



DL Kids Garden Games – Garden Olympics

Equipment Required: Household or garden objects, selection of small toys, ball, beanbag or bag of rice.

The whole family can get involved in this activity, hold your very own garden Olympics and each person will be allocated a different country, or why not use some imagination and create your own country or mystical land! Create a points board to keep track of the points each country (person) gains in each sport (round).

Standing Long Jump

- Set up a starting point using a household item ensuring there is a large space in front of it.
- Countries will take it in turns to run up to the starting point and jump from the starting point forwards.
- Mark where each country lands using a household object
- Which country jumped the furthest? Award 1 point
- Each country gets to jump 3 times meaning 3 points are up for grabs in this sport.

Relay

- Set up two household objects a distance away from each other one of which will be a starting point. Do this for each country.
- Lay out 5 toys for each country at their starting point.
- When you shout 'go!' countries will take 1 object from their starting point and run to their finish point and putting their toy there and then run back to their starting point
- They will grab another toy and do the same with this.
- Continue until all your toys are at the finish point.
- The first country to get all 5 of their toys at the finish point and back to their starting point wins 1 point.

Throwing Challenge

- For this activity you will need a weighted object, ball with no bounce, beanbag, bag of rice etc.
- Mark out a starting point where you will stand to throw your object.
- Lay out markers using hoops, shoes or flat household objects in front of the starting point all different distances away. Give each item a set amount of points, the furthest object will be worth the most points.
- The aim is to throw your object into a hoop/onto a household object to score points.
- Each country will take it in turns and throw 3 times. Keep track of the points and mark them down on your scoreboard.

Hurdles

- Set up a start and finish point. In between the two points set up 'hurdles' (items to jump over) these can be shoes, plant pots, toys, anything you can get your hands on or even make them from some Lego.
- Start at your starting point and when you call 'go!' run towards the first hurdle and leap or jump over it, run to the next and jump or leap over that one, continue until you reach the finish point.
- When you reach the finish, turn around and run back to the start point but this time missing out each hurdle.
- Complete the circuit twice. Either time each country and award 2 points to the fastest country or set up hurdles for each country to compete at the same time and award 2 points to the country who finishes first.

Closing Ceremony

- All the countries will line up and announce the places they have come on the scoreboard, 3rd, 2nd & 1st place.
- Do you have a prize for 1st place? Or maybe everybody just gets an ice-cream award!
- Well done everyone!