

DIY Backyard Summer Olympics Training Ideas



Note: This was originally designed for a full week though I took out some large group activities and things that are too difficult for at home use. I hope you can put together your own fun Olympic training event.

Stretching

Have the kids form a circle and lead them through simple stretches.

Warm ups (any combination of below x10 or incorporate your own to get them moving)

Jumping jacks

Up downs

Running in place

Walking lunges

Push-ups

Squats

Team building Exercises

The Magic Carpet

All you need for this team building activity is an old blanket. Get each member of the group to stand on the blanket. The group needs to work as a team to turn over the blanket (carpet) while they are standing on it. They have to turn it over without any body part touching the floor.

Spot the Difference

Divide your family into two groups of equal amounts and ask them to face each other. One line is told to turn around, and the other team is given 40 seconds to change five to ten things about themselves. They can change their jewelry, swap clothing items, untie shoelaces, and change their hair or anything else that the other team can see. When 40 seconds are over, the line that was turned around can turn back again and try and find all the changes that were made. After all the changes have been recognized, the other line gets a turn to make the changes.

Trashbag Create-a-Game

Supplies: Large, black trash bag filled with random items for every team.

Description:

Get some large trash bags together (preferably black ones that hide the contents of the bag). Have one for each team. Fill the bags with a dozen of the most random items you can find.

Give each group a bag and tell them they have ten minutes to create a game from the contents of the bag.

Get the groups back together and have them "play" the game for everyone else to demonstrate what they created.

The wackier the items, the better. You'll be amazed at what they can come up with.

Messy Rooms

You will need lots of balls. Split into two groups and have sides established.

The aim of the game is to have the least amount of balls at your side. The children will roll all their tennis balls to the other side of the room, while the other team tries to pass them all back. After a fixed amount of time, count up the number of tennis balls on each side.

The side with the lowest number of balls on their side is the winner!

Sharks

Have hula hoops scattered about the floor (or make bases with towels), with children moving about 'swimming'.

When the parent shouts "sharks", the children must get one foot onto base as quickly as possible.

Remove one base each time you shout "sharks", and ask the children to help when they are out to still make them feel part of it.

When only two people are left make them stay a certain distance from the hoop to avoid cheating!

Track and Relays

- 50 m dash
- Hurdles (series of items to jump over)
- Races and Relays-
 - SPIN AND RUN
First, hold a broom or baseball bat in the air, looking at the top of it.
Keeping your eye on the top, spin in a circle 10 times.
Now (try to) run to the finish line.
 - HUMAN HURDLE

1. Divide players into 2 teams...with each team laying in a circle.(Be sure there is a wide space between each player and heads are towards the center of the circle.

2. Assign each team member a number. (If there are 6 players on each team, each team player will be number 1 through 6) #1 on each team, gets up and jumps over the bodies in the group--until they get back to their own spot.

3. #2 gets up and does the same. The first team to have all runners 'hurdle'--is the winner!

Field events

- Football throw

- Baseball throw
- Discus (frisbee)
- Shot put challenge (using a ball of some sort)
- Javelin throw (anything just for fun to see how far they can throw)
- Hilarious Hula: See who can hula hoop the longest!
- Target shooting: Nerf gun darts or water guns shooting at empty cans.

*Just fun instruction on how these things are done and allowing the kids to try and challenge each other is all is needed.

Wacky Olympics

THE QUIET OLYMPICS

- DISCUS THROW: Use a paper plate
- SHOT-PUT: Use a balloon
- TRACK RACE: Each player lines up at the start line and race by placing the heel of one foot against the toe of the next. The first one to the end of the track and back wins.

BANANA OLYMPICS (Relay Race)

Divide the family into and give each team a banana.

Some ideas for Banana Relays: (don't squash the banana or your team is out)

1. Place the banana between the knees and hop down the course and back.
2. Two teammates tossing the banana back and forth down the course and back.
3. The banana under your armpit and hopping on one leg down and back.

Get Wet Games

- Water Bombs. Set up an obstacle course and have "bombers" who splash water on them from a bucket as they run (3-4 bombers, allow water to be refilled before each runner.)
- Pass the cup. 2-3 teams depending on group size. Fill the first player's cup with water and hold it over their head. They have to try and pass it to each team member without spilling. The team with the most water at the end wins!
- Drip, drip, splash Played the same as Duck-duck-goose, but instead of touching the heads of those not picked they have a little bit of water from a cup dropped on their head. The person picked gets the rest of the cup poured on their head.
- Sponge Relay Divide the campers into two teams and have them line up behind a starting line. Each team gets a small empty bucket and a large sponge. At the finish line, place two larger buckets filled with water. Tell the campers that on the word go, the first person in line must run to his/her team's water bucket, dunk the sponge in, run back with it and squeeze all the water from the sponge into the team's empty bucket. They then pass the sponge to the next person, and so on until one team fills up their empty bucket with water. That team wins.

Bible Lesson Ideas

Memory Verse: "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever." -1 Corinthians 9:24-25

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- Encouragement for spiritual training (1 Timothy 4:8-10)
- The Strongest Man-Samson. (Judges 16)
- Team work-The Paralyzed Man. (Mark 2:1-12)
- Jesus is Our Coach and teaches us to do God's will. (Mark 15:31-38)

It is imperative that you have a closing ceremony and give out medals or awards for all of their hard work!!