

## [2020 Labor Day Weekend Backyard Family Olympics](#)

During the Labor Day Weekend, have some family fun either at home or in your backyard competing in fun games – some requiring physical challenge, all promoting family fun!

Families are encouraged to send photos of their event competition to Hanscom FSS Facebook page at [www.facebook.com/66FSSHanscom](http://www.facebook.com/66FSSHanscom). Photos showing the most enthusiastic family competition will be awarded prizes. Photos must be submitted by no later than September 11.

*Family Olympic Events and instructions are listed below:*

### **Throwing Contests**

Measure the distance that contestants throw:

- Colored or labeled ping pong balls — two throws per person.
- Straws — two throws per person.
- Paper plates — two throws per person.

### **Relays**

- Team members place their shoes in a pile. Then one at a time each teammate races to the shoes, puts his or her shoes on, and returns to the team.
- Each team has an empty 16-ounce bottle, a large sponge, and a bucket of water. Each player races 10 yards to the bottle and squeezes water from the sponge into the bottle.
- Players return to the line and repeat until their team's bottle is filled.

### **Water Balloon Races**

Form teams for these relays:

- Balance balloons on tennis rackets, and race to a turn-around line and back.
- Have each team member race with a water balloon between his or her knees.
- Form pairs. Place a water balloon between partners' waists, and race to a turn-around line and back.

### **Squirt Bottle Games**

Use empty dish detergent bottles for these games:

- **Squirt and Fill:** Form two teams. Each team stands in a semi-circle and chooses one person to be "It." It holds a small plastic bowl. Everyone else gets a squirt bottle filled with water. On "go," each team squirts water into its bowl. The team with the fullest bowl wins.
- **Soak Down:** Each team uses shaving cream to make a "hat" on one of their teammates. Players stand around this person and wash away the foam with their squirt bottles. The team with the first clean player wins.

### **Blanket Drag Race**

- Grab some blankets and attempt to pull your team mate across the lawn/floor as fast as you possibly can.

### **Silent Ball**

- **How to Play It:** A group tosses a ball around. If you drop it, you're out. If you make a bad pass, you're out. If you make a noise, you're out. Last person in wins.

### **The Olympic Medal Ceremony:**

Don't have gold medals to award for your winning Olympic team? Crown the family fitness winners with construction-paper crowns. They get to decide the dinner menu, pick the evening's movie to watch, and let their loyal subjects (a.k.a. the losing team) handle the chores.