**THE QUIET OLYMPICS**

**Supplies:**

* **Paper Plate**
* **Balloon**
* **Tape**
* **Whistles**
* **Chairs**
* **Clothes pins**
* **Empty bottle**

**Directions:**

* **DISCUS THROW: Use a paper plate**
* **SHOT-PUT: Use a balloon**
* **TRACK RACE: Each player lines up at the start line and race by placing the heel of one foot against the toe of the next. The first one to the end of the track and back wins.**
* **HIGH JUMP: Each contestant takes a deep breath and whistles. The contestant who holds the note the longest wins.**
* **HIGH DIVE: Each player stands on a chair (or faces the chair back-rest and then kneels chair seat) with ten clothes pins and drops them into an empty bottle. The player that gets the most wins.**