

DAY 1

Island Olympics

Supplies

Note: Supply lists will vary depending on which events you choose to put in your Island Olympics. This is a possible list; tailor to suit your needs.

- ☐ For Barbell Relay—6 pool noodles and zip ties (see Pre-prep)
- ☐ For Javelin Throw—1 pool noodle
- ☐ For Discus Throw—1 flying disc
- ☐ For Shot Put—1 beach ball
- ☐ For Human Ring Toss—5 inflatable pool rings and a timer
- ☐ For Island Run—2 beach balls
- ☐ Rope, masking tape, or cones for start and finish lines

Pre-prep

Decide which events you want to do. Two are relays between two teams—the Barbell Relay and the Island Run. The others are throwing games.

For Barbell Relay—Make two “barbells.” A barbell uses one pool noodle as the bar, with the other two pool noodles acting as the pretend weights at the ends of the bar. To make them look like weights, wind them around the bar and zip tie them together to the bar. Make a start line,

and place the two barbells a short distance from each other at the start line.

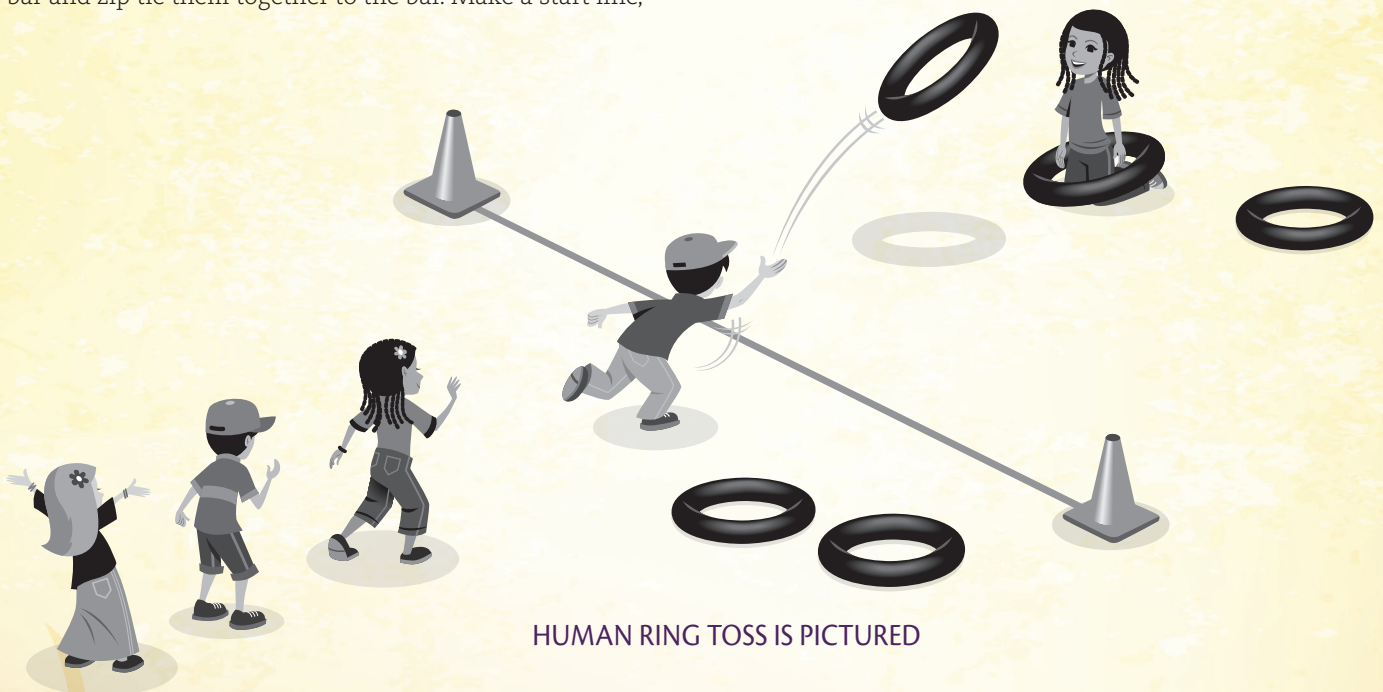
For Javelin Throw, Discus Throw, Shot Put, Human Ring Toss, and Island Run—Set up the start lines, and put the supplies listed for each one behind each start line. The Island Run also needs a finish line a distance from the start line.

Teaching Tie-In

Have any of you ever seen the Olympics? [Pause for responses](#). Athletes from different countries come together and compete in various athletic competitions. The very first Olympics was in Athens, Greece. Can you think of anything else that happened in Athens, Greece? [Take responses](#). Yes, Paul visited there and told the people there’s only one God and he can be known.

But how can we get to know God? In other words, how does he reveal himself to us? [Take responses](#).

1. *The Bible* reveals him to us.
2. *Creation* reveals him to us.
3. *Jesus*, God’s Son, reveals him to us.



God wants us to know him, so he has taught about himself!

Let's remember that truth as we play our own island version of the Olympics.

Class Time Directions

1. Explain how to play each game, then divide into groups, with one group at each game. In some instances, you may be further dividing into mini groups within the group, which will be explained below.
2. For Barbell Relay—Divide the group at this relay in half to form two mini groups. If you have six kids, for instance, they will be in two groups of three. On "Go!" the first person on each mini team sprints to his barbell and does an Olympic Clean and Jerk, lifting the barbell off the ground and over his head. Repeat three times. Lay the barbell on the ground, and race back to the start line. The next team member goes and so on. The first mini team to complete the race wins.
3. For Javelin Throw, Discus Throw, and Shot Put—Team members take turns throwing each item from its start line. Have a leader stand where the first person's throw lands. If a throw exceeds the first one,

the leader should move to where that throw landed. The longest throw wins the round.

4. For Human Ring Toss—Have one team member kneel about 10 feet in front of the start line. Team members take turns throwing the inflatable pool rings, attempting to land the ring over the head of their teammate. The teammate cannot move her legs but can catch the ring and help guide it over her head and down her body. Play until the team has all five rings stacked on their target player in the allotted time.
5. For Island Run—Divide the group into two mini teams, each with a beach ball. On "Go!" the first person on each mini team runs from the start line to the finish line, all the while with a beach ball between his knees. If he drops the ball, he can pick it up and put it back between his knees. When he gets to the finish line, he holds the ball and runs back to the start line, where the next team member awaits and is ready to go. The first mini team to get all players down and back wins.

Tip Corner

- Games can be arranged in a large circle or in a line.
- Decide if everyone moves at the same time upon a prearranged signal, or if the groups can just move to the next spot when they have finished one.