

# Somersworth Recreation

# RECspiration!!

Join Somersworth Recreation for our weekly RECspiration to help you get through these challenging times. Please understand that these activities are provided as ideas and there is no requirement to participate; additionally, participants should refrain from activities beyond their capabilities to safely complete.

## Physical Fitness

## Olympic Strengthening

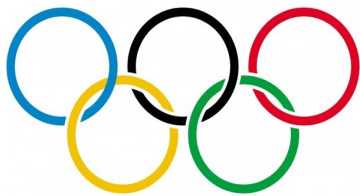


**Downhill Skier Squats:** Stand with feet close together, squat down like you're sitting in a chair and hold for a few seconds. Now straighten and then bend your legs slightly like a skier going over small bumps in the snow.. Keep doing these small movements 10 times and return to standing position.

**Ski Jump Squats:** Stand with one foot in front of the other. Jump up and switch so the opposite foot is in front landing with knees in a soft position with a slight bend. Add arm movements right arm with right leg and left arm with left leg. Try doing it with your eyes closed. Repeat 10 times.

**Skeleton:** Lie on your stomach, arms at your side. Lift shoulders and head off the floor and hold for a few seconds. Relax back to starting position and repeat 10 times.

Source: <https://theinspiredtreehouse.com/5-olympic-inspired-strengthening-activities-for-kids/>



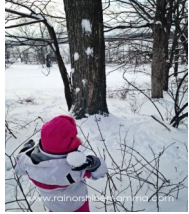
DID YOU KNOW?

## The Olympic Rings

- The Olympic Rings are a symbol of the Olympic Games and are widely known throughout the World.
- The Olympic Rings consist of five interlocking rings—three on top and two on the bottom.
- The five rings represent five continents in the Olympics—Africa, America, Asia, Australia and Europe.
- The rings interlocking signify the meeting of the athletes from the five continents.
- The colors of the rings are blue, yellow, black, green and red.
- Every country that participates in the Olympics has one of the five colors in their flag.
- The Olympic flag is white with the colored rings on it.

Source: <https://www.olympic.org/olympic-rings>

# RECspiration!!



## Creative Fun Winter Olympics



You can hold your own Winter Olympic Games! Aside from being fun you will get a good workout, practice gross motor skills and eye-hand coordination and getting fresh air while playing outside. Here are a few events or you can come up with your own events.

- **Snowball Shooting:** Decide on a set number of snowballs to shoot and start rolling. Pick out a tree or another suitable target and fling your snowballs at the target. See how many hit the target. (If there's no snow you can use balls or other items you have at the house)
- **100M Snow:** Pick out a good spot to race and measure out 100 meters. Time yourself to see how long it takes to run 100 meters in the snow. It is hard work but so much fun! (If there's no snow you can just time yourself running 100M)
- **Snow Jump:** Like a long jump but in the snow. Make sure the area you choose is covered in snow and not icy so that you don't get hurt when you land. See how far you can jump in one motion.

Source: <https://rainorshinemamma.com/?s=winter+olympic+games+for+kids>

## Fun Snacks Oreo Olympic Medals



### What you need:

- Golden Oreos
- Fruit by the Foot

You can make these as a fun snack. Host your own winter Olympics and hand out these to the gold medal winners. You could also make some with regular Oreos and hand them out to all participants!

### How to make them:

1. Measure out the desired length of Fruit by the Foot giving you enough to fit over a child's head.
2. Using a butter knife, gently pry open the Oreos, or you can twist them apart.
3. Place the Fruit by the Foot on the icing and press in gently. Replace the top of the Oreo cookie and press firmly but evenly over the whole cookie. Be careful not to press too hard or the cookie may break.

Source: <https://littlemisskate.ca/celebrations/celebrating-golden-moments-with-edible-oreo-olympic-medals/>

# RECspiration!!

## Craft Corner Olympic Ring Toss



### Supplies:

- 6 Paper Plates
- Paint (Red, Green, Blue, Yellow, Black)
- Paint Brushes
- Scissors
- Cardboard Tube (from paper towels)
- Tape

1. Paint the rims of 5 paper plates in the Olympic colors. Decorate 1 plate for the base using one color or all colors if you desire. Paint the cardboard tube in any color you choose. Allow to dry.
2. Cut out the centers of the 5 plates to create 5 colored rings.
3. Cut out a circle from the base plate about the diameter of the cardboard tube. Insert the tube through the hole while plate is laying flat on the table. Secure the base plate to the tube with tape.
4. Set up the base on the floor and standing a few feet away, toss the rings to see how many you can get on the tube.

Source: <https://littlemisskate.ca/kids-zone/crafts-for-preschoolers-olympic-ring-toss-game/>

## Winter Fun Frisbee Curling



- This activity is a combination of shuffleboard and curling. You'll need an area that's smooth and covered with packed snow so your Frisbees can glide smoothly.
- Draw a big line in the snow on one side of the playing field in indicate the Start line. Draw a big square on the other end of the playing field for the Goal.
- Using as many Frisbees as you have, without stepping over the starting line, slide the Frisbee (upside down) across the snow and aim for the box on the other end.
- The goal is to get all your Frisbees in the box without crossing the starting line.
- You can make it a competition against others or try for your individual best!

\*\*If there's no snow: Choose targets outside to throw your frisbee at. Give the targets point values and see how many points you can get.

Source: <https://www.care.com/c/stories/3943/6-winter-olympic-games-for-kids/>