

# SUPER TROOPERS

with



## Ideas for Family Olympics

As the Rio Olympics inspired many of us, Super Troopers with Laya Healthcare has some great ways for you to prepare by hosting your own Family Olympics; the Famlympics. This is a fun way to increase children's awareness of the huge variety of physical activities which exist all around the world and to introduce them to new ones. It may even inspire them to try a brand new sport. Super Troopers has some fun and challenging indoor and outdoor activities for the whole family to try. So, let the games begin!

### Getting ready for the main event:

- › There are lots of activities around the Famlympics that would make for a great rainy day project
- › Family members can choose a country they wish to represent and design a flag to be waved in the opening ceremony
- › A paper 'Famlympic' flame could be designed to be carried in the opening parade
- › Medals could be designed for a closing ceremony, made from paper plates and coloured in with gold and silver paint, markers or crayons. These could be presented as medals at the end of the games

### Outdoor activities:

**A dry sunny day will give you the chance to have your Family Olympics outdoors!**

#### 1. Golden Goal

Brazilians are known for their love of soccer and for producing some of the world's top footballers. This simple goal scoring game will get all the family concentrating on being the next Pelé!

##### How to play

- › Use masking tape to mark a starting line. Make a goal using cones, jumpers etc. as markers
- › Each participant, in turn, gets five chances to score a goal
- › The winner is the person to score most goals
- › If there is a tie-breaker you continue to play till somebody misses their shot, leaving one winner

#### 2. Ridiculous Races

Track events are always a popular part of the Olympics. You can have lots of fun with these races by varying them in each round. Before you get started, each participant could design a race number to wear for the 'Ridiculous Races'.

##### How to play

- › Mark a start line and a finish line with masking tape
- › Decide on a starting sound, it could be something simple like a wooden spoon being hit against a tin pot

- › Decide on a different challenge for every race. The first round could be a straight forward run, the second could be walking backwards, the third could be crab walking or running with an egg on a spoon
- › Each participant has to run past the finish line in each round
- › The person that passes the finish line first in each round goes through to the final round
- › The last round could be another type of obstacle like a sack race and the person to finish first is the overall winner

#### 3. Long jump

You'll need lots of space for this one!

##### How to play

- › Mark a jumping line with masking tape
- › Each participant runs up to the line and then jumps as far as they can past it. Use a marker to show where they land
- › Each participant is given three goes at jumping, marking their landing spot each time. Their farthest landing point is marked and left there. You could use masking tape, chalk etc., depending on the surface
- › The winner is whoever jumps the farthest



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## Indoor activities:

**As with any indoor physical activity, always ensure you have a safe space and clear away any obstacles.**

### 1. Dizzy Discus

This is a nice way of getting active whilst introducing an icon of the Olympics, the five interlocking rings. Prepare five paper plates for this game by asking the children to colour/paint them: one blue, one black, one red, one yellow, and one green. Try this game in a large room.

How to play

- › Use masking tape to mark a starting line
- › Each participant chooses a plate and in turn stands at the starting line and throws the paper plate horizontally as they would a Frisbee
- › Whoever throws farthest is the winner

### 2. Javelin Straw Throw

Try this game in a long room or hallway.

How to play

- › Mark a starting line with masking tape
- › Five bowls are placed on the ground to set up a points system, lining them out from the starting line
- › Ask each participant to label their straw with a marker or label
- › Each participant stands at the starting line and takes turns throwing
- › Participants count their points by the number of bowls their straw passes, each bowl represents 5 points so the maximum score is 25 points
- › You may want to introduce several rounds to keep the fun going even longer

### 3. Sock Putt

Try this game in a large room. Prepare by rolling up a sock for each participant. It would be even better if you had one sock for each of the Olympic ring colours.

How to play

- › Mark a starting line with masking tape
- › Participants stand at the line one at a time, trying to toss the sock as far as possible using a low pitch. Participants could be encouraged to do a gentle spin first
- › Mark off each participants distance with their matching sock
- › Whoever throws farthest is the winner
- › You could this over a number of rounds

### 4. Balance Beam

Prepare this game by laying out a long rope. You could have various rounds of the game by making it progressively harder, creating a curve in the rope, asking the participants to walk backwards, sideways, close their eyes etc.

How to play

- › Participants have to walk across the 'beam' keeping their feet on it at all times
- › The winner is the person who manages to stay on the beam for the greatest distance, and if you like, after repeated rounds

