

Ping Pong Sailing

Place ping pong ball on the floor and mark starting point. Blow up the balloon and see how far you can roll the ball using only the air from the balloon. Measure the distance.

Fruit by the Futbol

Start a timer. Unwrap your fruit by the foot. See how fast you can eat the entire fruit by the foot (chew and swallow!).

Toilet Paper Shot Put

Go outside. Mark your starting place. Spin in a circle and launch your toilet paper roll. Measure how far you threw it.

Balloon Volleyball

Blow up your balloon. Set a timer. Time how long you can keep the balloon from touching the ground by hitting it up in the air with alternating hands.

Olympic Rings Minute to Win It

Unwrap all your lifesaver candies and place on table. Set a timer for one minute. When the timer starts, hold the wooden skewer in your mouth and begin moving the candies (one at a time) into the cup using only the skewer. See how many candies you can move in one minute. No hands!

Ping Pong Hurdles

Set up three solo cups in a vertical line, each filled to the brim with water. Place the ping pong ball in the 1st cup. Using only your breath, time how long it takes to get the ball to the 3rd cup.

Personal Table Tennis

Set up a series of household objects. Get your ping pong ball to bounce off as many objects (pots/pans/baking sheets) as possible before landing it in a cup. Winner is based on number of household objects the ball bounces off.

Spider Golf

Place your spiders and a cup on the counter. Using the sticky hand "catch" your spiders and move them to the cup. Time how long it takes you.

Paper Airplane Archery

Set up three lightweight household objects across the room. Create three paper airplanes. Time how long it takes to knock all three objects over using the paper airplanes.

Make Your Olympic Persona

Using the enclosed foam ball, craft roll and pipe cleaner, make and decorate your own Olympic athlete. Submit a picture.

THE POINTS

1st - 15 points

2nd - 10 points

3rd - 5 points

OTHER POINTS

Submit results:

5 points

Send a picture:

5 points

Send a video:

5 points

Service project:

10 points

THE RULES

1. All results must be submitted to Kimmy.
2. Points are earned based on performance, but additional points are awarded based on how you show me the activity.
3. You can also earn points by participating in a service project. Directions are below.
4. All results must be submitted by July 31.

Make Sandwiches for the YMCA

Join our efforts to provide 5,000 sandwiches to kids in our community this summer. Sign-up to make and deliver 25 sandwiches. Sign-up: <https://tinyurl.com/ymcasandwiches>

Write a Note to a Church Member

Using the provided card and pre-stamped, pre-addressed envelope write a note to a church member. Let them know who you are and that you are thinking about them. Mail the card!

Send Results to Kimmy

Text:
404-632-9933

E-mail:
kimmy@fpccov.org