

ASD-N VIRTUAL OLYMPICS DAY 9

EVENT #1

SLEDGE JUMPS- A TRADITIONAL INUIT GAME; CREATE A SERIES OF 10 'SLEDGES' (LOW OBJECTS TO HOP OVER IE. SKIPPING ROPE OR STICKS) SET $\frac{1}{2}$ METER APART. HAVE PARTNER TIME YOU JUMPING FEET TOGETHER THROUGH THE COURSE AND BACK. BE SURE TO DO A 180 DEGREE TURN OVER THE 10TH 'SLEDGE' PRIOR TO YOUR RETURN TRIP THROUGH THE COURSE. TIMER STOPS WHEN HOPPER LANDS BACK AT START. RECORD YOUR BEST TIME THROUGH YOUR SLEDGE COURSE!

EVENT #2

'RECYCLA-SHUFFLE'- FIRST SET UP A 2 LINE COURSE OF 8 RECYCLING ITEMS (PILING UP BY NOW) THAT CAN BE KNOCKED OVER OR USE NON-PERISHABLE CANS, EACH SPACED 5 FEET APART. EACH LINE IS 20 FEET LONG AND SPACED 5 FEET ACROSS BUT OFFSET BY 5 FEET FROM EACH OTHER, TO MAKE ZIG ZAGGING EASIER. ONCE THE COURSE IS SET UP (ITEMS STANDING) BEGIN AT ONE CORNER BY SHUFFLING THROUGH THE ZIG ZAG PATTERN, LIGHTLY TIPPING OVER EACH ITEM ON THE FIRST PASS THROUGH AND THEN "RE-STANDING" THE ITEMS UP ON THE SECOND RETURN PASS TO THE CORNER YOU STARTED ON, ESSENTIALLY RESETTING THE COURSE ON YOUR WAY BACK. HAVE YOUR PARTNER TIME YOUR TRIP THROUGH THE COURSE AND BACK. RECORD YOUR BEST TIME.

EVENT #3

KNOCK YOUR SOCKS OFF - STRING A ROPE UP OVER A 10 FOOT SPAN WITH SOME SLACK SO IT LOOKS SMILE SHAPED APPROXIMATELY 1 FOOT AWAY FROM A WALL OR GARAGE DOOR. SET UP 10 INDIVIDUAL LONG SOCKS ON THE LINE APPROXIMATELY 4 INCHES/10 CM APART WITH THE ANKLE PART HANGING OVER THE BACK SIDE OF LINE TO HOLD IT IN PLACE. THE PARTICIPANT THROWS 1 ROLLED UP PAIR OF SOCKS AT THE SOCK LINE TRYING TO KNOCK OFF THE SOCKS. AFTER EACH SHOT THEY RUN UP TO RETRIEVE THEIR SOCK BALL AND RETURN TO THE LINE TO SHOOT AGAIN. THEY KEEP SHOOTING UNTIL ALL 10 SOCKS HAVE FALLEN FROM THE LINE. PARTNERS RECORDS THE TIME IT TAKES PARTICIPANT TO KNOCK THEIR 10 SOCKS OFF AT THE LEVEL THEY HAVE CHOSEN. RESET THE LINE AND SWITCH ROLES.

- LEVEL 1 - 5 FEET
- LEVEL 2 - 10 FEET
- LEVEL 3 - 15 FEET