**The Silly Olympics**

**BASKETBALL**

**Equipment: laundry basket, ball**

**Rules: place a laundry basket on a high shelf or surface and aim your ball, see how many shots you can get in 5 minutes. Each shot is worth two points.**

**SWIMMING**

**Equipment: bath**

**Rules: Sit up in the bath and see how many arm strokes you can do in 3 minutes, each stroke is worth 5 points.**

**KARATE**

**Equipment: chair**

**Rules: sit on your chair and kick your legs, see how many kicks you can do in 30 min, each kick is worth 0.5 points**

**BOXING**

**Equipment: Pillow**

**Rules: see how many times you can punch your pillow in 30 seconds each punch is worth 2 points**

**JAVELLIN**

**Equipment: Pens/Pencils**

**Rules: see how far you can throw 5 pens and which ever one goes the farthest will gain you 10 points.**

**SKIING**

**Equipment: Tray**

**Rules: See how long you can balance on one leg for, if it Is over 10 seconds, give yourself 5 points**

**GYMNASTICS/BEAM**

**Equipment: Masking tape (in a straight line)**

**Rules: See if you can walk across the straight line, if you can, award yourself 2 points**

**HORSE JUMPING**

**Equipment: Broom**

**Rules: see how many jumps you can do in 15 seconds, each jump is worth 1 point**

**WEIGHT LIFTING**

**Equipment: books**

**Rules: see how many books you can hold, each book is worth one point**

**BOWLING**

**Equipment: 6 toilet rolls/A ball**

**Rules: see how many toilet rolls you can knock over with your ball, you get three chances and each toilet roll that you knock over is worth 3 points**

**WELL DONE ! - You have completed the SILLY OLYMPICS !**

**Add up all of your points and see what your grand total is.**

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