



Activities with families this summer

Lots of different ideas of things to do with families socially distanced.



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Activities with families this summer

This pack came about because the team that plan Urban Saints' Llanddwywe Camps in North Wales realised that they would be unable to run the usual summer family camps in 2021 because of the pandemic. So we decided we'd try and write some things which churches or group leaders can use for meet-ups of families over the summer.

Obviously there are constraints based on the current regulations and what is just sensible in the context of a pandemic. You will need to consider how to run activities while maintaining social distancing between families and not sharing equipment between them without appropriate sanitizing. Your church or group's insurers will probably require that you complete a risk-assessment before running of any activities - this would be normal with or without the pandemic.

Have fun - we hope and pray you have a great summer.

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1. A visit to a park

How about a visit to a park near you, if you want to walk then pick one near you, or how about having a day out to a park further away, you can check facilities etc online. Take a picnic, maybe some games equipment, and enjoy the day. Maybe invite one or two people to share God stories (testimonies) while everyone is sat eating.

2. Car treasure hunt

This idea differs slightly from the classic car treasure hunt model, where individual cars start from the same location at staged intervals, and solve a sequence of clues to progress along a pre-planned route to a final destination. This often includes a critical 'time' element, and the temptation to commit all sorts of traffic violations in order to arrive in the quickest time!



The hunt is based around identifying a number of locations in a given geographical area. Each car is given details of up to 6 locations, along with a number of clues to solve or photos of objects to identify in that location. There is still a strong element of competition, and a prize for the winning team, but the emphasis is more on enabling participants to enjoy the beauty of natural surroundings while solving clues at leisure, rather than a stress-filled dash from A-Z to complete the hunt in the quickest time possible!

Select a suitable time/day to run the treasure hunt

Identify up to 6 locations in a reasonably small geographical area (could be local parks, beauty spots, nature walks, towns/villages etc). When doing this, it is worth considering how busy the location might be at the time/day that you have chosen, and also that there are plenty of free parking options for participants. For example, if you want to run a Car Treasure Hunt on a Bank Holiday, you probably want to avoid tourist hotspots and also be aware of traffic flow issues.

Take a good look around each location, observing signs or landmarks that could be used to form the basis of clues, for an observational quiz. You could also take pictures of objects (close-ups) to identify in a picture round. You could also include a scavenger-hunt element by asking participants to collect items native to that particular location (e.g. a leaf, a business card, a promotional leaflet etc). You could ask each family to photograph themselves in each location.

Once you have settled on the locations/challenges and formatted a question sheet, it is time to advertise/ invite people to take part. Include a telephone number on the question sheet so that participants can contact you having finished the hunt to find out the final destination rendezvous point. If you are really ambitious, you could all meet together for a BBQ/ Picnic to round off the activity and award prizes!

Points are scored for accuracy rather than speed, so the winners of the hunt would generally be those who have correctly answered most questions/ completed most challenges.

3. Fire-pit gathering

Much of the inspiration for this might come from experiences at summer camp around the camp-fire, but will probably need to be adapted to scale! Something that's easy to organise just between a couple of families meeting in a back garden, or perhaps larger settings for church/ family groups.

Things to consider:

Where? Many people these days have firepits/ chimineas in their back garden. As long as they are well serviced, they usually keep a good fire contained and safe. There are generally no laws around lighting fires on your own property, though in extreme circumstances they can be considered a 'nuisance' if, for example, smoke is blowing over a neighbour's property or nearby road, or you choose to burn the wrong kind of fuel! If you are thinking of organising something on common land (parks/ beaches etc) remember to check up on local by-laws first – many parks have designated areas for BBQ's and fires.

With whom? The size of group will probably dictate how ambitious you want to be with the size of fire. It is a good rule of thumb in any instance to have a responsible adult in charge of any health and safety implications, particularly where there might be small children present – identify any potential risks and hazards, taking appropriate steps to make the activity as safe as possible. Always ensure there are sufficient volumes of water available to tackle any unintended spread of fire. The larger the group (or perhaps the larger the fire) always ensure there is a clear and uncluttered distance separating the fire from those present.



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Preparation:

- As part of the activity, it's always fun (where practical) to forage deadwood for fuel (kids generally love this). Alternatively, you can use up wood scraps around the house (ensuring they are stripped of any paintwork etc). Ensure the fire is sited well away from buildings and overhanging trees.
- Camp-fire songs are always fun, a source of great laughter but can also be quite evocative and reflective. If possible, identify someone who is reasonably handy with a guitar or percussion instrument, and have a good supply of songs in hand. If you are really adventurous, why not try to make up some simple tunes as a group?
- Team it up with some food, like a BBQ, and you have the makings of a really fun activity – satisfaction for the soul and the body at the same time!



4. Progressive Supper (or lunch or breakfast, or coffee shop crawl!)

The basic idea behind a progressive supper is quite simple and can be adapted to suit a church-run activity, or family groups joining together to share a meal. The basic premise is that a meal is shared by identifying a number of 'host' households who each provide an element of that meal. For example, in the case of a shared supper, you might have 3/4 courses (starter, main course, dessert, drinks, (cheese and wine if you're posh!)).

It works best if all the households who 'host' are within walking distance of each other (but can also work with transport); choose a start time, begin with the first course, and then progress to the second. Planning ahead is essential, particularly as the activity is shared by a number of people working together:

- Select a suitable date
- Sketch out a guest list
- Choose your hosts giving particular attention to the suitability of their homes to cater for the number of people invited in a socially distanced way - may need to be outside based on regulations at the time of your event
- Develop a menu (perhaps better not to be over-ambitious! and don't forget to consider dietary options as necessary)
- Each host family is allocated a 'course' to provide
- Send out invitations
- Work on the timing schedule for the actual event (start-time, time spent at each venue, time to travel/ walk between venues etc)
- Nearer the date, check-in with hosts, finalise numbers involved

Sometimes also called a Safari supper, if you are really into party planning you could introduce an added element so that guests have to solve a riddle to work out where they need to go next! Or you could agree on a theme for the activity, or a fancy-dress option.

N.B It goes without saying that any planned activity would need to be carefully considered alongside current Covid guidelines/ restrictions, and suitably risk-assessed to reflect this.

5. Social action activity (e.g. litter picking)

This is something of a feelgood activity which is also great for building togetherness. The simple act of picking litter often has the dramatic effect of improving local areas and is something that benefits (and is generally appreciated by) locals who also use the area.

Be aware that there are often local action groups such as 'Keep Britain Tidy' or the 'Wildlife Trust' that are a great source of advice on how to organise something like a litter pick. In many cases they may also supply you with kit to carry out the activity (high-viz jackets, litter pickers, bags etc) and areas to target safely.

Things to consider:

- a) Identify a specific area that you want to target (could be a local area that is particularly blighted by litter, local park etc.)
- b) Carry out a check of the area you have identified. Contact the landowner (whether it is private or public land) to make them aware of what you are proposing. Survey the area and identify any particular risks or hazards.
- c) It may be appropriate to ensure that you have public liability insurance in place to cover any mishaps/ damage to property etc.



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d) Identify your litter picking team ahead of the activity and brief them on the target area/ what to wear/ whether to bring packed lunch/ refreshments etc.

e) Where possible, try to separate litter for appropriate recycling. Depending on who is supplying equipment, it would also be good ahead of time to agree a plan on how you intend to dispose of the litter (agreement with local recycling centre etc.)

On the day, gather the team and inform about:

- The health and safety risks (as identified in your risk assessment) and precautions to avoid them.
- How to use the equipment.
- The agreed area and route. If it's a large area you are picking, allocate parts of it to particular families so they can chat while they work.
- Who is carrying a first aid kit or where the first aid point is.
- Where the break areas are and where is good for sheltering from bad weather.
- Where the nearest toilets are.
- Where the 'lost and found' area is, if you have one.
- Where to place full rubbish bags.
- An appropriate time to meet, either an agree end-time to the activity or to take a break together (and compare litter-picking exploits and experiences!).

6. Boccia (pronounced bot-cha)

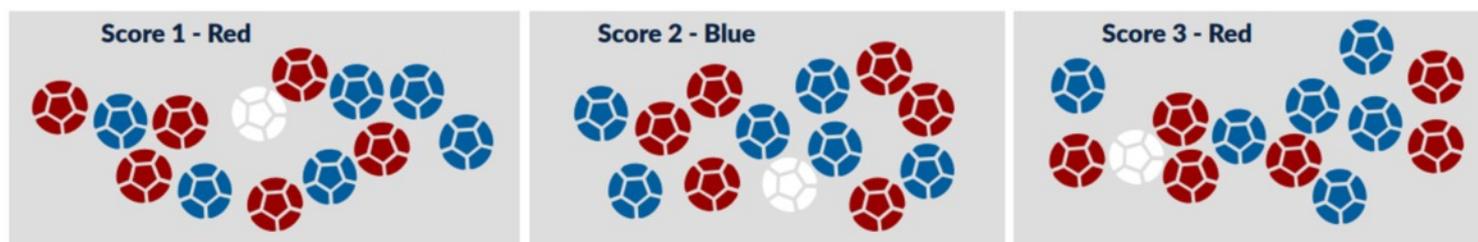
Boccia is a Paralympic sport and is similar to bowls. The aim of boccia is to throw the balls as close as possible to the jack (white ball). The team with the most balls closest wins. The game is played on a flat, smooth surface, usually indoors. It can easily be played in family teams.

You will need:

- 1 small white ball or 'jack', 6 red balls, 6 blue balls,
(If you don't have any boccia balls, why not have a go at making your own! Follow the simple instructions on the next page)
- A chair for each person playing (All players must be seated during a game)
- Teams: 1 v 1 (6 balls each) or 2 v 2 (3 balls each) or 3 v 3 (2 balls each)

How to play:

- Place all seats in a row (you must remain seated at all times)
- Have a clear area that you can use as the court
- A player throws the white ball (jack) into the court
- The same player throws their coloured ball to try and get as close to the white ball as possible
- The opposing player throws a coloured ball towards the white ball
- The side who is not closest to the jack will then play next. This pattern is continued until all the balls have been played.
- Teams get a point for every ball they have closer than the opposition. (see examples below)



Boccia Balls



You will need:

Long grain rice,
plastic food bag (1 for each ball),
balloons (2 for each ball),
plastic cup, scissors.

For Boccia you will need:
1 small white ball, 6 red balls,
6 blue balls



1. Fill plastic cup 3/4 full with rice.



2. Pour rice into plastic food bag. If you don't have a plastic bag, you could use some cling film.



3. Get rice in one corner. Twist the bag a few times, make sure you don't have any air in bag.



4. Wrap bag around rice. Try not to get any bulges of bag.



5. Cut the neck off the balloon.



6. Gently stretch balloon over the bag of rice.



7. The bag of rice should easily fit inside balloon. If you have small balloons, you may need to put less rice in the bag. Use hands to mould into a ball shape.



8. Cut the neck off another balloon. Stretch it over the first balloon, make sure you cover the opening of the first balloon.



Your boccia ball is complete!

Repeat steps 1-8 to make:

6 red Boccia balls

6 blue Boccia balls

1 smaller white 'jack'/ball

Have fun!

7. Bible story activity circus

Choose a Bible story and find activities linked to it, then set up 'stations' with activities linked to the Bible story. Begin by reading the Bible story then families can rotate around the stations until they have completed all the activities. They should have a fixed amount of time to complete each activity.

Finish by re-reading the story together.

Example of a story and activity - The lost sheep

1. Make sheep - Cut out the shape of a sheep, stick cotton wool balls on it to make the body, cut out a head shape from black card, stick googly eyes on it and attach it to the top of the sheep's body.
2. Play hide the sheep
Hide a sheep toy and send someone to find it, if they get close say baa baa louder, if they are moving further away say baa baa quieter.
3. Wool patterns
Tie two sticks together to make a cross then weave wool over and under each of the four sticks, use different coloured wool to make patterns
4. Play hide and sheep
1 person hides and the others try to find them
5. Shepherd and sheep
1 person is the shepherd and all the others are sheep, the sheep have to be directed by the shepherd, by using sounds for left right, forward and stop. The signals can be told to the sheep before the game starts but once the game starts no one can speak. The shepherd has to get the sheep from 1 point to a designated pen by just using the signals.



8. Going on a stone hunt around the community

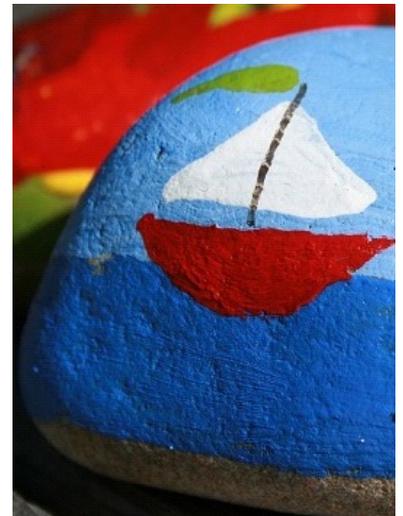
Decorate a number of stones with pictures, or words these maybe linked to a Bible story.

Hide/place them around your community - under hedges, in shop windows (with permission) etc

Give the families clues as to where they may find them.

Families go on a hunt for them, taking photos of themselves standing by them (then leave the stone where they found it) this could happen over a few days.

You could give a prize to the family who finds the most.



9. Wet 'n wild

This is a series of water games. It's a lot of fun and can be run as a competition. You could finish off with a big water fight at the end for those who want to (make sure you create a 'safe' space for those who don't).

If you are using the same equipment for different families as part of these activities, don't forget to sanitise it between families. For games C, G & H you will need separate blindfolds for each family and for game E separate sponges for each family. Obviously you don't have to play all the games – pick the ones which will work best with those present. You'll need a team member to run and score each event.

Game A: Drenching ducks

Have a line of plastic ducks arranged on a bench or plank. Stand one family each side of the bench a few feet away and give everyone a filled water pistol.

They have one pistol's-worth of water to knock as many ducks as possible off on the other family's side.

To score: count the number of ducks knocked off by each family in the time allowed.



Game B: Water balloons in the bag

A parent stands inside a bin bag and holds out the edges of it in front of them.

Take the rest of the family about 5 metres away and give each person three filled water balloons.

They take turns to throw these at the parent in the bag – the idea is for them to be caught in the bin bag without bursting.

To score: count the number of unburst balloons in the bag at the end.

Game C: Blindfolded balloon rounders

Blindfold one family member and give them a rounders bat/cricket bat/tennis racket.

The rest of the team stand a few yards away and take turns to throw a water balloon each for the person to hit. Any unburst balloons can be rethrown in the time allowed.

To score: count how many they burst.

Game D: Three-legged, two-armed water carry

Divide the family into pairs with their legs tied together. Each pair in turn carries a full bucket of water down a course - ON THEIR HEAD. They may only hold the bucket with one hand each.

To score: measure the amount of water left in the bucket for each pair and add these together to get the family score.

Game E: Chin pass wet sponges

Stand the family in a line. Give the first person a sponge. They soak it from a bucket of water and then put it under their chin and try to pass it under chin down the line (NO HANDS). The last person takes it out from under his/her chin and squeezes it out into a second bucket.

To score: measure how much water is in the end bucket at the end.

Game F: Passing water in plastic cups relay

Sit the family in a line with bucket full of water at the front and an empty one at back. They pass full cups of water above their heads in a relay. The person at back empties the cup over their head into the empty bucket then comes to the front and everyone else moves back. Keep going for a set amount of time.

If you're a bit more adventurous, drill a small hole in the plastic cups so it leaks as they pass it over their heads.

To score: measure the amount of water each team has in the end bucket.



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Game G: Blindfolded Mallet burst

Blindfold one member of the team and give them a rubber mallet or rounders bat and spin them round. Place a water balloon a few yards away on the ground. The rest of the family shout directions to the balloon until they burst it. Then the next family member gets a turn.

To score: record how many water balloons are burst in the time allowed.



Game H: Shooting foam off noses

Put shaving foam on the nose of a parent and blindfold them (to make sure they don't get foam in their eyes). Stand the rest of the family a few yards away and give them water pistols. They have to shoot all the foam off the parent's nose. If they do this before the time is up, reload the nose with foam.

To score: time how long it takes to clean the nose and how many times they do it.

Game I: Water balloon throwing without bursting (in pairs)

Get the family into pairs and give each pair a well filled water balloon. Stand them 1 metre apart facing each other. They throw the balloon and catch it. Now increase the distance by 1 step and throw again. Keep going until they drop the balloon or it bursts.

NB. You could also try this game with raw eggs.

To score: record the furthest distance apart that each pair throws the balloon without bursting or dropping it on the ground.

Game J: Finale – water balloon catch

This is not part of the competition – a game for everyone at the same time.

Stand everyone in a socially-distanced circle. Call each person's name at random while throwing balloons into the air. Throw higher for those more physically able!

If they catch it, they stand still and get to throw it at whoever they like!



REMINDER:

When playing these games with families, don't let it degenerate into an all-out water fight before ensuring the more timid or smaller family members have had a chance to retreat to a safe place!

10. Outdoor movie

Set up a screen or sheet as a big screen, a projector and laptop and some sound system/speakers and show a movie outdoors. You could combine this with a BBQ or give each family group snacks – popcorn, hot-dogs, ice-creams etc as they watch. Make sure families remain socially distanced. You could suggest they bring camping chairs or picnic blanket with them.

Note: If you're doing this and it's not dark enough for your screen, try putting it inside a dark gazebo. It's important that you try this before the event to make sure it all works.

11. Murder mystery treasure hunt

In advance, place some cards containing clues around your community. These should be clues which will help the families (detectives) to solve a murder – there are plenty available online or you could write your own to include names similar to people the families will all know!

Ask to put these in the windows of houses or businesses. Number each clue and make a note on a map of the area of where they all are. You could also add a 'key word' to each – this being one word from a short Bible verse.

Now copy the map so that there are enough for each family to have one. As you give them the map, tell them they can find the clues in any order and how much time they have. Also tell them to collect the 'Key words' from each clue and bring this back too.

At the end of the allotted time, see who can correctly solve the murder and tell you the Bible verse.



12. Egg drop

In advance, ask each family to bring some recycling with them – cardboard, plastic tubs/bottles, bubble wrap, envelopes, boxes etc. Don't tell them why.

At the event give each family a full roll of Sellotape, some string, a couple of elastic bands, a banana (just to make them wonder 'why?') and a pair of scissors. Also give them a raw egg.

Explain that at the end of the time, you will be dropping their egg from an upstairs window or a ladder. Their task is now to make some sort of contraption around their egg which will keep it from smashing as it lands. They can ONLY use the junk they brought and what you have given them. Have fun dropping each person's egg at the end. You could ask someone to video them.

13. Woodland art

Take the families to a woodland or park and ask them to choose a tree for their family. The idea is to create a work of art using only the natural materials around their tree. Stress that they should not pick or pull up any wild flowers or disturb any wildlife. You could also give them chalk to decorate their tree.

At the end of the time, invite families to visit and admire each other's art installation.

14. Stone towers

This is an activity to play near a stream, beach or lake. The idea is to build the most impressive, elaborate tower possible using only the stones and other natural materials at the side of or in the water. They can build in the water or on dry land.



15. Crazy food games event

Here are series of crazy food challenges you could play together. You can devise a way of scoring for each game and make this competitive or you could simply invite a different family to play each game.

If you are playing this as a competition, make sure you have enough equipment for each family to have a separate set for every game. Warn everyone in advance to wear old clothes or give them all large bin bags with holes in to wear over their clothes. You don't have to play every game – pick those that suit your families. Don't play any of these games near sort furnishings or on a carpeted floor. Make sure you ask each family about food allergies before asking them to play a game – saves writing an incident report later!

Game A: Sweet and flour

Fill a large desert/cereal bowl with flour and level it off. Put a large plate over the top then tip it over and remove the bowl (so you have a flour-castle). Carefully place a sweet on the top in the middle. Family members take turns to cut away a bit of the flour-castle using a blunt knife. They should try to do this without the sweet falling down onto the plate. They keep going until someone fails and knocks down the sweet. This person then has to get the sweet out of the flour using only their mouth (NO HANDS). They will end up covered in flour – make sure you have a camera ready!

Game B: Sweets out of beans

Half fill a mixing bowl with cold baked beans or spaghetti hoops. Put some sweets into the bowl and stir them in well. Each member of the family takes turns to try and retrieve a sweet from the bowl using only their face (NO HANDS). Take lots of pictures and have some wet-wipes and kitchen roll handy!

Game C: Feet sweets out of custard

Half fill a mixing bowl with custard. Now add a few sweets and stir in well. Each member of the family takes turns to try and retrieve a sweet using only their bare feet (NO HANDS). If you're playing this as part of a competition, they only score for the sweets they eat!

Game D: Blindfolded feeding in pairs

Split each family into pairs. Sit each pair facing each other and give each person a pot of jelly and a spoon. Now blindfold all family members. The game is for each person to feed jelly to the person opposite them. They can't eat jelly from their own pot.

You could also play this with yoghurt, mouse, chocolate pudding, baby food.

Game E: Blindfolded feeding a person from behind

Split each family into pairs and sit the oldest of each pair at a table. Now put a bowl of instant whip or similar in front of them with a spoon before blindfolding them. They must now put both hands on their head and keep them there and not move at all.

The other person in each pair kneels behind their partner in the chair and is also blindfolded. Their job is to use the spoon to feed their seated partner.

Game F: Eating chocolate pudding through stockings/tights

Stand each family member in a line and give each a stocking to put over their head. Then give each a pot of chocolate pudding and a teaspoon. This is a straight race – the idea is to eat all the pudding through the stocking. They can only use the spoon - no hands! They may not lift the pot to their face.

Game G: Banana and lemonade race

This is a game for families with older children.

Stand the family in a line and hand each person a can of lemonade and a banana. When you say 'go' they race to eat the banana and drink the lemonade. First to finish both wins.

NB. Have a mop handy!

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Game H: Ice cream sundae laying down

Split the family into pairs. One person in each pair stands on a chair and is given a plate of ice cream, a spoon and a bottle of sauce. The other lays on the floor with their head at the foot of the chair and are not allowed to move. Those on the chairs have to drop spoons full of ice cream from their head height to be caught by their partner laying on the ground in their mouth. They can also add sauce (from a height) form time to time!

Game I: Jam doughnut challenge

Have a family stand behind a row of tables facing the audience. Put a jam doughnut on a plate in front of each person and tell them to put both hands behind their back and keep them there. It's a race to eat the doughnut without using hands AND without licking their lips. The audience can cheer along but also watch for any lip licking. The first to finish and swallow the doughnut wins – tongue out to prove it's finished. You could award them another doughnut as their prize!

Game J: Dangling doughnuts

In advance, tie enough ring doughnuts for each person to lengths of string around 70cm long. Then tie the other end of each string to a long piece of string or rope. Stand the family in a line and ask them all to kneel down. Two helpers then hold up the ends of the long string so that a doughnut is dangling over each family member. Then it's a race to see who can finish their doughnut first without using their hands or dropping any on the floor. The 'helpers' might 'help' by moving the string up and down a bit!

Game K: Cracker racing

Stand the family in a line and give each person 8 cream crackers. It's a straight race to finish them and then stick out a clean tongue. Have some water handy for afterwards – they'll need it!

Game L: Warewolf!

Divide the family into pairs. One person from each pair sits on a chair with their hands behind them. They must remain completely still. The other person is given a pot of chocolate spread (not the nutty kind) and a bag of cotton wool balls. Their task is to turn their seated partner into a warewolf by sticking the cotton wool to their face using the chocolate spread. When the allotted time runs out, the audience can judge which is the winner.

Game M: What is it?

Stand the family in a line and blindfold each person. Ask them to open their mouths and bring in some plates with different foods on for them to try. They have to guess what each is. Have some easy ones to start – a strawberry or banana. Then you could move on to some harder ones – prawn cocktail crisps or toothpaste – before (piece de resistance) some dried crickets.

16. DIY concert

Invite each family to contribute one item to a concert or talent show. This could be a musical item, some jokes, a sketch, some conjuring, juggling, unicycling or any other performance talent they have. Appoint someone to be MC and introduce the acts - they could dress up.

You could lay on some refreshments while everyone enjoys each other's performances.

17. Families Olympics

This is a series of dry games which you can run as a competition.

If you are using the same equipment for different families as part of these activities, don't forget to sanitise it between users. Obviously you don't have to play all the games – just choose those you think will work best with the families you have. You'll need a team member to run and score each event.

Game A: Welly wanging

This is one that everyone can play. Mark a line on the grass using a rope. Each member of the family throws a wellington from behind the line - it's a good idea to have different sized wellies for different sized players!

To score: When they've all been, measure the distances thrown. Add these together and divide by the number of people in the family. This will be the family's average which you can use to score against other families.

Game B: Three legged race

Each family can select 2 players for this game - preferably two around the same height!

They stand next to each other and tie their legs together using some old tights or long socks tied together - don't use rope or string as this could burn.

To score: All the families can race together or, if you're doing games as a 'circus/round robbin' you can time each family.

Game C: Sock put!

In advance, ask each family to bring 3 adult sized pairs of socks - or provide a lot yourself and be prepared to sanitise them between families. Roll the socks together to make one large ball and mark a line on the grass using a rope.

Now each member of the family can have a turn to throw. They lay on the floor at right angles to the rope with their head nearest it. They then have to throw the sock ball over their head using both hands. They MUST keep their shoulders on the ground at all times when throwing.

To score: Measure the longest throw for each family.

Game D: Dizzy dash

You will need a unihoc stick or cricket bat for this. The family line up to take turns at this. Mark a start line on the ground using rope. The first person looks upwards and places the stick/bat vertically on their nose. With their eyes open, looking upwards another family members spins them round quickly 5 times (to make them dizzy). They then have to run down a course, round a cone and back again. When they cross the line, the next family member goes (relay). As families are not all the same number of people, set a 'standard' number of turns based on your largest family. For smaller families, this means that one or more players will need to go more than once. Don't forget to take pictures!

To score: Time how long it took to complete the 'standard' number of runs.

Game E: Wheelbarrow racing

Mark start and finish lines on the grass with rope. Each family nominates 2 people to play this. One lays face down on the grass with legs slightly apart and goes rigid. The other stands between their feet and picks up their legs. They have to race down the course in the fastest time with the first person walking on their hands and the second holding their feet/legs up.

To score: Either do this as a straight race with all your families together or time each family completing the course.

Game F: Dodgeball race

You will need a large number of sponge balls and at least 2 team members for this.

Mark out a large square on the grass using rope. The family line up along one side. Their task is to run (one at a time) from one end to the other of the square as many times as they can in 3 minutes. The team members line up on adjacent sides (opposite each other) and each has a supply of sponge balls. Their task is to throw these at the family as they run.

To score: Count the number of runs completed by family members without being hit.

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Game G: Obstacle race

Mark a start and finish line and set up an obstacle course. The longer, more obscure this is, the better! Here are some ideas for obstacles - you'll probably be able to think of others:

- Old tyres - for stepping through
- Hoops - for putting right over your head
- Old blanket, tarpauline or net - for crawling under
- Dumpy buckets/dustbins - for climbing into and out of
- Paddling pool filled with balls - to wade through
- Cones/flower pots etc to dodge walking on

Family members go one at a time.

Don't forget to sanitise obstacles between families!

To score: Time each family member. Add the times together and divide by the number of family members to give their 'average' time. Then compare this with other families.

Game H: Egg catch

This is a game that is best played all together. Families each nominate 2 people to take part.

Mark a long line on the grass. Each pair of people stand either side of the line facing one another. One is given an egg. Family pairs take it in turns to throw the egg to their partner across the line. If they drop it, they are 'out.' If they catch it successfully, both players take a step backwards (making the gap between them bigger) and the process is repeated with those still 'in' until one family wins.

To score: Keep a note of the order in which pairs are 'out' and award highest points for those who manage the most throws.

At the end of your 'olympics' add up all the scores and announce the winning families. You could have an awards ceremony with flags, anthem and medals - or maybe some kind of prize the family can enjoy together.