

MINI OLYMPICS ACTIVITY OPTIONS



Traditional Mini Olympic Activities

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| 1) Team Names, Flags and Cheers | 5) Water balloon toss |
| 2) Ball Hockey | 6) Ultimate Frisbee |
| 3) Relays / Obstacle Course | 7) TugOWar |
| 4) Basket Ball Shoot out | 8) Volleyball (Blind option) |

Non - Traditional Mini Olympic Activities

- 1) **Human Knot:** Teams of 5 – 8 form a circle, grabbing hands across from them; then try to undo the human knot.
- 2) **The Maze:** Teams of 5 – 8 will be asked to find their way step by step through a maze. There is only one path and stepping off this path is a strike against your team. The team with the most number of people through the maze with as few strikes as possible wins.
- 3) **Blind Shapes:** Teams of 5 – 8 create shapes with a rope while they are blindfolded.
- 4) **Communication Challenge:** Teams of 5 – 8 will be asked to choose a leader who will direct them through a number of different tasks; the quickest team to complete the tasks is the winning team.
- 5) **Sumo Wrestling:** Individuals from each team will face off against one another in a test of balance and strength; choose your opponent.
- 6) **Sling Shot Challenge:** Teams of 6 – 8 will be given a sling shot and rocks to hit down bottles which have point values on them.
- 7) **Brain Teasers:** We have a number of different brain teasers: a) Tan Grams is a Chinese puzzle, b) Picture puzzles and c) Popsicle stick challenges.
- 8) **Plank Walk:** Teams walk together on a 2x8 wooden plank racing another team from point A to point B. The trick is to march as a team.
- 9) **Flag Challenge:** The teams take turns grabbing 1,2 or 3 flags from a stand of 20 flags. The goal is to be the team who grabs the last flag. This is a real numbers game!
We also have many other games. If you have an idea that you would like to see included then just let us know and we can work on it together.