



Goofy Games Olympics



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Preface: This unit is done in Lifetime Sports (elective in grades 11 & 12)
It is a 4 day unit, however, this year, the games were expanded to competitions during 5 weeks.

The events focus on the five health-related and six skill related components of fitness.

National Standards

Standard 1 Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 3 Participates regularly in physical activity.

Standard 5 Exhibits responsible personal and social behavior that respects self and others in physical activity setting.

Standard 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Activities included in this unit are as follows:
(Not every activity is done each year)

Climbing wall	Juggling	Jumping rope
Cup Stacking	Shuttle run	Putting
Hula hoop	Tug of war	Jacks
DDR	Hacky sac	spooners
Hoop jump	Limbo	Brainy competition
Volleyball	Tennis relay	Striders
Fencing	Archery	Shuffleboard
Pacer	Hoop Jump	Snow shoe
Cross country skiing	Snow golf	Unicycle

Day 1: Introduce all competitions and assign teams. (Students do not choose teams)
They can give their team a name or keep the number I gave them. They have time to practice and at the end of the hour the team decides who will participate in each event. There are usually 10 events and each student must participate in 2.

Day 2: Practice events for 15 minutes, then begin competition. (2 events we can finish

in 30 minutes.

Day 3: Continue competition. As students complete their events, they have 2 choices
1) they can cheer on their teammates or 2) practice an event they did not participate in during the games.

Day 4: Finish competitions.

Day 5: Begin a new unit, but spend the last 2-3 minutes of class reviewing the Goofy Games and award the Stay-At-School trophy. Take pictures of teams.

Goofy Games Rules

Climbing wall- First competition is a timing crossing the 40' wall. Time begins when both feet are on the wall and ends when competitor touches a specified hold. If student falls, they get back up on wall, time continues, however, they can not set a record for the event.

Second competition is climbing through the hula hoops placed on wall for time

Third competition is collecting deck rings and bringing back to start point for time

Juggling- Each participant has 2 timed attempts to juggle. They may use scarves or juggling balls.

Hula hooping- All contestants compete at same time for time. If you miss you are out.

Jump rope- All contestants compete at same time. If you miss you are out.

Jacks- All students compete at the same time sitting in a circle. Choose who will begin the competition. Each participant does 1's, then 2's etc until he/she misses then passes the jacks/ball to the next person. The next time it is the participant's turn, they begin with the number they went out on. (for example, if student misses at 3's, next turn they will begin at the 3's) If 2 contestants go out at the same round, they tie and points are divided equally. We play with 6 jacks.

Putting- Each contestant has 5 putts from a spot on the green. Our green has 3 different size holes scoring 5 pts, 3 pts, and 1 pt totaling 25 possible points. Ties are divided equally.

Hacky sac- Each competitor gets 2 tires to score as many hits as possible. Scoring is from knee to foot. (no body hits)

Spooners- Competitors get 1 timed try to move as quickly as possible from pt A to B without touching the floor with foot/feet. Helmets and wrist guards are worn.

Limbo- Music is started and 8 competitors go 1 at a time under the limbo stick—head last. (a demonstration/explanation is given on how to go under the stick)

Hoop jump- Using a hula hoop, 2 students hold the hoop while competitors jump in and out of the hoop from a standing position. The hoop starts a 6" from the floor and

increases by 6” until it reaches 24”. The hoop is then raised increasing 3” to 36” and then 2”.

Shuttle Run- Markers are 30’ apart. Event is timed. The shuttled object is whatever I have available. (softball glove and stuffed pig) Participants start on 1 side of marker, runs to object, picks it up and takes back to first line, then goes after 2nd object and takes back to start line. Time stops when the 2nd object is across the line.

Tug of War- we have 1 rope so do a round robin tug with each team pulling against another team, then later go against another team. Best record wins the competition.

DDR- Students choose 1 song for all competition at the intermediate level. We use a double elimination tournament form.

Cup Stacking- We use 3-3-3 and 3-6-3 for competition. All competitors are timed by me. Stack group A, then B, then C. Take down A, B, C.

Brainy competition- Students compete by answering questions related to body competition and nutrition.

VB/Ultimate/softball- Compete in round robin tournament, recording winning teams.

Archery/shuffleboard- Choose 2 individuals to compete for team

Fencing- We have used boofers and had a double elimination tournament. Students help decide how many hits fencers have against opponent. We use “noodles” to practice.

Pacer- All students at HHS do the pacer during Workout Wednesday. Teams must choose 1 boy and 1 girl to represent their team. This event is done before the unit and is a matter of checking scores for competitors at the time of the unit.

Cross country skiing/snow shoeing- timed competition for a certain distance for all team members.

Snow golf- Longest drive using an old driver and a whiffle ball wrapped in duct tape.

Striders- teams compete against time for fastest time over a specific distance.

Tennis relay- this relay is done by placing a tennis ball on top of the racket then running the length of the gymnasium and back handing the ball off to next runner, and continuing till all have run. Students can not touch the ball with hands.

Unicycle- Participants try to use the unicycle balancing by self and traveling the greatest distance and longest time on the unicycle.

Included are the forms used for each team to fill out, event score sheets, and team total score sheets.



Team #	Participant #1	Participant #2
Event		
climbing wall		
juggling		
hacky sac		
jump rope		
hula hoop		
jacks		
putting		
DDR		
cup stacking		
shuttle run		
tug of war		
hoop jump		
spooners		
brainy competition		
limbo		

