



## The PCSD Home Olympics Event Tracker

**Directions:** Before you begin, plan the events your student(s) want to participate in by circling the events on the chart. They can do some, many or all! As they complete each event have them color in the box to track their progress. Use the events list and links on the following pages to guide your planning. **This sheet is not required or submitted.**

|                             |                           |   |                                       |
|-----------------------------|---------------------------|---|---------------------------------------|
| <u>List of Participants</u> | <b>Cup of water relay</b> | <b>Pillow Jump</b>                          | <b>Balloon Taps</b>                   |
| <b>Three-Legged Race</b>    | <b>Indoor Skating</b>     | <b>Discus Throw</b>                         | <b>Sock Bocce Ball</b>                |
| <b>Active Alphabet</b>      | <b>Partner Yoga</b>       | <b>Indoor/Outdoor<br/>Obstacle Course</b>   | <b>Plank Tic Tac Toe</b>              |
| <b>Egg Race</b>             | <b>Balloon Race</b>       | <b>Paper plane folding<br/>and throwing</b> | <b>Curl-ups/Sit-ups<br/>Challenge</b> |
| <b>Push-up Challenge</b>    | <b>Crab Walk Race</b>     | <b>1-mile Challenge</b>                     | <b>Javelin Throw</b>                  |



# The PCSD Home Olympics Events

**\*Safety Instructions: All events must be supervised by a parent/guardian.**

- 1. Cup of water relay** - *Equipment: outdoor space, 2 buckets, water, and 1 cup for each person playing*  
Each participant needs a plastic cup. The first person in line fills their cup from the bucket placed in front of them and tries to fill the person's cup behind them, above their head without looking. Continue the process until the end of your line last person dumps water in the bucket behind them.  
[https://www.youtube.com/watch?v=qNeS1sKB\\_LU](https://www.youtube.com/watch?v=qNeS1sKB_LU)
- 2. Pillow Jump** - *Equipment: 1-5 pillows*  
Collect as many pillows in your house that you are comfortable using. Place them in an area that has a safe distance around it. Start with one pillow, and decide if you would like to take a running start to leap over the pillow, or even stand with two feet and jump over! If you cleared one, add another and another until you are no longer able to clear the pile. How many pillows were you able to clear? Make sure to take turns with those who would like to participate.  
<https://www.youtube.com/watch?v=WQ2rdS8Vi4o&feature=youtu.be>
- 3. Balloon Taps** - *Equipment: balloon, ziploc bag, or surgical glove*  
How many times can you tap a balloon, ziploc bag, or surgical glove into the air with something in your house? Can you keep it in the air 20 times in a row? 50? 100? See who can keep the balloon up in the air while making little taps with something from your house. Ideas of things to tap with: your hands, a closed water bottle, a bowl, cup, spoon, jar of peanut butter . . . so many options, what will you choose?  
<https://www.youtube.com/watch?v=pWeQxxhOiKI&feature=youtu.be>
- 4. Three-Legged Race** - *Equipment: scarf, necktie, or cloth*  
Find a partner and see how well the two of you would walk or run if you only had three legs! Tie a scarf, tie, or another piece of cloth around you and your partner's ankle so one of your legs are connected to each other. Find a start and finish line, then see how fast you can run or walk to the end. You can even race other people too! <https://www.youtube.com/watch?v=46n3-W-Awx0>
- 5. Indoor Skating** - *Equipment: hard surface (tile/linoleum/wood) and washcloths, socks, towels, or paper plates*  
Use socks or stockings on feet, washcloths, light towels, or paper plates on feet to slide on a tile/linoleum/wood surface in your house. It can be done in a relay or in a circle like a rink.  
<https://www.youtube.com/watch?v=E8bIk9xIQfk&feature=youtu.be>
- 6. Discus Throw** - *Equipment: Paper Plates or Frisbee.*  
Test your throwing skills by seeing how far you can throw your paper plate or frisbee. Use rocks to mark who threw the farthest.  
<https://www.youtube.com/watch?v=PjS8f4f2kO8&feature=youtu.be>
- 7. Sock Bocce Ball** - *Equipment: multiple sets of colored sock, 1 set of white socks*  
Use a pair of white socks matched together tightly into a ball to act as the "Palina" or target ball, and groupings of colored socks for each team. Designate a starting line for everyone who will be playing. This is the line where the socks will be launched.  
<https://www.youtube.com/watch?v=6qvyE1FQFBE&feature=youtu.be>
- 8. Active Alphabet** - *Equipment: your body*  
Use the included google doc to spell everyone's name in your family. Can you think of other words to spell as well? Who can spell the longest word with exercise?  
[https://docs.google.com/document/d/15oDnadMqJsvUvp7qE5ajZ1w-0vZ\\_16H7NOIEja5gngM/view?usp=sharing](https://docs.google.com/document/d/15oDnadMqJsvUvp7qE5ajZ1w-0vZ_16H7NOIEja5gngM/view?usp=sharing)

9. **Partner Yoga** - *Equipment: your body, electronic device, and the video*  
We used the book “Yoga Friends, a pose-by-pose partner adventure for kids” by Mariam Gates & Rolf Gates Illustrated by Sarah Jane Hinder for this routine. Choose a partner in your family and join us!  
<https://www.youtube.com/watch?v=q9oBFZ2zip4&feature=youtu.be>
10. **Indoor/Outdoor Obstacle Course** - *Equipment: Anything you can find inside or outside*  
Use your imagination and what you have on hand and create an obstacle course in your home or outside. Make sure to ask permission from your parents, and include them in the adventure if they’d like!  
Indoor- <https://www.youtube.com/watch?v=zY5-lAZg5k4&feature=youtu.be>  
Outdoor-<https://www.youtube.com/watch?v=C5hfr7wiruY&feature=youtu.be>
11. **Plank Tic Tac Toe** - *Equipment: 9 napkins, jar lids, or stuffies*  
We used nine napkins, jar lids, and some stuffies for this challenge. Arranged the napkins as a tic tac toe board, one of us was “stuffies” the other “lids” as we held plank position on the floor and played the game. You can also hold a plank on hands and knees instead of hands and feet.  
<https://www.youtube.com/watch?v=pBBAVUSIdck&feature=youtu.be>
12. **Egg Race** - *Equipment: 1 spoon, hardboiled egg, plastic egg, balled up sock, or small ball*  
Balance a hardboiled egg, plastic egg, balled up sock, or small ball with one hand holding onto the spoon. See how quick you can walk/jog/run down and back from your designated starting point without dropping your egg. If you drop the egg pick it up and put back on the spoon. How eggcellent are your balancing skills? <https://www.youtube.com/watch?v=4yMS0luPZD0>
13. **Balloon Race** - *Equipment: 1 balloon, ziploc bag, balled up shirt, or empty 2 liter for each person playing*  
Blow up a balloon, Ziploc bag, balled up shirt, or empty 2 Liter soda pop bottle to a size slightly smaller than a soccer ball. Place it between the knees and try to walk or run to a specified location as fast as you can. <https://youtu.be/ppNhntfyp0>
14. **Paper plane folding and throwing**- *Equipment: multiple pieces of paper*  
Fold your paper airplane then compete to see who goes the fastest/longest/most unique flight path/highest. Just have fun! [https://www.youtube.com/watch?v=kXutGr\\_QKqE](https://www.youtube.com/watch?v=kXutGr_QKqE)
15. **Curl-ups/Sit-ups Challenge**- *Equipment: your body and soft surface*  
See how many sit-ups or curl-ups you can do. <https://www.youtube.com/watch?v=4ISNbp1ud-A>
16. **Push-up Challenge**- *Equipment: your body and flat surface*  
See how many push-ups you can do. These could be full-body push-ups, modified with your knees on the ground, or wall push-ups vertical against the wall. [https://www.youtube.com/watch?v=Eh00\\_rniF8E](https://www.youtube.com/watch?v=Eh00_rniF8E)
17. **Crab Walk Race**- *Equipment: your body and open space.*  
Decide the starting and finish line crab walk as quickly as you can. <https://www.youtube.com/watch?v=I-3r4cl4ahA>
18. **1-mile Challenge**- *Equipment: your body, a 1-mile route, and a timer*  
With parent approval walk/run/skip a mile as fast as you can. A mile can be mapped on a smartphone. Set a timer and see how fast you can go!
19. **Javelin Throw**- *Equipment: open outdoor space, a few rocks, and broom, mop, PVC pipe, pool noodle or stick*  
**With parent, approval** use a broom, mop, piece of PVC pipe, pool noodle or sticks to throw as far as you can. Use rocks to mark who threw the farthest. <https://youtu.be/30Mv1NV4xEA> (with pool noodle)