

Warrior Family Activities

This is for your whole Ohana to play together!

- There are ten events. You may choose to participate in just a few or all of them. Do what works for your family!
- If you do not have certain items, be creative and use other objects from around your house.
- Feel free to modify activities to fit the space or materials that you have at home.
- You may not be able to complete all activities in one day. Feel free to spread them out over the course of the week.
- Your family may choose to keep score or just play for fun (the fun IS the PLAY!).
- Use good sportsmanship!
 - Congratulate each other at the end of each event and give an AIR “high five”.
 - Win or lose, have a positive attitude!
 - Remember, the best part of every game is **PLAYING** it.

I hope you and your family enjoy participating. I look forward to hearing about your experience and seeing pictures AND videos of you!

Stay active, be well, good luck and HAVE FUN! Post your Videos/ photos to Class DoJo.

Kumu Duell I miss all of you!! Stay safe!

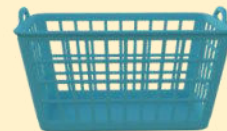
SUPPLIES NEEDED (most)



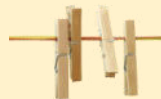
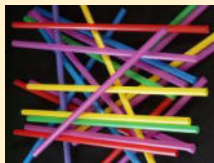
Solo or paper cups (10 or more)



Empty balloons (1 per person)



Laundry basket & clean laundry NOT folded! (no undies please!)

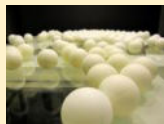


1 clothespin per person

Straws (1 per person) & 1 paper plate per person



Pool Noodle



Ping pong balls (2)

Favorite cookies, chips, or dried fruit (*Forehead Food Challenge*)



Give each family member their own clothespin. Decorate it so you recognize it as your own.
(Parents can stop reading here....)

SHHHH! Don't tell your parents why we are doing this because its for a funny game! The game is for you to get your clothespin secretly attached to a piece of someone's clothing without them finding out. If they feel you do it, you have to take it back! WHOMEVER has the MOST clothespins on their clothes at the end, has to do a silly dance for the WHOLE family!!

So, parents and students, have fun decorating your clothespin for absolutely no reason at all, I mean, for artistic expression and fun!



Javelin Throw



Materials Needed

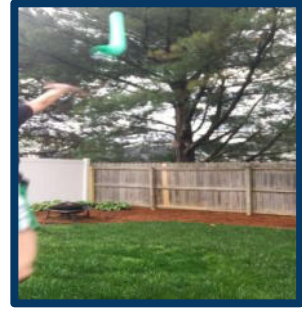
- 1 javelin (pool noodle, ball, any item you can safely throw)
- 1 distance marker per competitor to mark each player's throw (cone, plastic cup, water bottle, any small object)
- 1 throwing marker

Set Up

- Find a large open space to play.
- Place the throwing marker on one side of the play area.

Directions

- The object of the game is to be the player that throws the javelin the farthest.
- Players line up at the throwing marker, youngest to oldest.
- The first player in line throws the javelin. After throwing they retrieve the javelin and place their marker at the spot where their javelin landed.
- The next player in line throws. Play continues until each player has made five attempts. Players only move their marker if a subsequent throw is farther than a previous throw.



Scoring

- Scoring is based on the number of players in your family.
- For example, if you are playing with four people, the player that threw farthest earns 4 points, second place earns 3 points, etc.

Mix it Up: Feel free to modify the location of your throwing marker based on the age or skill level of participants! Try playing another round, but throwing with your non-dominant hand.



Balloon-Cup Stacker; BC1



[Click
Here For
Video](#)

Materials Needed

- Set of either 10 plastic or paper cups
- Timer
- 1 balloon per person (keep yours for other challenges!) No balloons? Blow up an unused disposable glove and give it a try!

Set Up

- Place unused balloon & all 10 cups (unstacked) on a clear surface (**Setup**). Stretch out your balloon for easier inflation!
- Have a separate, clear area about 3-4 feet away (NOW CALLED **STACK!**)
- Players try to work in groups of 2 (or individually and note times)

Directions (BC challenge #1)

- The goal of the first challenge is to move all ten cups to the **STACK!** Playing area. HOW? Hold balloon inside a cup and blow it up just enough so that it picks up the cup! Keep the air in the cup and move it (without touching if you can!) to the **STACK!** TOO EASY-PEASY? Try stacking cups into shapes (triangle, oval, etc.) OR with four on the bottom, 3, 2, then 1 cup at the top.

Rules & Scoring

- Cups can only be moved by using the balloon! NO TOUCHING CUPS!
- Players CAN replace cups onto **Setup** if they fall down and try again!
- 10 points for each successful and different type of attempt (line, stacked, etc) Cups should be reset between attempts!

Mix it Up: Feel free to modify the amount of cups, distance, etc. based on the age or skill level of participants.



Hoop! There it is!



Materials Needed

- 1 small ball, sock ball, or small stuffed animal (*ball of choice!*)
- 1 box or laundry basket
- 1 shooting marker (cup)
- Timing device

Set Up

- Place the shooting marker about 5 yards away from the laundry basket.
- The first player should stand behind the shooting marker/line with their *ball of choice!*

Directions

- The object of the game is to shoot the ball into the laundry basket as many times as possible in 1 minute.
- Set a 1 minute timer.
- On “Go,” the first player shoots the ball, retrieves it, and continues trying to score from the marker as many shots as possible in 1 minute.
- Players may choose to shoot any way they wish (basketball shot, overhand throw, underhand throw).

Scoring

- Players earn one point each time the ball lands in the basket.
- Players may try as many times as they wish, but should record only their highest score.
- FAMILY FINESSE SHOT: Which family will get bonus points for sending me a video of the most CREATIVE way to shoot?

PHOTO or VIDEO WORTHY? Which family member can make the best trick shot?



**Click Here
For Video**



Clean Sweep



Materials Needed

- Broom
- Laundry basket or cardboard box
- 1 tennis ball or other small ball. If you do not have a ball, make a paper ball.

Set Up

- Place a laundry basket on its side on one side of the play area.
- Mark a shooting line 10-15 feet away from the laundry basket.

Directions

- The object of the game is to score points by sweeping the ball into the laundry basket.
- Players stand behind the shooting line, attempting to sweep the ball into the laundry basket.

Scoring

- Each player has 10 attempts.
- Record score.



**Sorry, no
video, so
send me
yours!**

Mix it Up: Feel free to modify the location of your shooting marker based on the age or skill level of participants. Try playing another round, but sweep with your non-dominant hand.

Tic-Tac-Toe Cup Flip

Materials Needed

- Strings or something to make a large tic-tac-toe grid on a flat surface.
- Solo or paper cups (**X's cup** stays **upright** and **O's cup** gets turned **upside down**)

Set Up

- Create a tic-tac-toe grid on a flat playing surface.
- Each person needs 5 cups to use and select who is **X's** and who is **O's**

Directions

- The game begins with both players having 5 cups on their side of the playing area.
- Each player tries to flip their cup over so it lands right-side up. If it does, they place it upright (**X's upright and O's upside down**) somewhere on the tic-tac-toe grid and try their next cup. First player to get 3 in a row wins!.

Scoring: 1 point per win!

GREAT VIDEO OPPORTUNITY HERE!



Mix it Up: Feel free to modify based on the skill level or age of participants. Try playing another round, but flip and set up with your non-dominant hand.





Clothes Relay

Materials Needed

- 1 laundry basket
- Large clothes (parent or older sibling sized!) - (Pants, shorts, top, socks, shoes, hat)**
- Timing device

Set Up

- Place laundry basket with all the clothes at one end of the playing area (15-20 feet).
- Use a marker for the starting area at the other end.

Directions

- The object of the game is to race against someone to run to the basket and get on a piece of clothing.
- Run back to the start and do 1 Jumping Jack; then go get your next (different) piece of clothing; repeat.
- Once you have a complete “OUTfit,” a player may continue to add clothing one at a time in the same way, but may not use items that their opponent needs. No opponent? Have them race for time and then try to beat their best time!

Scoring

- Players earn one point for each extra item they are able to get on in addition to completing the “OUTfit!”.
- Play as many times as you like!
- Record each player’s high score. **PHOTO OPPORTUNITY!**



**Click
Here For
Video**

****Any clothes larger than participants will work. Kids will LOVE it if mom & dad use each others clothes & race!**

Cup & Paper Stack!

Materials Needed

- Solo cups
- Scraps of paper long enough to cover the cup (see video)

Set Up

- **Place cups and papers on a flat surface.**

Directions

- Stack one cup (open at top) and place a paper over top of the cup. Stack your next cup on top of the paper; repeat. Work up to 3 cups. Then, try to yank the papers out, one at a time, from the top, so that the cup falls into the next one. Can you do it? EASY DOES IT!

Scoring: 1 point per success with 3 cups!

Mix it Up: Feel free to modify based on the skill level or age of participants. TOO EASY PEASY? Try 4 cups, 5, or see what the tallest cup tower you can make AND successfully take out the papers, so that all of the cups end up in the bottom cup.

Click for a
how - to
video!



T.P. Toss!



Materials Needed

- 1 roll of toilet paper
- Paper towel holder (or use something else it could be tossed onto).

Set Up

- Place the paper towel holder in the middle of the players.

Directions

- Players sit about 3 feet away from the holder and try to toss the tp roll onto the holder.
- Each player gets one try and then rotate who goes next.



Scoring: 1 point per item successful toss!

Mix it Up: Feel free to modify based on the skill level or age of participants. Try standing above the holder and dropping it down, requiring it be flipped, over another object, etc. Your imagination is the limit **PHOTO OR VIDEO OPPORTUNITY HERE!**





Beary Fun Relay!



Materials Needed

- Solo cups (enough to space apart so two people can race in their own cup lane).
- Laundry basket with clothes
- Designated “spot” for each racer to put their “grabs” in after each trip up and back.

[Click for a video demo!](#)

Set Up

- Place 5 solo cups in two lines so there is at least one foot between them and cups are spread out at least one foot apart.
- Put laundry basket with clothes at one end of the cones and a start marker at the other end.

Directions

- The game begins with both players bear crawling over their line of cups without knocking them over (feet and hands, not knees!).
- Each player picks up 1 piece of laundry (a “grab”) and then does a two-legged bear shuffle in and out of THEIR line of cones and back to the start.
- Place each “grab” in the designated “spot,” and return with a bear crawl to get the next “grab.”

Scoring: 1 point per item!



Mix it Up: Feel free to modify based on the skill level or age of participants. Alter locomotor movements for fun and try bear-crawling backwards! Cup knocked over? Pick it back up and keep going!

FOREHEAD FOOD!! (aka oreo challenge)

Materials Needed

- Your favorite cookie!

Set Up

- Sit in a chair with your favorite cookies on a plate by you.

Directions

Place the cookie on your forehead and try to get it in your mouth ONLY moving your face! No hands!
Can you do it?

Scoring: 10 points if you can, but take away 10 points if you eat TOO MANY COOKIES!

Mix it Up: Feel free to modify based on the skill level or age of participants, such as starting on the side of the nose, letting them stabilize it with one finger, etc.

MOST IMPORTANT? TOTAL VIDEO OPPORTUNITY HERE! (Coach Stuber's gmail)



OR TO (Seesaw)



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Javelin Throw					
Cup Challenges					
HOOP There it is!					
Clothes Relay					
Tic-Tac-Toe Cup Flip					
Balloon-Cup Contest					
"Beary" Fun Relay					
TP Tossers					
Cotton Ball Duct Tape Series					
Forehead Food					
TOTAL SCORES					