

CURIOSITY AT HOME

AT HOME OLYMPICS

Here is a unique twist on the traditional Olympics that you can do at home, testing your skills in these fun, unique racing styles. These are great for a single racer or a group. Let the At Home Olympics begin!

MATERIALS

- Balloon
- Bubble wand (size does not matter)
- Masking Tape
- Soccer ball, or another kickable ball
- Bubbles
- Cones/Small obstacles

INSTRUCTIONS

Try each of these games! You can race against others, or race against the clock by yourself. With multiple people you can also set up a relay race with each person on a team doing the same racing style, or rotating through different styles.

Most of these are best with a lane to run through. Set up a lane either inside or outside where participants can safely run from the start and finish line. Make this lane as long as you want to. We recommend making it at least 12 feet long, making it shorter or longer depending on the age range of the participants.

After you try these race styles, challenge yourself with race variations: Can you run these backwards or while hopping on one leg? What other variations to these races can you create?

Penguin Waddle: Place a balloon between your legs, waddle to the finish and line don't drop the balloon! If you drop the balloon, run back to the beginning to start again.

Bubble Race: Blow a bubble, and then blow on it to move it down the raceway. If your bubble pops, blow a new one and keep going until you cross the finish line.

Crab Walk Race: Set up at the starting line and get in your best crab walk imitation. Race yourself or a competitor to the finish line!

Kangaroo Races: Jump to the finish line just like a kangaroo. Keep your legs shoulder width apart and jump all the way to the finish line as fast as you can.

Soccer Agility: Kick soccer ball through cones/obstacles to the finish.

Balance Beam: Use making tape to make your own balance beam. Find a floor space that you can place tape on. Balance beams are typically about 16 feet long and about 4 inches wide so aim for a space that can fit that.

DID YOU KNOW?

- The first Olympic Games took place in the 8th century B.C. in Olympia, Greece.
- In 2016, over 11,000 athletes competed in the summer Olympic Games.
- Most summer Olympics include around 28 different sports and competitions.



Show us how you're being curious! Share your results with us.

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