



RENTON 2020 SUMMER GAMES

Five stylized ducks in red, purple, blue, green, and orange, arranged in a circle.

Thank you for participating in our end of summer virtual event!! Stay tuned for our Fall Activities!!



Creating an active, vibrant connected community!!

Welcome my fellow Rentonites,

Thank you for joining the **Renton Summer Games!!** The goal of these Challenges Brought Home is to keep you and your family active, creative & connected. As you compete at home we encourage you to share your skills with our community by using *#RentonSummerGames* & tagging us on Instagram & Facebook. We love interacting with you online!!

Every week there will be three challenges: a timed, distance & creative act. A **video instruction** will be uploaded to our platforms **at 10am** for each event.

Finally, every Friday we will post a survey via social media to collect your time, distance & participation. Make sure you are keeping track because the following Monday we will share the top scores!

Items Not Included:

- Measuring Tape
- Timer
- Quarter
- Sticky Note
- Cones
- Blindfold
- Pots & Pans
- Lightsaber

Instagram: @rentonrecneighborhoods

Facebook: Renton Community Services

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Week 3

Ping Pong Pan (creative art)

Thursday, August 27th

Goal: Put the Ping Pong Ball in the Cup

Items Needed:

- Flat surface
- Ping Pong Ball
- 3-4 Pots & Pans
- Plastic Cup

Directions:

1. Using a flat surface set up three to four pots & pans upside down at an angle.
2. Drop the Ping Pong Ball on one pan causing it to bounce of the others and into the plastic cup.
3. This will take multiple tries, creativity and patience.

Week 3

Standing Long Jump (distance)

Wednesday, August 26th

Goal: Building lower body power & horizontal jump techniques.

Items Needed:

- Open Flat Space
- Measuring Tape

Directions:

1. Create a start line.
2. Lie the measuring tape along the floor extending out 15ft
3. Line your toes up with the start line, squat, swing your arms back & jump forward.
4. Mark the place closest to the start line. If you fall back and touch the ground with your hand that is the measurement you take.
5. Record the best of 3 attempts in feet & inches.

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Week 1

Quarter Spin (time)

Tuesday, August 11th

Goal: To spin a quarter for the longest time possible. World Record: 20.86 seconds

Items Needed:

- Flat surface
- Quarter (or coin)
- Timer

Directions:

1. Find a smooth, flat surface & a quarter.
2. Flick the edge of the coin to make it spin sideways on the table & start the time. When the coin comes to a complete rest stop the time. It's helpful if you have someone keep time for you.
3. Record the best of three attempts!

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Week 1

Straw Wrapper Challenge (distance)

Wednesday, August 12th

Goal: Using strategy to blow the wrapper the furthest distance.

Items Needed:

- Open area
- Measuring Tape
- Paper wrapped Straw

Directions:

1. Find an open space and create a start line.
2. Rip one end of the straw open.
3. Stand at the start line and blow the wrapper as far as possible.
4. Once it lands, use the measuring tape from the start line to the furthest point.
5. Record your distance in feet & inches.

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Week 3

Water Balance Walk (time)

Tuesday, August 25th

Goal: Work on balance, speed and having fun.

Items Needed:

- Open Outdoor Space
- Measuring Tape
- Timer
- Cone
- 1 Plastic Cup
- Water

Directions:

1. Create a start line and measure out 25 feet.
2. Place a cone or marker at the end of 25 feet.
3. Fill a plastic cup half way with water.
4. Place the cup on your head.
5. Timer starts when the participant makes their first step.
6. Balance the water on your head without using your hands, around the cone and back to the start. If the cup falls off your head, you have start over.

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Week 2

Blindfold Lawn Bowling (creative act)

Thursday, August 20th

Goal: Work on body awareness & having fun.

Items Needed:

- Open Space
- Measuring Tape
- 3 Plastic Cups
- Emoji Ball
- Blindfold

Directions:

1. Create a start line and measure out 15 feet.
2. Take your three cups placing them upside down in a triangle formation. With the point facing the start line.
3. Using the blind fold to cover your eyes.
4. Holding your Emoji Ball in hand, spin around 3 times.
5. Come to a complete stop and roll the ball across the ground towards the cups to knock them down.
6. The person who takes the least amount of attempts wins.

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Week 1

Fencing – Create Your Own Lightsaber (creative act)

Thursday, August 13th

Goal: Use imagination & creative skills to build a lightsaber & learn a new skill. This sport is one of the original Olympic events.

Items Needed:

- Imagination
- Household items
- Timer
- Partner

Directions:

1. Using items around your house create your own lightsaber.
2. The object of the game is to use your lightsaber to strike your opponent whilst avoiding being hit yourself.
3. The match consists of three rounds that are three minutes each. The first to 15 points wins or the most points at the end of the round.
4. Learn techniques at <https://www.wikihow.com/Train-to-Fence-at-Home>

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Week 2

Cookie Face (time)

Tuesday, August 18th

Goal: Using strategy, face muscles and having fun with food.

Items Needed:

- Timer
- Oreo Cookie

Directions:

1. Place the Oreo Cookie on your forehead & start timer.
2. Without using your hands and only using your face muscles, move the cookie from your forehead and into your mouth.
3. Time ends when you take your first bite.
4. Record your time.

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Week 2

Wall Jump (distance)

Wednesday, August 19th

Goal: Building lower body power & vertical jump techniques.

Items Needed:

- Measuring Tape
- Tall Wall
- Sticky notes

Directions:

1. Find a flat wall.
2. Use two to three steps to run up to the wall, jump straight up (without kicking or stepping up on the wall) and place the sticky note as high as you can.
3. Use the measuring tape to see how high you touched.
4. Record the best of three attempts in feet & inches.

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