

2016 Omega Rec

Gulliver's Olympics (giant and tiny games)

Game Instructions

- 1) **Giant Clothes Relay** – Your small group divides into 2 lines opposite from each other. The first runner puts on oversized items, runs to the other side and removes the items. The next runner has to put on all the items before running to the other side. This goes on until the whole group has gone.
- 2) **Tiny Twister** – 2 youth from each small group compete on one twister board, 4 youth total. Spin the spinner which will land on pointer finger red or ring finger yellow, etc... take turns until someone can't do it. Start over.
- 3) **Big Foot Relay** – Divide group into 2 sides. Send 5 youth down working as a team to move the "big foot" sleds to the other side. A group from the other side then takes the sleds and races back. Go until everyone in both small groups has had at least 1 turn.
- 4) **Tiny Boat races** – Youth make paper boats using the instructions provided then take turns racing boats across the kiddie pools using a straw or fan to make wind for the sails.
- 5) **Giant Bowling** – 6 to 10 youth from your group arrange themselves as bowling pins. One youth rolls an inflated ball everyone touched by the ball moves out of the way. Each person gets 2 rolls.
- 6) **Tiny Javelin** – Youth take turns, rest your wrist on the end of the table and see how far you can throw the "javelin" without falling off the table. Compare your groups farthest to the other group's farthest throw.
- 7) **Giant Foosball** – Each small group arranges participants in chairs facing the other team's goal. Try to score past the other team's defenses while protecting your goal. No hands. Only feet and heads.
- 8) **Tiny Horse Races** – Youth take turns racing down the track around a chair and back on inflatable horses.
- 9) **Giant Cornhole** – One youth holds the hoop while another tries to throw a beanbag chair through it. Let each person take 2 or 3 shots. Rotate holding the hoop.
- 10) **Tiny Basketball** – Youth take turns. See how many shots you can sink in 1 minute.
- 11) **Giant Battleship** – the 2 Small group leaders hold up a sheet so the groups can't see each other. 10 people arrange themselves on the grid on each side. The small group members who are not on the grid call out coordinates to "sink" youth on the other side: A4, C3, etc... If your coordinate is called leave the board. Play until one side is totally cleared.
- 12) **Tiny Diving** – Youth take turns. Stand on a chair hold your arm straight out from your body and try to drop an action figure into the cup of water below.

Energizers

Can't Stop the Feeling

Can't stop the Feeling by Justin Timberlake
Slide and pose (Dab) – right then left
Solo tango
Robot
Funky Chicken
Grab sunshine put it in your pocket (x 2)
Jazz hand kick (x2)
Turn around/wave one hand (put a ring on it)
Repeat: sunshine; jazz kick; turn and wave
Sunset – hands up, move down slowly
Rainbow- make rainbow with arms, right to left
Stars – throw stars in sky with hands
Electric Arm wave
Roll back 4 counts, 180° freestyle (x4)
“Can't stop the feeling” jump – jump on one foot throw opposite arm in the air, jump on other foot throw other arm in the air, repeat (16 counts)
Repeat everything
Air bass solo/air band motions
Freeze
“Can't stop the feeling” jump

Revolution

Kirk Franklin on the CD Kirk Franklin: The Nu Nation Project

Cross - raise right hand straight up above the head in front of the face. Raise left hand to make a cross over the top of right hand. Bring left hand down to side, then right hand down to side, then make the cross on the counts again with the beats and with arms crossed at wrists, raise crossed arms up in the air, pushing the cross up for 4 counts
Revolution - roll forward, side, back and forward saying “wooooo, woooo”
Dig down - reach down to the ground with both hands and then up in the air saying “woop, woop”

Funky Walk - 6 counts to one direction swim arms.

Siren Turn - arms above head making siren noises as you turn

Funky Walk - 6 counts to one direction hitch-hiking

Raise the roof - push your hands up in the air three times saying "raise the roof"

Repeat

Firework

Firework by Katie Perry

Hop-swing (left, then right) x8

Pump-wave (left, then right) x8

Cross walk (cross arms in front, snap – left x4, right x4)

Running man (center, left, center, right)

Rub hands to start the fire

Fan the flame

Sizzle wave (start at one end, move to the other making sizzle noise)

Roll up Firework: Boom! (jump with hands clapping above head)

Ahhh! (Bernie)

Fist pump x8

Jumping fist pump x8

Coconut

Las Ketchup (the ketchup song)

Wipe of sand, box step 8x

Climb the tree, shake the branches (right then left)

Shake the Coconut

Chop off top of coconut

Put in the straw

Air ukulele

Wavin Flag:

Wavin Flag by K'naan

Drum Roll

Knees Knees Clap Clap – Taylor Swift (2 times)

Whoa Roll

Hop clap clap (right and left) 2 times

Stomp Fist Pump (around in a circle)

Cross Cross Snap, (right and left)

Knee knee, air air, air pump air pump (right and left)

Singing "Forever Young"

Hands in circle up

Hands in circle down (turn table)

Drum Roll – 1234

Runnin' Man - long run to one side, short short run to front, long run to other side,

Strong arms on that side

Turn and point in freedom pose (pointing with index finger one arm in the air and other bent and pointing the same way)

Wavin Flag

Beyonce

On Top of the World

Stretch Down and Up 2x

Hike R and L

Half climb up rope, Half pull,
switch

Rock Climb right,

Repel back

Look R and L

Shimmy right, clap, jump up, repeat left.

Dance in circle,

dig down right and left.

Repeat from shimmy.

Thunder.

Repeat Hike R and L, Climb up/pull rope.

Look Right and Left.

Repeat shimmy

Wave

Repeat from shimmy.

NUMA NUMA:

Numa-Dragostea Din Tei by O-Zone

Check Make up/ primping in mirror

Wiggle Walk Left clap kick right leg up left arm up (repeat right)

(2 times)

Photographers and Models (switch)

Iesha

Carlton

1234

Numa Arms

Repeat at Wiggle Walk

Sparkle

Phish on the CD Rift

Clap - your own hands twice, your own knees twice, your own hands twice and then the backsides of your hands out to the sides (back side of hands against you're the backside of your neighbors hands)

Repeat

Wiggle Hands/Sway - slowly extend your right across your body so it ends up on the left side. While your doing this make it look like your hand is swimming. Do the same thing with your left hand so that your arms end up crossed in front of your body. Grab hands with the people on either side and way right-left-right-left

Forrest Gump - 4 counts - put one hand in front of your body with arm slightly bent and down. do the same with the other arm behind the body. Switch hands back and forth 4 times while sort of bouncing but not moving feet.

Jump and wave hands up then down saying, "boogety, boogety, boogety, boogety" twice.

Step together step - to the right and then clap, then to the left clap.

Repeat

Run Run Away

"Great Big Sea" \on the CD Up

Knee Slap - pat your own knees twice, reach over to the person on your right and pat her knees twice, pat your own knees twice and reach over to the person on your left and pat his knees twice

Pat your own knees twice, reach over to the person on your right and pat her knees twice, pat your own knees once, then cross hands so that right hand pats left knee and

left hand pats right knee, pat your own knees again once and then reach both hands high up in the air and say "woo!"

Snap Clap - hold both hands up and snap fingers, Clap, Snap, Clap two times. Repeat entire sequence twice. Then reach right hand up, then left hand, then right hand as if reaching for something. Each time say "woop!"

Rock, Rock, Waa! Waa! - wrap arms like rocking the baby twice saying "rock, rock", then make hands in fists and twist in front of eyes and say "waa, waa" - repeat two more times. Finish off this verse by sucking your thumb 3 times.

Moo, Moo, Lasso - reach your hands out in front of you as if you are milking a cow - alternately bring hands down saying "moo, moo" and then raise right hand and pretend to throw a lasso up in the air and say "lasso" Repeat two more times. Cup hands over mouth, lean left and say "head 'em up" and then turn right and say "move 'em out"

Wipe Out

Surfaris - Wipe Out

Just make up moves for folks to follow along, but the audience is one motion behind the leaders.

Pew Scavenger Hunt

Call out items to be found amongst people in the pew. Have them pass to one end of the pew where the person on the end stands up when they have the item

Stage Charades

A word is projected on the screen. The audience acts it out while the Rec leaders try to guess the word.