

Week 3: Olympic Week
June 15-19

Monday, June 15

Activity 1: Long Jump

Description: Practice jumping. Start with small distances and work your way up to jumping as far as you can on a grassy area. Mark your jumps to see how long your farthest jump is.

<https://www.youtube.com/watch?v=XTL3CexKyRo>

Activity 2: Discus Throw

Description: Use a frisbee and see how far you can throw it. Frisbee is a substitute for the discus. Mark and see how long your throws are.

Items Needed:

- Frisbee

<https://www.youtube.com/watch?v=eLRCZo6i8bk>

Activity 3: Design your own Flag

Description: Using different arts and crafts items, design your own flags that represents you as a person.

Items Needed:

- Paper
- Paint
- Crayons
- Colored pencils
- Etc.

Tuesday, June 16

Activity 1: Tug of war

Description: Using an old sheet or blanket, get a partner and play tug of war. Set boundaries before you start. Each time someone gets pulled across the boundary, start a new game.

Items Needed:

- Sheet or blanket

Activity 2: Jump Rope

Description: See how many jumps you can do in 1 minute. 2 minutes. 5 minutes. Any cool tricks?

Items Needed:

- Jump rope

Activity 3: Food art

Description: Using foods of the colors represented in your flag, make a yogurt parfait.

- Green: grapes, apples, kiwi, lime
- Red: strawberries, apples, watermelon, raspberries
- Yellow – bananas, lemon, pears, pineapple
- Blue/Purple – blueberries
- Vanilla yogurt

Wednesday, June 17

Activity 1: Swimming

Description: Provided is a video on water safety and basic swimming.

<https://www.youtube.com/watch?v=0o71Kmm2Mmc>

Activity 2: Balance Beam

Description: Create a balance beam using a jump rope or string. Set on the ground, or tape to the floor to keep it still and practice balancing as you walk the line. See how long it takes you to get across without losing your balance.

Items Needed:

- String
- Jump rope
- Tape

<https://www.youtube.com/watch?v=dpcUZMw7ifo>

Activity 3: Obstacle Course

Description: Using sidewalk chalk, make an obstacle course on the porch, patio, or sidewalk. Use ideas like jumping on lily pads, hopscotch, balance beam, spinning, frog jumps, etc. to make your course more challenging

Items needed:

- Chalk
- Tape
- string

Thursday, June 18

Activity 1: Water Guns

Description: Draw a target and use water guns to hit the targets. Can hang up used soda cans to have more targets.

Items Needed

- chalk/paint
- soda cans, bottles, etc.

Activity 2: Making Medals

Description: Use construction paper to cut out and design your own medals. Use paper clips or yarn/string to make the neck ribbons. You can also use candy wrappers to use as gold, silver and bronze.

Items needed:

- construction paper
- crayons, markers, or sharpies
- yarn/string
- candy wrappers

Activity 3: Fencing

Description: Using pool noodles or long paper rolls, have a fencing match. Make sure to only gently poke your opponent's chest. Do not hit the face or below the waist.

Items Needed:

- Pool noodles or long cardboard tubing

<https://www.youtube.com/watch?v=nGearEu2PIU>

Friday, June 19

Activity 1: Olympic Rings

Description: Color and cut out paper plates to make your own Olympic Rings (blue, black, red, yellow, and green). This could also be done using cardboard tubing or color pipe cleaners.

Items Needed:

- Colors
- Construction paper
- Cardboard tubing/pipe cleaners

Activity 2: Backyard Gymnastics

Description: Paint a straight line in the grass or driveway. Challenge participants to different maneuvers like walking backwards, hopping on one foot, cartwheels, etc.

Items Needed:

- Tape/chalk

<https://www.youtube.com/watch?v=oVa4yyOVMQ8>

Activity 3: Awards Ceremony

Description: Award medals made from earlier in the week. Don't have to be first, second, or third place. Get creative with awards. Get creative with awards like funniest moment, etc.