Olympians next to them. Those Olympians would then squeeze the hands of the next Olympians, and so on. This process takes place all the way down the line. Once the last Olympian in line feels the squeeze from their teammate, they then grab for the beanbag. At this point, the Game Leader reveals to the group if the chain effect was valid. If "heads" was displayed, the team that retrieves the beanbag will rotate their Olympians one position toward the starting point. If "tails" was displayed, and a team grabs the beanbag, that team must rotate backward one position. The Game Leader should then re-flip the coin.

How To Win:

Play continues until one team completes a full rotation of their Olympians to the starting point.

Hop-A-Long Relay

Time Frame:

Five minutes

Equipment Needed:

Two foam Frisbees, Two cones, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Give the first player for each team their foam Frisbee.

Game Instructions:

When the whistle blows, the first Olympian places their team's foam Frisbee between their knees and hops one lap to their cone and back. After they complete their lap, the Olympian gives their foam Frisbee to the next Olympian on their team, and sit down. Play continues in the same manner until all of the Olympians from a team have hopped around the circle.

How To Win:

The first team that has all its Olympians complete the process and is seated is the winner.

Important Rules:

If an Olympian's foam flying saucer is dropped, the Olympian must stop at that point and pick it up before continuing.

Hot Tater

Time Frame:

Ten to fifteen minutes

Equipment Needed:

One beanbag, Whistle

How Many Players:

All Olympians

Prep:

Seat Olympians in one big circle. Give one Olympian the beanbag.

Game Instructions:

When the whistle blows, Olympians begin to pass the beanbag in a counterclockwise direction. When the whistle is blown again, play stops and the Olympian that is holding the beanbag is out of the game and must move out of the circle. The whistle blows again to resume the game. Play continues until only one Olympian remains.

How To Win:

The team with the last Olympian remaining is the winner. Award points to that Olympian's team or give them a prize.

Game Variations:

- a) In place of a whistle, play music.
- b) For large groups, put more than one beanbag in play or have more than one circle. Any Olympian caught with a beanbag when play stops is out.
- c) For holidays, pass an object related to that day (a heart, a candy cane, etc.).
- d) The Game Leader could yell "Change!" at any time and reverse the direction the beanbag is being passed.

Human Connect Four

Time Frame:

Four to six minutes

Equipment Needed:

Masking tape

How Many Players:

All Olympians

Prep:

Use the masking tape to make a grid of four rows and four columns on the floor with each cell being large enough for an Olympian. Number each Olympian on a team consecutively beginning with "one" and repeat for both teams.

Game Instructions:

The Game Leader calls one number and each person with that number runs to the grid and stands on one cell. The Game Leader repeats the process until one team "Connects Four" Olympians in a row horizontally, diagonally, or vertically and that round ends.

How To Win:

The team that "Connects Four" the most times is the winner.

Important Rules:

If all cells are occupied without a winner, restart that round.

Human Croquet

Time Frame:

Fifteen minutes

Equipment Needed:

Two scooters, Two cones, Masking tape

How Many Players:

All Olympians

Prep:

Using masking tape, establish a starting line for each team. Place the cones at one end of a large room. A starting Olympian from each team should sit on their scooter behind the starting line and one teammate should be positioned behind each scooter. Coaches or Olympians should form human arches by facing each other with arms outstretched and joining hands. Place three to five arches in the room as you would for croquet. Place one arch in front of each team's cone. Remaining Olympians should spread out throughout the room.

Game Instructions:

When the whistle blows, the Olympian behind the scooter should push and release their team's scooter toward the first arch. They may not push while running behind the scooter. The Olympian closest to the place where their team's scooter stops should push and releases again, play continues in this manner until the team's scooter has gone through all of the arches. Olympians may move around the playing area, but each Olympian can only push one time per game. If each Olympian has pushed once and the game is not complete, he or she may push a second time. Take great care not to hit the arches when passing through them.

How To Win:

Play continues until each team's scooter passes through all of the arches and hits their team's cone.

Jump Rope Dash

Time Frame:

Five minutes

Equipment Needed:

Two jump ropes, Whistle

How Many Players:

All Olympians

Prep:

Establish a starting line for each team and line up your teams in single file behind it. Establish a finish line approximately ten feet from each starting line. Midway between the starting line and finish line, position two Olympians and give them their team's jump rope.

Game Instructions:

When the whistle blows, the starting Olympians must run toward the finish line. They must stop and jump rope five times while the two Olympians with the jump rope swing it for them. When they finish jumping rope, they must cross the finish line and stand in single file behind it. Once the Olympians have crossed the finish line, the next Olympians on their team repeat the process.

How To Win:

The team that has all of its Olympians complete the process first is the winner.

Game Variations:

You can have leaders swing the jump ropes instead of Olympians.

Jump Rope Limbo

Time Frame:

Five Minutes

Equipment Needed:

Two jump ropes, Four folding chairs, Whistle

How Many Players:

All Olympians

Prep:

Establish a starting line for each team and line up your teams in single file behind it. Establish a finish line approximately ten feet from each starting line. Place two folding chairs facing back to back about five feet apart midway between each starting line and finish line. Give two Olympians from each team their jump ropes and place them next to the folding chairs. They must stretch the jump rope from the top of each chair back to the top of the other chair back. This creates the limbo area for each team.

Game Instructions:

When the whistle blows, the starting Olympian runs toward the finish line. They limbo under their jump rope and then run the rest of the way past the finish line and stand in single file behind it. Olympians may touch the floor with one hand when they are attempting to limbo. Once the Olympian has crossed the finish line, the next Olympian repeats the process. Play continues until all Olympians have taken their turns.

How To Win:

The team with the most Olympians standing at the finish line is the winner.

Important Rules:

If Olympians touch the floor with any other part of their body except their one hand as they try to limbo under the jump rope, they are disqualified and must go sit down past the finish line.

Game Variations:

For added difficulty, you may have the teams go a second time and lower their jump ropes.

Jump Rope Relay

Time Frame:

Ten minutes

Equipment Needed:

Two leg bands, Two jump ropes, Two cones, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Place a jump rope by each cone. Band the starting Olympians' ankles together using their teams' leg band.

Game Instructions:

When the whistle blows, the first Olympian hops along from the starting line toward the cone. When they get to their jump ropes, they jump rope ten times. The Olympian then lays the jump rope down and hops back to the starting line, where they remove the leg band and give it to the next Olympian in line. This process continues until all Olympians have competed.

How To Win:

The team that finishes first is the winner.

Keep It Up

Time Frame:

One minute per round

Equipment Needed:

Two balloons – in different colors (with extras ready in case of breakage), Whistle, Stopwatch

How Many Players:

All Olympians

Prep:

Seat the Olympians from each team in a circle with their feet touching. Leave space between each team. One Leader will be needed to hold the balloon for each team prior to the start of the game.

Game Instructions:

When the whistle blows, the coaches will each drop one balloon over their Olympians' feet. The Olympians must keep the balloon in the air using only their feet. If the balloon hits the floor or Olympians use something other than their feet to bat the balloon, they must stop play for that round. Olympians may scoot around within their area in order to keep the balloon in play. Play should be stopped at one minute or when a team drops the balloon. Give the teams points equivalent to each second the balloon is kept in play. Award bonus points if the team keeps the balloon up for the full minute.

How To Win:

At the conclusion of all rounds, the team with the highest number of accumulated points is the winner.

Keep The Napkin On Your Face Race

Time Frame:

Ten minutes

Equipment Needed:

Two cones, Paper napkins – one for each Olympian, Whistle

How Many Players:

All Olympians

Prep:

Establish a starting line for each team. Place each team's cone approximately 20 feet in front of the starting line and line up the teams behind the starting lines. Give each Olympian a paper napkin. The Olympians are to tilt their heads back and place the napkins on their faces before beginning their turns.

Game Instructions:

When the whistle blows, the Olympians must race down to their cones, run around them and return to the starting lines to tag the next Olympians in line. If the napkin comes off the Olympian's face and it is caught before it hits the floor, the Olympian may replace it and continue the race. If the napkin hits the floor, the Olympian must return to the starting line and begin again. Once the Olympians complete their turns, they should sit behind their remaining teammates. Play continues until all of the Olympians have completed their turns.

How To Win:

The team that has all of its Olympians complete the process first is the winner.

Leg Launch

Time Frame:

Ten Minutes

Equipment Needed:

Two scooters, Two cones, Masking tape, Whistle

How Many Players:

All Olympians

Prep:

Establish a starting line using masking tape. Set cones 25 feet from the starting line in a large room. Have the cones spaced so that each team has adequate room to play. One Olympian from each team sits on the scooter while the second Olympians from each team sit on the floor with their feet on the scooter prepared to push with their legs. The remaining Olympians line up in pairs behind the starting line.

Game Instructions:

When the whistle blows, "pushers" launch their scooters once toward their team's cone. The scooter that stops closest to their team's cone without hitting it is the winner of that round. When the first pair completes their turn, the next pair of Olympians takes their turn. Continue taking turns until all Olympians have had a turn to either ride or push.

How To Win:

The team with the highest number of accumulated points is the winner.

Lily Pad Hop

Time Frame:

Ten minutes

Equipment Needed:

Four lily pads (made from cardboard, heavy cloth, carpet squares, or any other type of material that can be stepped on), Masking tape, Cones, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Give each of the starting Olympians their two lily pads.

Game Instructions:

When the whistle blows, the starting Olympian tosses or puts down their first lily pad going toward their cone and then they hop or step onto it. Next, they toss the second lily pad out in front of them (not too far away from their first pad) and hop onto it. At this point, the Olympian reaches back, picks up the first pad, and tosses it in front of them and hops onto them. They continue this process until they have gone around their team cone and crossed back over their starting line. There, the Olympian hands the lily pads to the next Olympian in line and goes to the back of the line and sits down. The second Olympian repeats the process and the hop continues until everyone on the team has competed and is seated behind the starting line.

How To Win:

The first team to have all their Olympians complete the process and be seated behind the starting line is the winner.

Important Rules:

Olympians should not touch the floor – they are only allowed to touch the lily pads. The Olympians must cross back over the starting line by hopping onto one of their lily pads and picking up the other one in order to complete their turns. If Olympians toss their lily pads too far to hop or step on them, they must go and pick up the lily pad where it landed, return to the starting line and begin again.

Game Variations:

This game could also be done by dividing the teams, placing half of the group at the starting line and half at the cone. One person would hop down to the cone and a teammate would hop from the cone back to the starting line. Play would continue until everyone has had a turn and is seated.

Musical Tape

Time Frame:

Ten minutes

Equipment Needed:

Duct tape or masking tape, Way to play music

How Many Players:

All Olympians

Prep:

Give each Olympian a strip of Duct tape or masking tape approximately four inches long. Ask them to put it anywhere on the floor in your game area. (Helpful Tip: First have them fold over an inch of the tape on one end, that way it will pull off easier later.) After placing their tape, each Olympian should line up outside the game area. The Game Leader should be prepared to start and stop the music. While introducing and explaining the game, the Game Leader should remove one of the strips of tape from the floor.

Game Instructions:

When the music starts, the Olympians are to walk around the outside of the game area while the music plays. When the music stops, they must place one foot on a piece of tape. Olympians can only put their foot on one piece of tape per round. A piece of tape can only be occupied by one Olympian. Olympians who are unable to place their foot on a piece of tape will be eliminated. With each round another strip of tape is removed and play continues until only one Olympian is left.

How To Win:

The last Olympian left in the game is the winner!

Important Rules:

Olympians who step on more than one piece of tape per round are the only Olympians eliminated for that round. Olympians that continue to stand still while the music is playing are eliminated. If two Olympians try to occupy the same piece of tape, the Olympian's foot not touching the tape is eliminated.

Ping-Pong Steam

Time Frame:

Fifteen minutes

Equipment Needed:

Ping-Pong balls, Table or flat surface, Masking tape, Stopwatch, Whistle

How Many Players:

All Olympians

Prep:

Position the table so there is ample room around all sides of it. Using masking tape, divide the table down the middle to indicate sides. Olympian teams should kneel on opposite sides of the table with their hands behind their backs.

Game Instructions:

Play begins when the Game Leader drops a Ping-Pong ball into the middle of the table. The Olympians should try to blow the Ping-Pong ball across the centerline and off the table on their opponent's side. If they are successful, they will receive one point. The Game Leader then starts play over again. After five minutes, the Game Leader should blow a whistle indicating the end of the game.

How To Win:

At the end of five minutes, the team with the most accumulated points is the winner of that round.

Important Rules:

If an Olympian uses his or her hands at any time during play, the opposing team receives one point.

Game Variations:

To help "blow off steam," gradually add more Ping-Pong balls to each table. For each Ping-Pong ball the team successfully blows across the center line and off the table on their opponent's side, they receive one point. This game may be played on the floor with side lines instead of using the edge of a table.

If you have a large group, you can play the game on multiple tables at once.

Plungerball

Time Frame:

Ten to twelve minutes

Equipment Needed:

One rubber ball, One flat-bottomed rubber plunger, Four bases, Whistle

How Many Players:

All Olympians

Prep:

Set up the playing area with four bases as in a baseball diamond. The pitcher should stand between home plate and second base. One entire team should be lined up to take turns "at bat." The other team should be positioned in the "field." The Game Leader should act as umpire and catcher.

Game Instructions:

When the rubber ball is pitched, the Olympian "at bat" must "poke" at it with the plunger and run to first base as in regulation baseball. At the end of an inning (three outs), the batting team and the fielding team switch spots.

How To Win:

At the end of the allotted time, the team with the most accumulated runs is the winner. Be sure to give each team the same number of turns up to bat.

Important Rules:

If the "batter" hits the ball with a swing rather than a "poke," it is an automatic out.

Reverse Charades

Time Frame:

5-10 minutes

Equipment Needed:

Words in a PowerPoint (or comparable) presentation.

How Many Players:

All Olympians

Prep:

Put different nouns (names, items, places) in a PowerPoint (or comparable) presentation, with one word per slide. Divide your Olympians into two teams.

Game Instructions:

Pick one person per team to be "IT." They will come up in front, and will face their group. Instead of them acting out a clue and the group guessing, the group acts out the clue and the "IT's" guess. The "IT's" need to be standing in a place where they cannot see the screen, but the rest of the teams can. First to guess the word or phrase gets a point.

After a word is guessed, you can either keep the same "IT," or have them go into the audience to replace themselves as "IT.'

How To Win:

When the allotted time is over (or you're out of words), the team with the most points wins.

Scooter Obstacle Course

Time Frame:

Five minutes

Equipment Needed:

Two scooters, Six chairs – three for each team, Whistle

How Many Players:

All Olympians

Prep:

Establish a starting line for each team with the masking tape. Pair up the Olympians and position them behind their starting lines. One of the Olympians needs to lie on his or her stomach on the scooter and the second Olympian should hold the other's legs like handles of a wheelbarrow. Set up the chairs in front of each team in a triangle shape with space between the chairs for the scooter to travel.

Game Instructions:

When the whistle blows, the Olympians push or pull their "wheelbarrow" around the course in a three-leaf clover pattern. Once the Olympian pair return and cross their starting line, they hand the scooter to the next pair of Olympians. Play continues in this manner until all have completed their turns.

How To Win:

The team that finishes first is the winner.

Shoot Your Coach

Time Frame:

Five minutes

Equipment Needed:

Three white t-shirts, Large quantity of Q-Tips, Two colors of food coloring, Two containers, Two drop cloths or pieces of plastic for each team, Paper towels, Large straight straws, Masking tape, Whistle

How Many Players:

All Olympians

Prep:

Establish a starting line with masking tape for each team. Lay down a drop cloth or plastic beside the starting Olympians and place the container with a mixture of food coloring and water next to each team's starting line (each team must have its own color of food coloring). Line up the teams in single file behind their starting lines. Give one straw and five Q-Tips to each Olympian. For each team, have one leader put on one of the white T-shirts, and stand about ten feet away on a drop cloth.

Game Instructions:

When the whistle blows, the first Olympian from each team steps up to the starting line and dips both ends of one Q-Tip in the food coloring and water mixture, the Olympians should place the Q-Tip in one end of the straw and blow in the other end. The Olympians should shoot the Q-Tip at the Leader standing in front of them and repeat the process with all five Q-Tips. Play continues until every Olympian has had the opportunity to shoot. Then the Game Leader should count the number of colored marks on the t-shirt of each Leader.

How To Win:

The team with the most colored marks on their Leader's t-shirt is the winner.

Important Rules:

Use a small container that is not easily spilled for the food coloring/water mixture. This game may be messy. It would be a good idea to have paper towels handy. You may need additional coaches to help the Olympians that are shooting.

Skateboard Relay

Time Frame:

Eight to ten minutes

Equipment Needed:

Two Scooters, Two Cones, Masking Tape.

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Position the Olympians in a straight line behind the starting line. Have the Olympians get into groups of two. Give the starting pairs their scooter. The first pair of Olympians from each team stand side by side at their Starting Line, lock arms at the elbows and place each of their inside feet on the scooter.

Game Instructions:

When the whistle blows, each pair of Olympians proceed from their starting line, to the cone, and back as quickly as possible, keeping their inside feet on the scooter. When they arrive at their Starting Line, they give the scooter to the next pair of Olympians on their team and sit down away from the game area. The remaining Olympians repeat the process until all have competed.

How To Win:

The first team to have all of their Olympians seated is the winner.

Important Rules:

If a pair of Olympians fall, lose their scooter, or happen to step off of it, they must go back to their Starting Line and begin again.

Snowball Scatter

Time Frame:

Three minutes

Equipment Needed:

Snowballs (made from wadded up paper), Masking Tape, Stopwatch, Whistle

How Many Players:

All Olympians

Prep:

Use masking tape to divide the game area in half. Have each team stand on their side of the game area. Olympians can stand anywhere in their team area during the game. Each Olympian should be given one snowball for play during the game.

Game Instructions:

When the whistle blows, Olympians throw their snowballs into an opposing team's area. Once they have thrown their snowballs, they can retrieve a snowball on the floor in their own area that has been thrown from an opposing team. That snowball can also be thrown into an opposing team's area. Olympians must remain within their team area. The snowballs can be picked up and thrown until the Game Leader blows the whistle signaling the end of the game.

How To Win:

The team with the fewest number of snowballs in their area is the winner.

Speed Tic-Tac-Toe

Time Frame:

Five to Ten Minutes

Equipment Needed:

Masking Tape, 10 strips of fabric, bandanas, or beanbags (in two colors)

How Many Players:

All Olympians

Prep:

Using the masking tape, set a starting line, and make a Tic-Tac-Toe grid in front of the starting line. Hand a colored fabric strip to the first five members of each team.

Game Instructions:

When the whistle blows, the first Olympians from each team throw their fabric strip onto the tic-tac-toe grid attempting to have the beanbag land inside a square. As soon as a player throws, they move to the back of the line, and the next player throws their strip, attempting to help their team get three in a row vertically, horizontally, or diagonally. As soon as a team gets three in a row, that team earns a point. Next you will clear the game board, and have the next five players from each team play another round.

How To Win:

Play rounds until you run out of time, or until all Olympians have had a chance to play. The team with the most points wins.

Stack 'Em Up

Time Frame:

Ten minutes

Equipment Needed:

Two foam Frisbees, Twelve paper cups, Masking tape, Whistle

How Many Players:

All Olympians

Prep:

Using masking tape, establish a starting line for each team and line up your teams in single file behind their respective starting line. Stack six paper cups as shown in the diagram about 12 to 15 feet from the starting line on the floor in front of each team. The starting Olympians on each team should be given their team's foam Frisbee. Position one leader by each set of cups.

Game Instructions:

When the whistle blows, the starting Olympian throws their team's foam Frisbee at their cups. Next, they run down and restack the cups that were knocked down, retrieve the foam Frisbee, and give it to the next Olympian in line who repeats the process. If no cups are knocked down, the Olympian still runs down and retrieves the foam Frisbee to give to the next Olympian in line. The leader standing by the cups need to keep track of the number of cups that are knocked down. For each cup knocked down, the team is awarded 100 points. Play continues until all Olympians have thrown and retrieved their foam Frisbee and are seated.

How To Win:

The team with the most accumulated points at the end of the game is the winner.

Important Rules:

If any Olympians knock down an opposing team's cups, the opposing team receives these points. Make sure you use paper cups, foam cups can develop static, which will make them difficult to stack. After the Olympians complete their turns, they must go to the end of their lines and sit down.

Tail Tag

Time Frame:

Four minutes

Equipment Needed:

Two rags or handkerchiefs, Whistle

How Many Players:

All Olympians

Prep:

Have each team form a line by putting their hands on the waist of the person in front of them. Put the rag or handkerchief in the back pocket of the last person (this is the team's "tail"). Line the teams up in different corners of the room.

Game Instructions:

When the whistle blows, the front Olympians from each team try to get the rags or handkerchiefs from the back pockets of the other team without breaking their own human chain. If a team captures the other team's "tail" that is one point for their team. Reset for another round by putting both teams back in their starting corners.

How To Win:

The team with the most points at the end of the appointed time wins.

Target Pong

Time Frame:

Five minutes

Equipment Needed:

Two Ping-Pong Paddles, Ping-Pong Balls (100 or more), Two buckets, Whistle

How Many Players:

All Olympians

Prep:

Set up a starting line with masking tape. In front of the starting line, make different shapes with masking tape. Make identical shapes in front of each team. Position the Olympians in a straight line behind the starting line. Give the Ping-Pong Paddle to the first Olympian in line. Place a bucket of Ping-Pong balls next to the starting Olympian on each team. Tell the Olympians how many points each shape is worth.

Game Instructions:

When the whistle blows, the starting Olympian picks up five Ping-Pong Balls out of the bucket and hits them into the different masking tape shapes using the Ping-Pong paddle. Olympians may not step over the starting line. The next Olympian repeats the process and so on until all the Olympians have played or until a predetermined time is reached.

How To Win:

Add up the points in each team's area by collecting the Ping-Pong balls in the different shapes and totaling the points. The team with the highest number of points is the winner

Target Shoot

Time Frame:

Ten minutes

Equipment Needed:

Three hula-hoops, Four foam flying saucers – two of each color, Masking tape, Whistle

How Many Players:

All Olympians

Prep:

Using masking tape, establish a starting line for each class of Olympians: Challengers, Conquerors, and Champions. Place the hula-hoops in a straight line in front of the starting line. The closest hoop is worth 100, then 500, and the furthest is worth 1000 points. The Olympians should line up single file by team behind the Champion's starting line. Give the starting Olympians both of their team's foam flying saucers.

Game Instructions:

When the whistle blows, the starting Olympians from each team begin the game by tossing their two foam Frisbees toward the hula-hoops. If the foam Frisbee lands flat inside the hoop, the Olympian receives the points for that hoop. If the foam flying saucer is lying on the hoop at an angle, or touching the hoop, Olympians receive half the points for that particular hoop. Have a leader for each team by the hula-hoops to keep track of the score for their team and return the foam Frisbees to their Olympians. Play continues until all the Olympians have taken their turns.

How To Win:

Once every Olympian has competed, the team with the most accumulated points is the winner.

Team Kick

Time Frame:

Two minutes

Equipment Needed:

Two rubber balls – in different colors, Two Cones, Whistle, Masking Tape

How Many Players:

All Olympians

Prep:

Set up a starting line and place each team's cone approximately 20 feet in front of the starting line. Place one Olympian (who should be an accurate "kicker") from each team at their team's cone. Line up the rest of the Olympians on their team's starting line, side by side. Each kicker should be given the team's rubber ball.

Game Instructions:

When the whistle blows, the kickers kick the ball to their team of Olympians. The Olympian that receives the ball kicks it back to the Olympian kicker and then steps back and sits down. Play continues until every Olympian has received the ball and kicked it back to the Olympian kicker. The kicker, after receiving the final ball, runs back to the starting line and sits down.

How To Win:

The first team to complete the process and have all of their Olympians seated outside of the Team Line is the winner.

The Penguin Race

Time Frame:

Five minutes

Equipment Needed:

Two jump ropes, Two cones, Masking tape, Whistle

How Many Players:

All Olympians

Prep:

Using masking tape, establish a starting line for each team and line up your teams in single file behind their respective line. Place the cones approximately 20 feet away at the opposite end of the room for each team. Give the starting Olympians on each team their team's jump rope.

Game Instructions:

The Olympians are penguins racing around the South Pole. Instruct the Olympians with the jump ropes to hold the ends in their hands and stand on the ropes with both feet. When the whistle blows, the starting Olympians must walk down to, and around their team's cone and walk back (while keeping the jump rope under their feet at all times). They then hand off the jump rope to their next teammate, go to the back of the line and sit down. The remaining Olympians repeat the process until all have competed.

How To Win:

The first team to complete the race and have all of their Olympians seated is the winner.

Important Rules:

If the jump rope comes out from under an Olympian's feet, he or she must stop and put the jump rope back under them before continuing.

Tissue Tangle

Time Frame:

Five minutes

Equipment Needed:

Two rolls of toilet paper, Whistle

How Many Players:

All Olympians

Prep:

Line up each team of Olympians in a straight line with all teammates facing forward. The first Olympian on each team should be given a roll of toilet paper.

Game Instructions:

When the whistle blows, the first Olympian from each team steps on the first piece of toilet paper and then carefully passes the roll through their legs to the next person in line. The second person passes the roll over their shoulder to the next person. Have the Olympians continue to pass the tissue over and under until it reaches the end of the line. Then have them return the roll back up to the front of the line using the same manner in which it came down the line. Play continues in this manner until the entire roll has been used up.

How To Win:

The first team to finish their toilet paper roll is the winner, the team that finishes next places second and the team that finishes last places third. Award points accordingly.

Important Rules:

If the roll of toilet paper breaks, the person holding the roll steps on the next square and the game continues as described. There is no penalty involved because the tissue can easily tear. However, you may want to award bonus points to a team who completes this game without tearing their team's toilet paper.

Game Variations:

This game could be played with a ball of yarn or string instead of toilet paper.

Walk The Plank

Time Frame: Ten minutes

Equipment Needed:

None

How Many Players:

All Olympians

Prep:

All Olympians should stand in the middle of the room. The Game Leader needs to announce to the Olympians, "We are now on a pirate ship!" As "Captain," the Game Leader turns the room into a ship and points to one wall explaining that it is the "bow" and that the opposite wall is the "stern." While facing the "bow," the Game Leader explains that the right wall is "starboard," the left wall is "port" and the floor is the "water."

Game Instructions:

When the Captain yells out the location for the group, all Olympians must run to that location (for example: "Bow!" or "Starboard!" – the entire group runs to that wall). The last Olympian to arrive is "out." If the Captain yells, "Walk the plank!" the entire group must lay down in the "water." The last Olympian to lie down on the floor is out.

How To Win:

The team with the last remaining Olympian is the winner.

Game Variations:

You can add additional commands to make the game more challenging. Here are some options:

Captain's Coming: Olympians salute and shout out "Aye, Aye Captain!"

Captain's Wife: Everyone curtsies.

Climb the Rigging: Olympians pretend to climb a rope ladder.

Dead Turtle: Olympians lie upside down (on backs) with arms and feet straight up in the air.

Hit the Deck: Olympians lie down on their stomachs as quickly as possible.

Main Deck: Run back and form original line in front of leader (do not have to be in same order).

Land Ahoy: Freeze in Bow direction with both hands cupped above eyebrows (looking for land).

Man Overboard: Jump as if going overboard, sink down holding nose with hand, raising other hand in air as if going under water, on backs kicking legs.

Man the Lifeboats: Find partner, sit on floor, face each other, hold hands, rock back & forth "row the boat".

Mess Hall: Olympians find group of 4 sit in circle pretend to eat.

Pirates on Horizon: Olympians pretend to fire Guns, and yell "Pirates!"

Scrub the Decks: Olympians crouch down and pretend to clean the floor with their hands.

Stormy Weather: Rock from side to side.

Submarines: Olympians lie on floor with one leg raised like a periscope.

Walk the Plank: Walk in straight line, one foot in front of the other, arms outstretched to sides.