

Olympic Games

Contributed by Joy Millet (with help from her husband)

This can be done as an inter-patrol activity. Cheating will be considered as instant disqualification – due to failing drug testing! In events marked with * each team must have the same number as the smallest team. The co-ordinator will be the sole determiner of results. After each event medals will be presented to 1st, 2nd and 3rd. (Party favours usually have medals, alternatively consider cardboard alternatives).



JIGSAW SPRINT – Equipment required (paste olympic rings on second last page to card and cut into pieces). The aim is to complete the correct picture of the Olympic Rings as quickly as possible. As each team finishes, call out the team's name. **Scoring** based on order of finishing.

MARBLE RELAY – Equipment required 2 plastic cups, 7 marbles per team; 1 straw per player.

Place 2 cups at either end of the table. Place 7 marbles in one cup. Team members line up behind that cup. The aim is to transfer all 7 marbles into the other cup by suction using the straw only. If the marble is dropped in the process, it is returned to the first bowl and that player goes to the end of the line. When a player successfully transfers a marble, she returns to the end of the line to allow the next player to proceed. *There may be a need to set a time limit. If all teams are having difficulties, cease game after 7-10 minutes.* **Scoring** 1 point for each marble successfully transferred.

STRAW JAVELIN* – Equipment required 1 plastic cup, 3 straws, 1 chair.

Throwing line to be 50cm – 1m from the cup. Each player takes turns to try and land the 3 straws in the cup, one at a time, *while seated*. To score, the straw must stay in the cup. **Scoring** 1 point for each straw in the cup; if all three stay in the cup, bonus 2 points.

SAILING* – Equipment required unassembled boat (last page), 1 straw per player, 4 pieces blu-tac placed 30 cm in from each corner of the table.

When the game begins the boat must first be assembled correctly at the creases. Each player uses her straw to blow the boat around the outside of each of the 'buoys' – blu-tac – to return to start. Each player repeats the exercise. If a boat is blown off the table it should be returned to point where it 'capsized' before continuing. If a boat is blown inside a 'buoy' it must be blown back around the buoy before continuing. When all sailors have completed the course, call out your teams name. Scoring based on order of finishing. *If teams are having difficulty completing the course, it may be necessary to set a time limit and score based on successful completions at the end of the time.*

SOCCER* – Equipment required 1 marble, 1 piece of card (12cmx8cm) per player.

Team A lines up around two adjacent sides of the table, team B the other two, armed with their cards. The marble is rolled towards the centre of the table and the game begins. The aim is to score goals by pushing the marble off the table on the opponents sides using the card only. Cards only are to be used to prevent a goal being scored. (Bodies should be kept clear of the table.) When a goal is scored the marble is returned to the table and the game continues. The game ends when one side has scored 5 goals, or after 5 mins whichever comes first. Knockout system to be used – 1v2; 3v4; winners to play off for gold and silver, losers to play off for bronze. **Scoring** 1 point for each goal.

TEN PIN BOWLING* - **Equipment required** 10 plastic cups, 3 wine corks, 1 chair.

Set up the cups, opening up – 4 at the back, then 3,2,1, in front in triangular shape at one end of the table. Each player has three turns to try to knock over as many cups as possible by sliding the cork along the table from the other end, while seated. If all 10 are knocked down, with any turns remaining the stack is reformed and the player completes her three throws. **Scoring** 1 point for each cup knocked over or off the table. Bonus two points for a strike – all over in one go.

SHOT PUTT* - **Equipment required** 1 egg carton with each cavity marked with scored 1-5 and corresponding numbers on the lid, 3 balls, 1 chair.

The carton is positioned on the table with the top at right angles to the bottom (taped if necessary or rested against the back of the chair) at an agreed distance from one end, say 1m or length/width of the table. Each player lobbs the three balls, one after the other, towards the carton to score the highest points she can *while seated*. **Scoring** add together the scores for each ball lobbed into a cavity.

HOCKEY* - **Equipment required** 1 plastic or styrofoam cup as goal net. 3 cotton wool balls, 1 straw, 1 chair.

Place cotton balls 30cm (or agreed distance) from the opening of the cup lying on its side. Using the straw as the hockey stick to try to score a penalty goal in one strike only *while seated*. Repeat for each of the three balls. Repeat for each player. **Scoring** 1 point for each goal; if all three stay in goal for any player, bonus two points.

BASKETBALL* - **Equipment required** 3 cotton wool balls, 2 plastic cups, 1 plastic ring.

Set up plastic ring balanced on 2 upturned cups. Throwing line to be 50-100cm from the ring. Each player takes turns to try to throw the balls through the ring *while seated*. **Scoring** 1 point for each ball through the ring; if all three in one turn go through, bonus 2 points.

These activities have been added to fill up the paper!

DISCUS* – **Equipment required** 1 paper plate per person, 1 receptacle (waste paper basket ??)

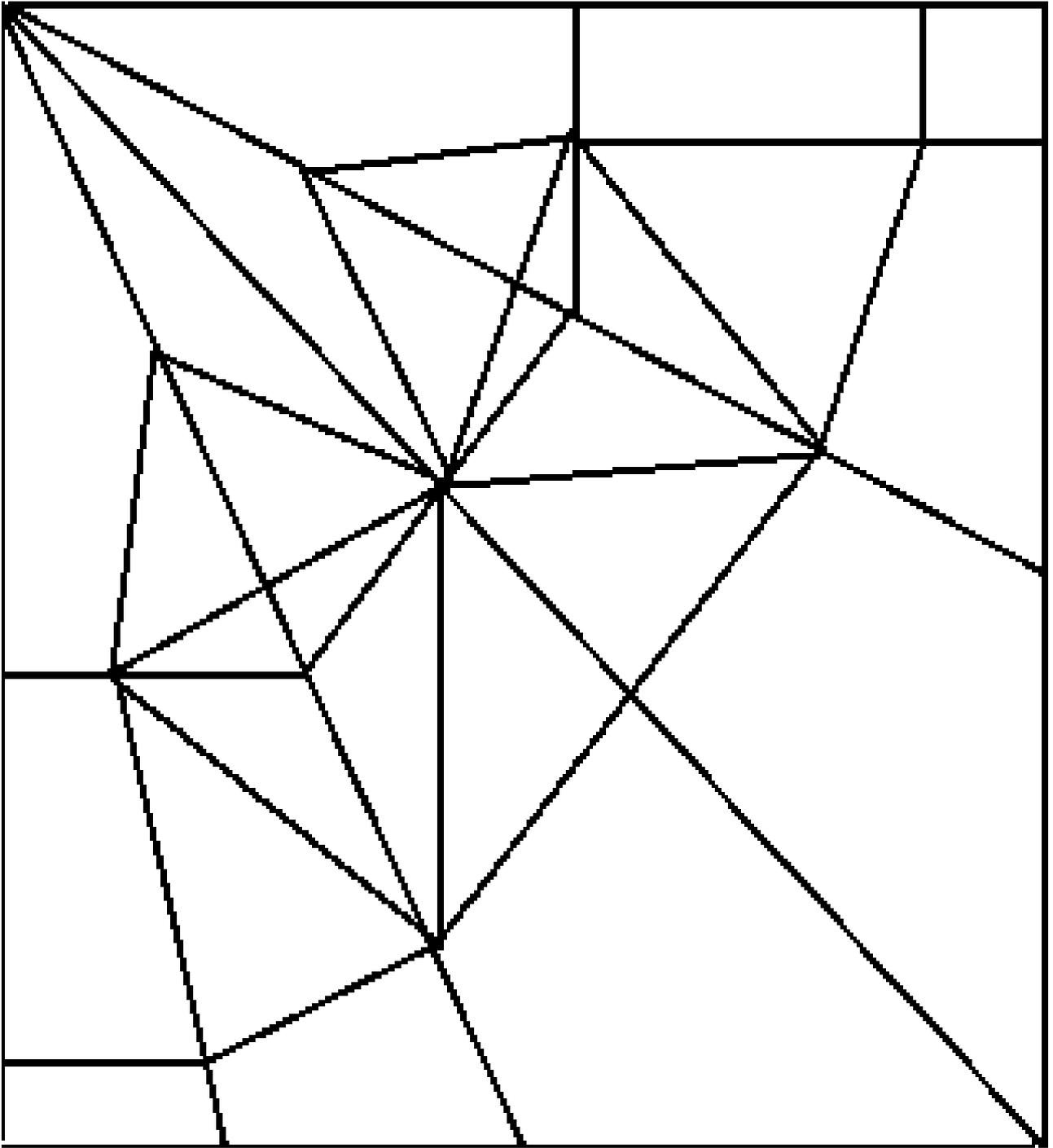
Team members attempt to target their discus into the receptacle from a distance of 3m. **Scoring** 1 point for each discus which lodges in the receptacle. *If teams are short a player this activity can be amended by a number of players having two turns.*

POLE VAULT* – **Equipment required** two straws, three cotton wool balls. One straw is to be held 50cm above the table top. Throwing line to be 50cm from the straw. Players attempt to catapult their balls over the straw using the other straw. **Scoring** 1 point for each ball over the straw.

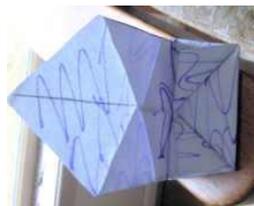
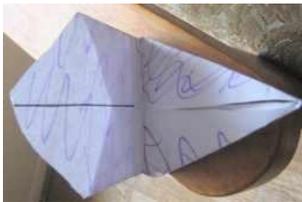
SWIMMING* – **Equipment required** 1 ping pong ball per team, 1 square washbowl half full of water, 1 straw per player.

Players have to blow the ping pong ball across the longest length of the washbowl. If it touches the short sides of the bowl, the ball must be returned to the start for another go. All players have a turn in order. *If teams are short a player this activity can be amended by a number of players having two turns.*





Cut out square and fold along lines to make a shape that will blow across the table.



This is what your boat should look like!

