

Family Olympics

Event #1: _____

Participants: _____ Score/Time/Completed: _____

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Event #2: _____

Participants: _____ Score/Time/Completed: _____

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Event #3: _____

Participants: _____ Score/Time/Completed: _____

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Event #4: _____

Participants: _____ Score/Time/Completed: _____

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Event #5: _____

Participants: _____ Score/Time/Completed: _____

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Event #6: _____

Participants: _____ Score/Time/Completed: _____

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Family Olympics

Event #7: _____

Participants: _____ Score/Time/Completed: _____

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Event #8: _____

Participants: _____ Score/Time/Completed: _____

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Event #9: _____

Participants: _____ Score/Time/Completed: _____

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Event #10: _____

Participants: _____ Score/Time/Completed: _____

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Event #11: _____

Participants: _____ Score/Time/Completed: _____

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Event #12: _____

Participants: _____ Score/Time/Completed: _____

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EVENT IDEAS

- crab walk race
- frog jump race
- carry something on a cookie sheet or piece of flat cardboard from Point A to Point B (if you drop something you have to start over!)
- somersaults (how many in a row)
- cartwheels (how many in a row)
- dance contest
- roll a ball with your nose race
- jump rope contest
- hula hoop contest
- headstand contest
- ladder hop (lay a real ladder down, draw with chalk on sidewalk, or spray paint on grass)
- one foot hop race
- grapevine race
- run backwards race
- throwing contest with pillows or stuffed animals
- jumping jacks
- wall sits
- plank holds
- pushups
- situps
- foot race
- bike race
- burpees
- stair climb
- hill climb
- lunges
- squats
- long jump
- high jump
- hurdles
- tricep dips
- mountain climbers
- tree yoga pose contest
- dribble a basketball (timed or race from Point A to Point B)
- back leg raises with a toy tucked in your toes or behind your knee