



SPORT FESTIVAL

Group Games and Activities

**Special
Olympics**
Ontario

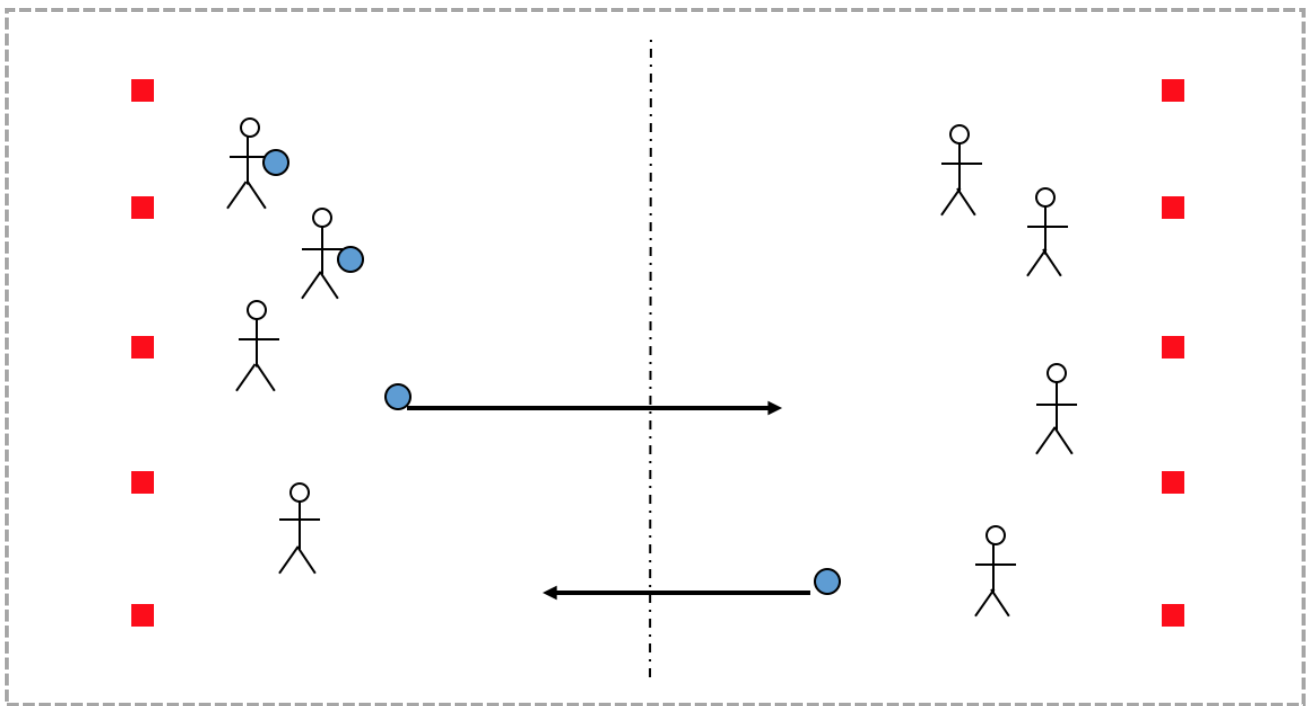


TEAM BLOCK BOWLING

Split the group into Team 1 and Team 2. Place a line of blocks and/or pylons along the back ends of the gymnasium or field space. Each team has to defend their line of blocks.

Provide a variety of activity balls to both teams and instruct them to roll the ball to the other side of the gym or field to try and knock over the pylons or blocks. Teams can defend their line of blocks and pylons by simply trapping/stopping the ball.

If athletes are particularly young or low functioning, you can move the line of blocks and pylons closer to the centre of the space.

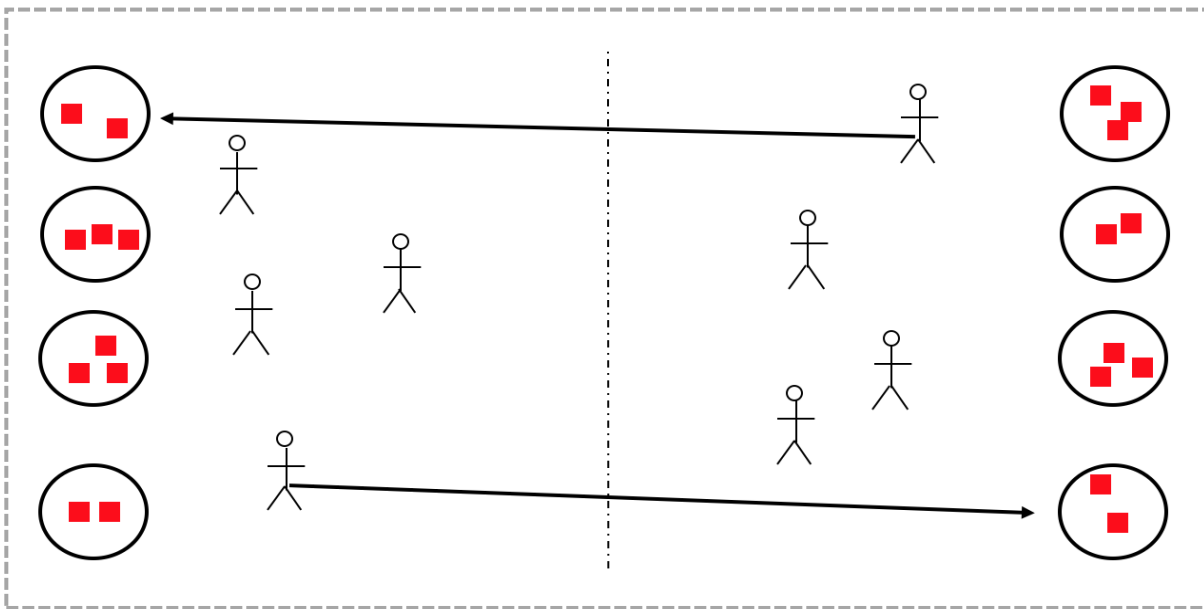


BEAN BAG RELAY

Split the group into Team 1 and Team 2. Place a line of hula hoops along the opposite ends of the gymnasium or field space. Inside each Hula Hoop place an assortment of bean bags and small activity balls.

Inform Team 1 that their job is to run across the gym or field and take the bean bags and activity balls from Team 2. Team 2 has the same objective, to take the balls and bean bags from Team 1.

After a few minutes, you can introduce some defense. If you are tagged on the shoulder by someone on the opposite team while you are trying to take their bean bags, then you have to return to your side of the gym or field to 'reset' before trying again.



TAIL TAG

Identify the play area for the athletes. Hand out scarves or pinnies (whatever is available) to volunteers and athletes and any teachers who would like to participate. Have them tuck the scarf or pinnie into the back of their pants.

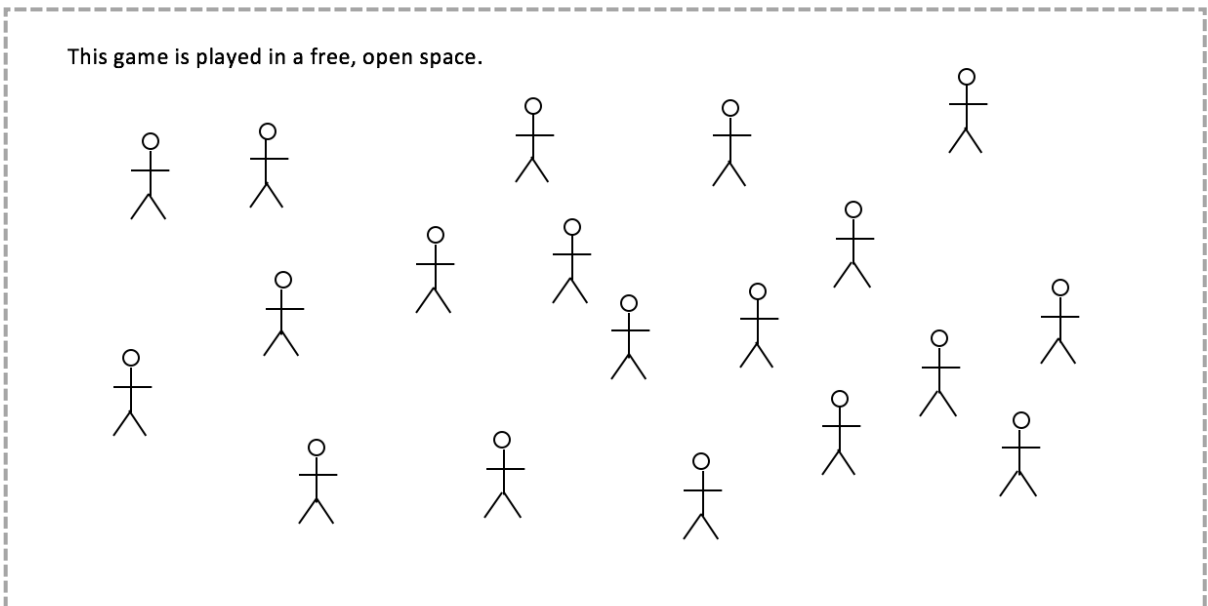
Everyone is 'IT' and everyone's objective is to pull the flag out from another athlete's pants.

Once the flag has been pulled, those two athletes must perform a 'high-five' and then the flag is returned and the game resumes.

The 'high-five' can be substituted for any friendly interaction; double high-five, 5 jumping jacks, 5 push ups, etc. Anything fun, friendly, or active.



This game is played in a free, open space.



BLOB TAG

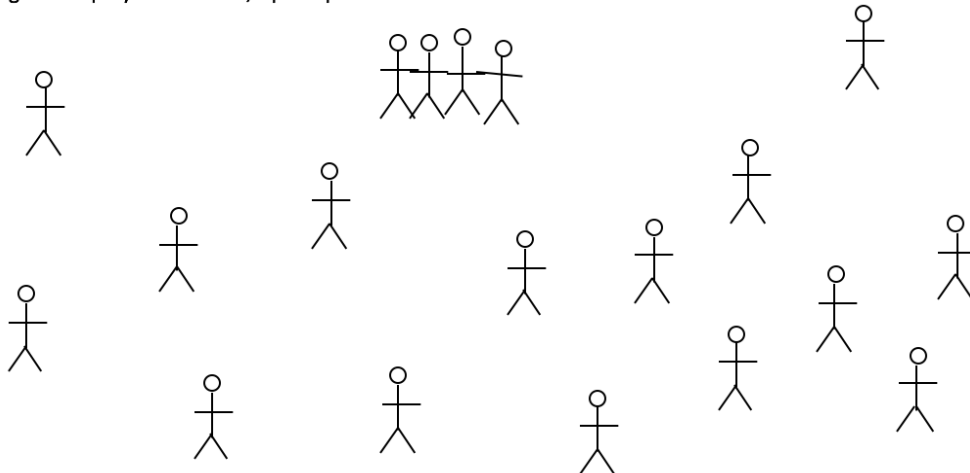
Identify the play area for the athletes. Identify one athlete as 'IT'. Once the game begins, athletes and volunteers disperse throughout the play area. When the person who is 'IT' touches you, you must hold hands or link arms. Both of those players are now 'IT'.

Every time someone is touched by the growing 'IT' line, it grows by one more person. The game is continued until there is one player left in the play area.

You can also have the 'IT' line break up into smaller lines.



This game is played in a free, open space.



PYLON UP, PYLON DOWN

Identify the play area for the athletes. Split the group into two teams; 'Team Up' and 'Team Down'.

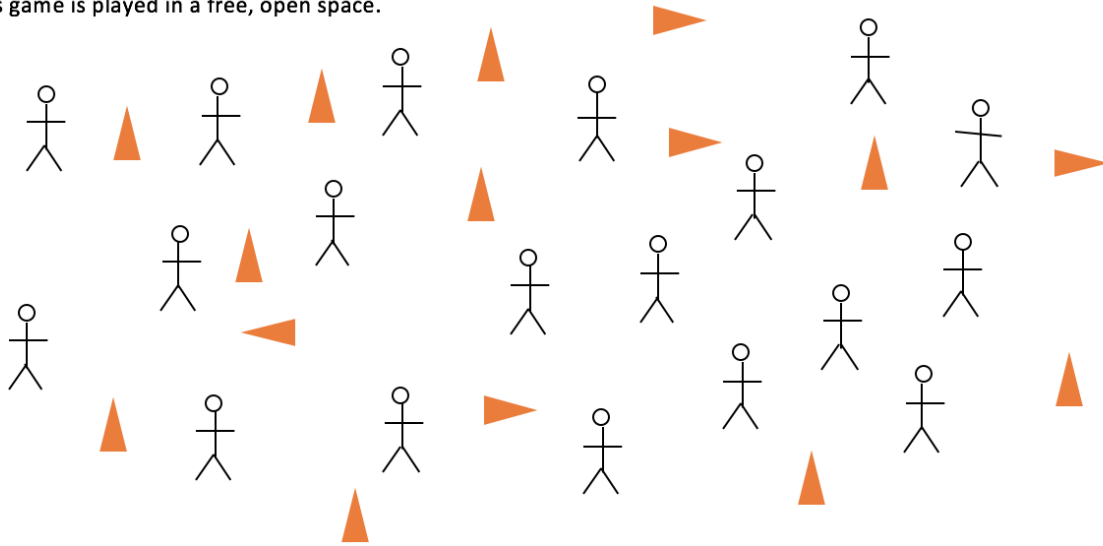
Litter pylons throughout the play area and make sure some are standing upright and other are knocked over.

'Team Up's' job is to make sure all of the pylons are standing up. 'Team Down's' job is to make sure all of the pylons are knocked over (without violently kicking or throwing or hitting the pylons).

This game goes on forever.



This game is played in a free, open space.

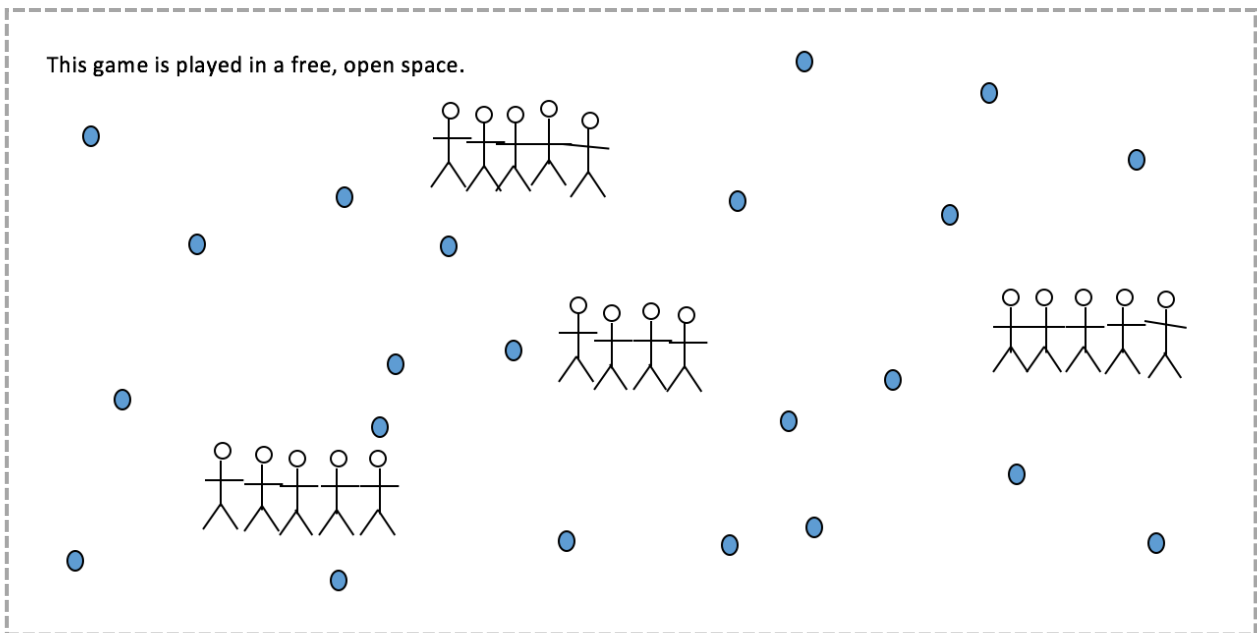


SNAKES

Identify the play area for the athletes. In small groups of 5-8 athletes (have teachers help divide groups) have the athletes line up with the player at the front designated as the 'Leader'. The play at the back has a bucket or a bag of some kind. Litter bean bags and small activity balls throughout the play area.

In their 'Snake Groups', the athletes must run around, as a group, and pick up as many balls and bean bags as they can. The 'Leader' is the only group member who can bend over and pick up the object. The 'Leader' must then pass the object back to the player behind them. Every player on the team must touch the object as it is passed to the player at the back who will then place the object in the bag.

The team with the most objects in their bag when all of the objects have been picked up, wins!



HULA HOOP RESCUE RELAY

Split the group into equal teams of 4-8 athletes. Line one hula hoop per team up along one side of the gym or play space. One team member starts at the hula hoop and the other team members stand across from them in a line at a pylon.

On the whistle, the team member at the hula hoop, picks up the hula hoop and runs, rolls, walks, or jogs to their teammates and wraps the hula hoop over their teammates head and the two of them have to run back to where the hula hoop started.

The teammate who started with the hula hoop then passes the hula hoop to the teammate they just 'rescued' and it is now their turn to 'rescue' the next teammate.

Variations include hopping or crawling instead of running. You can use smaller hoops or larger hoops depending on the athletes. Athletes can both hold on to the hoop instead of wrapping it around a teammate's waste.

