

ASD-N VIRTUAL OLYMPICS DAY 3

EVENT #1

HAMPERED IN - HAVE A PARTNER STANDING WITH THEIR BACK TO YOU ABOUT 10 FEET AWAY WITH 10 PAIRS OF SOCKS ALL BALLED UP. HAVE THE PARTNER BEGIN THROWING 1 BUNDLE OF SOCKS AT A TIME BY LOBBING THEM BACKWARD HIGH INTO THE AIR. SEE HOW MANY PAIRS YOU CAN CATCH IN A LAUNDRY BASKET OR HAMPER. GIVE YOURSELF 1 POINT FOR EACH PAIR IN THE BASKET. RECORD YOUR SCORE OUT OF 10.

EVENT #2

SKEE BALL - SET UP THREE BOXES OR LAUNDRY HAMPERS IN A ROW WITH RAMP LEADING UP TO THE FIRST ONE. THE CLOSEST HAMPER TO THE RAMP IS WORTH 1 POINT, THE NEXT 2 POINTS AND THE 3RD IS WORTH 3 POINTS. YOU WILL ROLL A BALL UP THE RAMP, IF THE BALL LANDS IN A BASKET YOU GET THAT NUMBER OF POINTS. RUN AND GET YOUR BALL AND ROLL AGAIN. SCORE AS MANY POINTS AS POSSIBLE IN 1 MINUTE. REMEMBER YOU MUST USE THE SAME BALL FOR EVERY ROLL.

EVENT #3

HOOP AND POLE WITHOUT A HOOP OR POLE - AN INDIGENOUS PEOPLES GAME (MOVING TARGET) PLAYED WITH HOOPS AND SPEARS. REINVENTED HERE: PARTNER WALKS, JOGS OR RUNS (DEPENDING ON LEVEL CHOSEN) OVER A 20 FOOT DISTANCE CARRYING A HAMPER (OPEN TO THE SHOOTER) AT THEIR SIDE. SHOOTER HAS 5 PAIRS OF ROLLED UP SOCKS. TAKE 1 SHOT/PASS AT THE MOVING HAMPER. STRIKING THE HAMPER (DOES NOT NEED TO STAY IN) = 1 PT FOR A TOTAL POSSIBLE SCORE OF 5 PTS OVER THE 5 PASSES. RECORD YOUR BEST SCORE.

LEVEL 1 - WALKING

LEVEL 2 - JOGGING

LEVEL 3 - SPRINTING