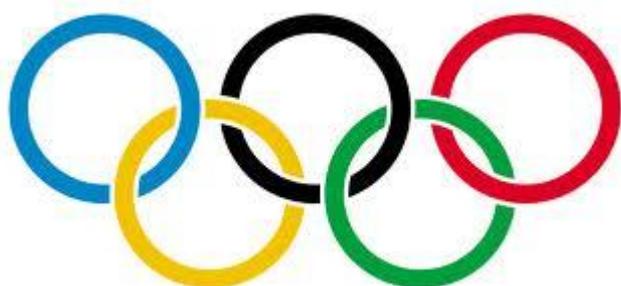


MINI OLYMPICS for all ages



When you don't have much space or much time you can still have some Olympic-styled games. The following 7 games are based around the 7 events of the **Olympic HEPTATHLON** Even in the same order – except on a miniature scale!

This was run successfully as an icebreaker at an all age church service with 50 people of all ages in their family groups moving around the medium sized space. (10m x 8m) After the evening meal, children and teenagers came back to enjoy the activities again and we ran an individual competition.

All the events can be set up quickly with common household items.

For marking the courses:

- Garden string
- Masking tape or chalk
- Tape measure

Other equipment:

- Mini High Jump
Tissue box for 'mat', bamboo skewers, blu-tack, piece of cardboard to sit 'mat' on (30cm wide x 40cm long) large and small counters.



How to make: Sellotape 2 skewers standing upright in 2 corners of one long side of the tissue box. Sellotape 2 more skewers together overlapping their pointy ends to make a long bar. Bluetack in place a few cm above the tissue box 'mat' (You can cover the box with paper or paint first if you like.) Sit 'mat' on back edge of piece of cardboard. Line up 3 counters anywhere in front of the 'mat' on the cardboard. Press down hard with a larger counter to ping them over the bar!

- Shot put – bucket with weight in bottom(like a brick), 3 beanbags or wheat filled pantyhose balls
- Javelin - plastic straws, small piece of blu-tack in one end of each.

SET UP

2. High jump	3. Shot put	4. 200cm Backwards Balance
1. Human Hurdles (5m straight)		
7. 800m Spider Shuffle circuit (400 each way)		
6. Javelin Straws (long course needed – approx 6m)	5. Standing Long Jump	

Put No1 and No 7 next to each other in the centre of the room. No 1 needs a straight track about 5m x 1.5m wide. No 7 needs a circuit (up 4m, around a chair and back 4m, allow about 3m wide. 2, 3, 4 down one side of hall and 5, 6 on the other.

Measure and mark the floor with string and masking tape at each station. Put up the notices for each event nearby for instructions on how to compete.

ON ARRIVAL:

Give families a score card and pen - mixed ages works well as the teams can work out the instructions, encourage each other and score themselves as they compete. (Enjoyment for everyone is more important than speed or points but watch how competitive some people get!)

Teams can start as soon as they are ready, at any station and go around in any order. There can be more than 7 teams and they can have the fun of watching others as they wait a minute for their turn or after they finish! In this way it is an ideal icebreaker as it does not rely on everyone being there to be put in teams before it can start.

Variations: Leave markings on the floor and set up the stations again at the end of the programme for individuals or groups to do again. (Use cushions instead of human hurdles as an individual challenge for no.1)

It could be run as a timed event for individuals trying to get the highest score in a set time- say 5 mins. This might require someone at each station to supervise and award the points.

SCORE CARD

These are added together as a total for that event. Add the totals of all 7 events together and then divide that by the number in the team. (This will make a fair comparison of grand total scores regardless of size of team.)

Individual scores: Likewise, total points minus the competitor's age works well as a handicap in a mixed group.

MEDAL CEREMONY

Think about awarding medals or prizes to 1st, 2nd, 3rd teams in an appropriate way- certificates, medals made of card, biscuits, chocolate hung on ribbon.

HAVE FUN!



Spider Shuffle with Javelin straws the background



200cm Backwards Balance in



Human hurdles



Standing Long Jump