



# OC Olympic Events

Come for Some Fun & Competition!

Event Number & Name:	Game Rules:	Modifications to Event: (These can be adjusted as needed the day of the event.)	Tentative Location:	Equipment Needed:	Sensory Tools Needed:	Number of Volunteers needed:
<b>EVENT #1:</b> Quiet event Dominos	Create long domino designs or match numbers - decide between the two teams.	Work in 2 person teams, adult/buddy support	Cafeteria OCHS West Side	Dominos & tables & chairs.	Headphones	6-10
<b>EVENT #2:</b> Lightning	<ol style="list-style-type: none"> <li>1. The 1st person shoots a free throw.</li> <li>2. If they make it, go to the end of the line and continue playing.</li> <li>3. If they miss they must make a layup or bunny shot before the person behind them makes their free throw or bunny shot.</li> </ol>	<ol style="list-style-type: none"> <li>1. Shortened distance for the free throw line.</li> <li>2. Age categories.</li> <li>3. Assistance from a buddy.</li> </ol>	OCHS Main Gym	Basketballs Bleachers	Headphones	4-6
<b>EVENT #3:</b> Badminton	Keep the birdie in play as long as possible.	2 kids on each side of net, multiple stations set up on gym floor	OCHS Auxiliary Gym	Rackets, Birdie, Nets	Headphones	10-15



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<b>EVENT # 4:</b> Football toss	Toss the football as far as possible.	Adjust where throw from	Football field - North End	Nerf footballs or regular footballs & Tape Measure or yard marker	Headphones	8-10
Track event <b>EVENT # 5:</b> Relay Race	<b>Relay Race:</b> 1. 3-4 person team 2. One time around the track - split 3-4 ways.	- Use of wheelchair or scooter or horse back ride from adult or buddy - Group by age and/or ability.	Track at OCHS - North End	Baton	Headphones	4-5
Track Events: <b>EVENT # 6:</b> 1. Sprint  <b>EVENT # 7:</b> 2. Long Jump  <b>EVENT # 8:</b> 3. Shot Put (Bean Bag? or Softball or Baseball)	<b>Sprint:</b> 1. Race to the finish line.  <b>Long Jump:</b> 1. Jump as far as you can  <b>Shot Put:</b> 1. Throw it as far as you can.	<b>Sprint:</b> Use of wheelchair, scooter or horse back ride. Adjust distance for age and ability. Move up the starting line.  <b>Long Jump:</b> Adult/buddy assistance or support.  <b>Shot Put:</b> Adult/buddy assistance.	Track at OCHS And Jump Pit (south end of football field)	Jump Pit, Bean Bag, softball, baseball or other and tape measure or yard marker	Headphones	6-8



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<p><b>EVENT # 9:</b> Bags Tournament Athlete or Parent/Child Teams</p>	<p>On ground Hoola Hoops, each circle is a number of points 10, 25, 40, 55</p> <ol style="list-style-type: none"> <li>1. Teams consist of 2-4 kids and/or helpers.</li> <li>2. Each child will have a turn throwing the bag to reach a number. The first team to reach 350 points wins. You will have 15 minutes</li> </ol>	<p>Moving closer or adult/buddy assistance or support</p>	<p>Practice Field West of OCHS Football Field</p>	<p>Bean bags, Hoola Hoops, stopwatch, paper &amp; pen for keeping score</p>	<p>Headphones</p>	<p>12 - one to help kids get started and one to tabulate each team's total. Help as needed</p>
<p><b>EVENT # 10:</b> Bowling</p>	<p>Set up 6-12 lanes</p> <ol style="list-style-type: none"> <li>1. Using a bowling ball, throw the ball down the lane and knock as many pins down with 2 tries.</li> <li>2. Will have 2-4 people per team/lane. Will play 6 frames, with 2 tries each frame. At the end of 6 frames total score &amp; determine winner.</li> </ol>	<p>Shorten distance of bowling lane Adult assistance/ support</p>	<p>New gym OCHS</p>	<p>Bowling balls, pins, tape to mark lanes and starting point</p>	<p>Headphones</p>	<p>10-15</p>



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<b>EVENT # 11:</b> Plasma Car Race	Race a designated distance around or down the track.	<ul style="list-style-type: none"> <li>- Shorten distance based on age and ability.</li> <li>- Shortening the starting line.</li> <li>- Adult / buddy support.</li> </ul>	OCHS Track-East Side	Plasma cars	Headphones	4-5
<b>EVENT #12:</b> EZ Roller Race	Race a designated distance around or down the track.	<ul style="list-style-type: none"> <li>- Shorten distance based on age and ability.</li> <li>- Shortening the starting line.</li> <li>- Adult/ buddy support.</li> </ul>	OCHS Track - East Side	EZ Rollers	Headphones	4-5
<b>EVENT # 13:</b> Tug-a-War	Pull the rope to your side past the tape in the center of the rope.	Adult/buddy support.	New gym @ OCHS	ropes/cone for middle	Headphones	2 for each team



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<p><b>EVENT #14:</b> <b>Clean Up Your Backyard</b></p>	<p>Students throw a ball from dots spread all over around a big garbage can. If they make it into the can they get to keep the dot they were standing on when they threw it. Play until all dots are gone. Person with the most dots wins.</p>	<p>Adult/buddy support.</p>	<p>On Football Field</p>	<p>Garbage can, floor dots, nerf balls, hoola hoops to put dot in after they make a basket</p>	<p>Headphones</p>	<p>10-15</p>
<p><b>EVENT #15:</b> <b>Obstacle Course Challenge</b></p>	<p>Make it through the obstacle course for time. Seconds can be added for each time they fall off beam, rocks etc.</p>	<p>Adult/buddy support or assistance.</p>	<p>Football Field South End</p>	<p>Includes 2 balance beams, tunnel, hoola hoops, hurdles, etc.</p>	<p>Headphones</p>	<p>10-15</p>
<p><b>EVENT 16:</b> <b>Quiet Event:</b> <b>Cup Stacking</b></p>	<p>You can either build a pyramid (open side of cup facing down) for time using all the cups or divide the cups between two teams &amp; see which team can complete the pyramid first. Can be told how many cups on the bottom row if they'd like.</p>	<p>Work in 2 person teams, adult/buddy support</p>	<p>Cafeteria OCHS</p>	<p>50 large plastic cups, table, Sign with how many cps on bottom row (if they'd like or need that information</p>	<p>Headphones</p>	<p>6-10</p>