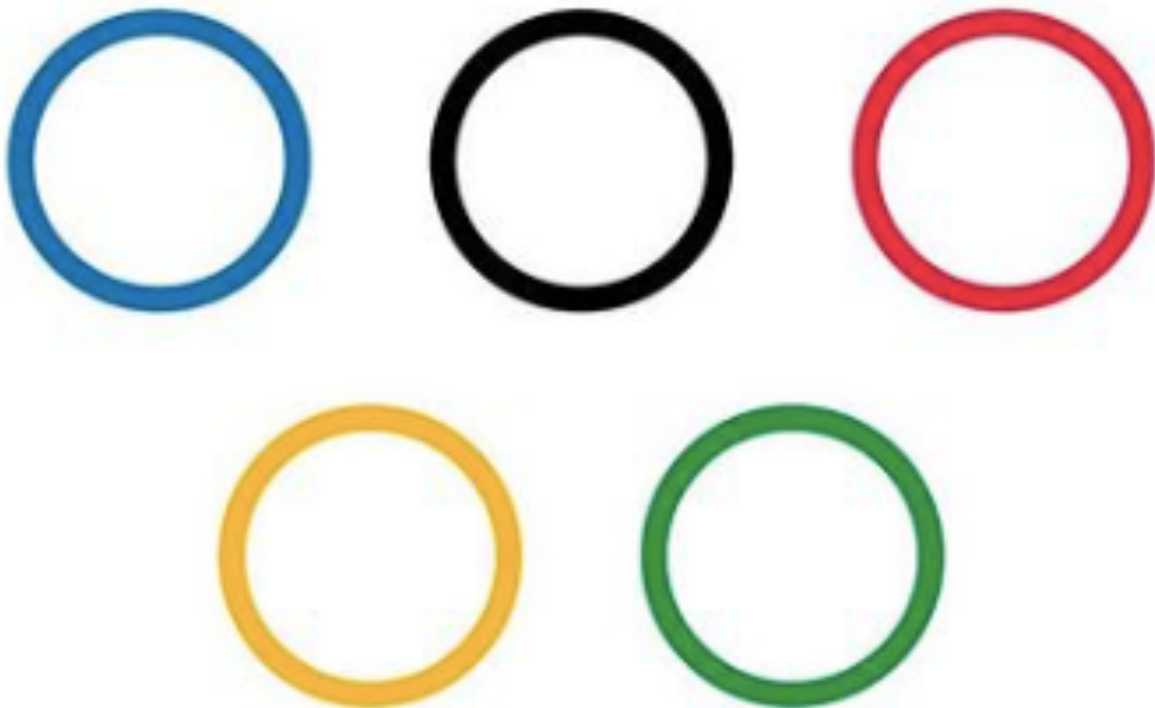


GAC Quarantine Olympics 2020



Welcome to the GAC Quarantine Olympics 2020!! With the Summer Olympics being moved to next year we wanted to bring them to your home. So, we have taken all 47 events and created 23 unique events that you can perform in the comfort of your own quarantine. In this packet you will find for each event: a description of what the event will be, a set of guided rules, and medals for the gold, silver, and bronze winners. We hope that this week's events can bring some joy into your household. GO SPARTANS!!

Monday: Ball Games

1. Homerun Derby

- Equipment
 - Paper/Duct Tape/Tin Foil ball
 - Pan or other cooking utensil (ex. spatula, large spoon etc)
- Rules
 - Object of Game: Hit the most homeruns
 - Designate an area where the batter, pitcher, and homerun wall will be
 - Each player gets 10 swings. For every ball that is a homerun they will receive 1 point. If they hit the last ball as a homerun, they will receive 2 points. Whoever has the most points at the end wins.
- Links
 - None

2. Trashketball

- Equipment
 - Toilet paper or a Paper ball
 - Trashcan or empty bucket
- Rules
 - Object of the Game: Play this game like you would play a game of HORSE. However instead of spelling HORSE, you will spell GAC.
 - Play begins by the youngest person choosing the 1st location of the basket and the style of shooting the ball. If the shot is missed, the next person takes a shot from any spot on the court as well. Once a shot is made, all other players must attempt that shot in order. Whoever misses that shot will receive a letter. Once you have missed 3 shots that were made by someone else that spells out GAC, you are eliminated from the game. Last one standing wins.
- Links
 - <https://www.sportsrec.com/play-pig-basketball-2053393.html>

3. 2 Square

- Equipment
 - Kickball/Basketball
 - Chalk – use the chalk to set up boundaries
- Rules
 - Object of the Game: Score 5 points
 - The game starts when one player serves the ball. They let the ball bounce once and then hit it into the other player's box. The receiving player must let the ball bounce once in their box and then return it. Play continues until it hits outside the square, bounces twice, double hit, or is carried. Serve is alternated every round and play to 5 points.
- Links
 - <https://www.playworks.org/game-library/drop-and-hit-2-square/>

4. Putt-putt

- Equipment
 - Golf ball (real or home made)
 - Putter (substitute: broom or baseball bat)
 - Cup
 - Whatever else you imagine for a putt-putt course
- Rules
 - Object of the Game: Score the Lowest Score
 - Designate a starting and ending spot for each hole. You will receive one stroke for every time you hit the ball. Add up the total amount of strokes at the end of the 3 holes. Whoever has the lowest number at the end of the round wins.
- Links
 - <http://www.mykidsadventures.com/build-your-own-mini-golf-course/>

5. Ping Pong

- Equipment
 - Ping Pong paddle (sub: Cooking Utensil)
 - Ping pong ball (sub: bouncy ball)
 - Net
 - Table
- Rules
 - Object of the Game: Win 2 out of 3 games
 - For each game, the first player to reach 11 points wins that game, but the game must be won by at least 2 points. The serve will switch every two points. The rules will follow traditional ping pong rules.
- Links
 - <http://www.pongworld.com/table-tennis-sport/rules>

Tuesday: Table Top Games

6. Champion Arm Wrestling

- Equipment
 - Table
- Rules
 - Object of the Game: Win the Right- and Left-hand Match
 - Start the game by gripping the opponent's hand. The grip should be palm to palm with the thumb knuckles visible. The other hand should be laid flat on the table opposite the hand that is wrestling. The match is won when someone's hand touches the table.
- Links
 - <https://www.rulesofsport.com/sports/arm-wrestling.html>

7. Ultimate Thumb Wrestling

- Equipment
 - Table
- Rules
 - Object of the Game: Win the Right- and Left-Hand Match
 - Start the game by grasping each other's hand where only the thumb sticks out. Begin the match by saying: One, two, three, four, I declare a thumb war! To win you must pin the opponent's thumb and count to three.
 - Elbows must be on the surface at all times or it will result in a forfeit
- Links
 - <https://www.thumbwrestling.co.uk/thumb-wrestling-rules>

8. Coin Hockey

- Equipment
 - Table
 - 3 Same Sized Coins
 - Tape
 - 6 Pencils/Pens
- Rules
 - Object of the Game: To score the most out of 4 possessions
 - Set up your goals using the pens in a square formation with one open side (you may tape them down for stability).
 - Set three coins in a triangle formation so that one coin resides at the back of your goal and the other two are on the front line of your goal. Use your 3 middle fingers to tap the coins. The first move is to tap the coin that is on the back line between the space made by the other two coins. After this you may only move the coin that is closest to you between the other two each turn. You continue this pattern until you are able to take a shot at the goal. You must complete 3 successful pass throughs before taking your shot on goal. If you fail to pass through the middle on a turn or a coin falls off of the table, you fail to score and the other player may begin their turn. Play resumes until both players complete 4 turns. Whoever scores the most out of these possessions wins.
- Links
 - <https://valleyfamilyfun.ca/coin-hockey/>

9. Table Top Rugby

- Equipment
 - Table
 - 1 sheet of Paper
- Rules
 - Object of the Game: Whoever has the most points after 4 possessions
 - Fold a paper football (see video). The object of the game is to score a touchdown. A touchdown is made when the football has stopped where part of it is hanging over the edge table. If a touchdown is made you will then attempt a field goal. The kicking team will kick off the ball by hitting your fingers on the underside of the table with the football resting in the palm of your hand. If the football goes off the table for kickoff, bring it halfway across the table. The player receiving the ball gets 4 hits to try and score a touchdown. If they fail, then they will kick off to the opposing team. Winner is determined by who has the most points after 4 possessions.
- Links
 - How to fold: <https://www.youtube.com/watch?v=a4hd1jigqLs>
 - Rules: <https://www.artofmanliness.com/articles/how-to-play-paper-football/>

10. House of Cards

- Equipment
 - Table
 - Decks of 52 cards
 - Measuring Tape
- Rules
 - Object of the Game: Tallest Tower wins
 - Whoever can construct the tallest tower in 3 minutes using only the playing cards wins
- Links
 - <https://www.instructables.com/id/How-to-using-techniques-ish--make-a-house-of-car/>

Wednesday: Physical Exercise Games

11. Olympic Swimming

- Equipment
 - Stopwatch
- Rules
 - Object of the Game: Swim the fastest time
 - You set the distance for your race.
 - If you do not have access to a pool, race across the yard on your knees while doing your best swimming stroke
- Links
 - Dryland swimming example funny: <https://www.youtube.com/watch?v=9YpG82i4ykk>

12. Track Olympiad

- Equipment
 - Measuring Tape
 - Stopwatch
 - Roll of Toilet Paper
 - Hurdles (only if you want them)
- Rules
 - Object of the Game: Score the most points after the 3 events (winner of each event receives 3 points, second place receives 2 points, and 3rd place receives 1 point.)
 - Event #1: Race a certain distance that is set by the group - You should use a stop watch to record the times. Use hurdles if necessary. Get in a 3-point start position. Start your race with On Your Mark, Get Set, Go! Fastest time wins.
 - Event #2: Standing Long Jump – Use a tape measure to measure the distance from the forward edge of the take-off spot to the body part that landed closest to the take-off spot. Whoever goes the furthest distance wins.
 - Event #3: Toilet Paper Shot Putt – Take the roll of toilet paper and place it in your hand on the side of the neck of the throwing arm side. Throw when you are ready. Whoever throws the furthest distance wins.
- Links
 - 3 point start: <https://www.youtube.com/watch?v=2UNZKIJvoqw>
 - Long Jump: <https://www.youtube.com/watch?v=CpmTk9kmdm8>
 - Shot Put Throw: <https://www.youtube.com/watch?v=tHVMufMECPo>

13. Body Cycling

- Equipment
 - Timer
- Rules
 - Object of the Game: To do the most bicycle kicks in one minute
 - Complete the most amount of bicycle kicks in 1 minute. Use your competitors to count each bicycle kick. If you touch the ground with your feet then you must stop doing bicycle kicks and whatever amount of kicks occurred will be your score. Whoever has the most wins.
- Links
 - <https://chunkfitness.com/exercises/ab-exercises/lower-ab-exercises/bicycle-kicks-flat-surface>

14. Social Media Gymnastics

- Equipment
 - Social Media – Facebook, Instagram, or Tik Tok (make sure to do #gacfamilychallenge if on FB or Insta)
 - Camera/Smartphone
- Rules
 - Object of the Game: To get the most likes on your post
 - Make a 15 second to 1-minute dance routine. Post the video to social media and the person with the most likes wins. Make sure each participant posts on the same social media platform.
- Links
 - none

15. Household Weightlifting

- Equipment
 - One type of lift and one household object for lifting
- Rules
 - Object of the Game: Whoever can do the most reps in 1-minute wins
 - Find a household item that you can lift safely. Example of weight lifting exercises are bench press, squats, dead lift, etc. Choose one weight lifting exercise to lift your object. Whoever has the most reps in 1-minute wins.
- Links
 - https://en.wikipedia.org/wiki/List_of_weight_training_exercises

Thursday: Special Skills Games

16. Trick Shot

- Equipment
 - Up to you!
 - Suggestions: Nerf gun, Rubber band gun, Pen bow and arrow
- Rules
 - Object of the Game: Whoever completes the most trick shots
 - Each participant will design a trick shot that everyone must complete. They will decide the target and the weapon used. For each trick shot, each person will receive 3 attempts. Whoever has the most successful attempts at the end wins.
- Links
 - <https://www.youtube.com/watch?v=A2FsgKoGD04>
 - How to make a bow pen: <https://www.youtube.com/watch?v=Pi5gYDcyhko>
 - How to make a rubber band gun: <https://www.youtube.com/watch?v=raQdS0rEP5E>

17. Ninja

- Equipment
 - None
- Rules
 - Object of the Game: To be the last one standing
 - To begin the game, everyone gets in a tight circle, shoulder-to-shoulder, with their hands in the middle. At the beginning of the game, select a person who will begin the first turn. Turns go clockwise and so remember who goes before and after you. On the count of three, everyone jumps back into a "Ninja" pose. One-by-one and continuing clockwise, each person takes a turn being the attacker and tries to touch another person's hand in a single, fluid "Ninja" move. The attackee, to avoid being touched, reacts with a single Ninja move. Only the attacker and attackee may move; all others remain frozen. At the end of the "attacker's" single motion and the "attackee's" single response motion both must stay frozen in their new pose. If the attackee's hand is struck, then they are out (you may choose to play where both hands have to be hit. If you are doing this version, keep the hand that is out behind your back.) After the attack is over, the next person may go. The game ends when only one person remains.
- Links
 - <https://www.icebreakers.ws/medium-group/ultimate-ninja-game.html>

18. Food Toss

- Equipment
 - Food of choice such as marshmallows, grapes, peanuts, M&Ms, etc.
- Rules
 - Object of the Game: To catch as many objects as possible out of 5 throws
 - Choose a food object that you are able to catch in your mouth safely. Attempt to catch that food object 5 times. The person throwing the food object **MUST BE 6 feet away**. You may hand sanitize in between each shot. Whoever catches the most wins!
- Links
 - <https://www.youtube.com/watch?v=M1DFFj0WASE>

19. Equestrian Obstacle Course

- Equipment
 - Household items to create the course
 - Fancy clothes
 - Broom
- Rules
 - Object of the Game: To complete the course the fastest while galloping on a broom
 - Create an obstacle course where you will be able to gallop with a broom in fancy clothes. Dress as if you were going to attend the Kentucky Derby. Fastest time through the course wins.
- Links
 - <https://playactivities.com/obstacle-courses-for-kids/>

Friday: Creative Games

20. Minute-To-Win-It Pentathlon

- Equipment
 - Timer
 - 36 cups
 - Cookies
 - Mask
 - Ping pong ball
 - 2 water bottles
 - 25 pennies (other coins are ok)
 - Table
- Rules
 - Object of the Game: Whoever has the fastest combined time after completing all 5 challenges wins
 - All challenges are 1 minute long. If you fail to complete the challenge within 1 minute you will receive 1 minute for your time of that event. Here is a suggestion of 5 activities of you to do, but you may use any 5 that you know.
 1. Cookie Face - Put a cookie on your forehead and try to eat it without the cookie touching the ground. The time will be stopped when the cookie is swallowed.
 2. Stack Attack – Grab one stack of 36 cups. Make a pyramid out of the cups and then unstack them. The time will stop once the cups are back in their original stack.
 3. Stick the Landing – Have 2 water bottles that are partially filled. Grab a bottle in each hand and simultaneously flip the bottles where they will both land on the table. Time will stop at that moment.
 4. Penny Tower – With one hand, stack 25 pennies on top of each other. If you do not have 25 pennies, just use 25 coins that are the same type.
 5. Whippersnapper – Take a mask to shoot a ping pong ball into a cup that is 6 feet away.
- Links
 - <https://redtri.com/the-best-minute-to-win-it-games-for-kids/slide/1>

21. Battleship

- Equipment
 - Aluminum foil
 - Coins
- Rules
 - Object of the Game: To have the last boat floating
 - Create a boat out of aluminum foil. Once everyone has created their boats, place them into a tub of water. Place the same type of coin into each boat one at a time. Keep doing this until all boats have sunk. The last boat still floating wins.
- Links
 - https://www.discovere.org/sites/default/files/Foil%20Boats_082616.pdf

22. The Floor is Lava

- Equipment
 - Your choice
- Rules
 - Object of the Game: To be the last one alive
 - Try to explore as much of the house as you can without touching the floor. If you touch the floor you are out. Last one standing wins. Be Creative!!!!
- Links
 - <https://www.youtube.com/watch?v=HdrORwZzIBk>
 - Really Creative: <https://www.youtube.com/watch?v=PrLxvytR4yl>

23. Quarantine Triathlon

- Equipment
 - Whatever you may need
- Rules
 - Object of the Game: To compete in 3 different events
 - Create a triathlon that best represents your quarantine experience so far. It can be a traditional run, bike, swim or something more creative. Here are some examples:
 1. Longest Handstand, Cartwheel Race, Dance Routine
 2. Whoever can make the tallest toilet paper tower, hand sanitizer egg toss, Nailed it baking attempt
 3. Eat, Sleep, Drink
 4. 3 legged race, sack race, crab crawl
- Links
 - <https://www.youtube.com/watch?v=gslWJ62a0t0>
- Description
 - Homemade Triathlon