

— 2024 —

# OFFICE OLYMPICS

6 **FREE** ACTIVITIES FOR YOUR TEAM!



Corporate  
**CHALLENGE**  
Est. 1994 Events



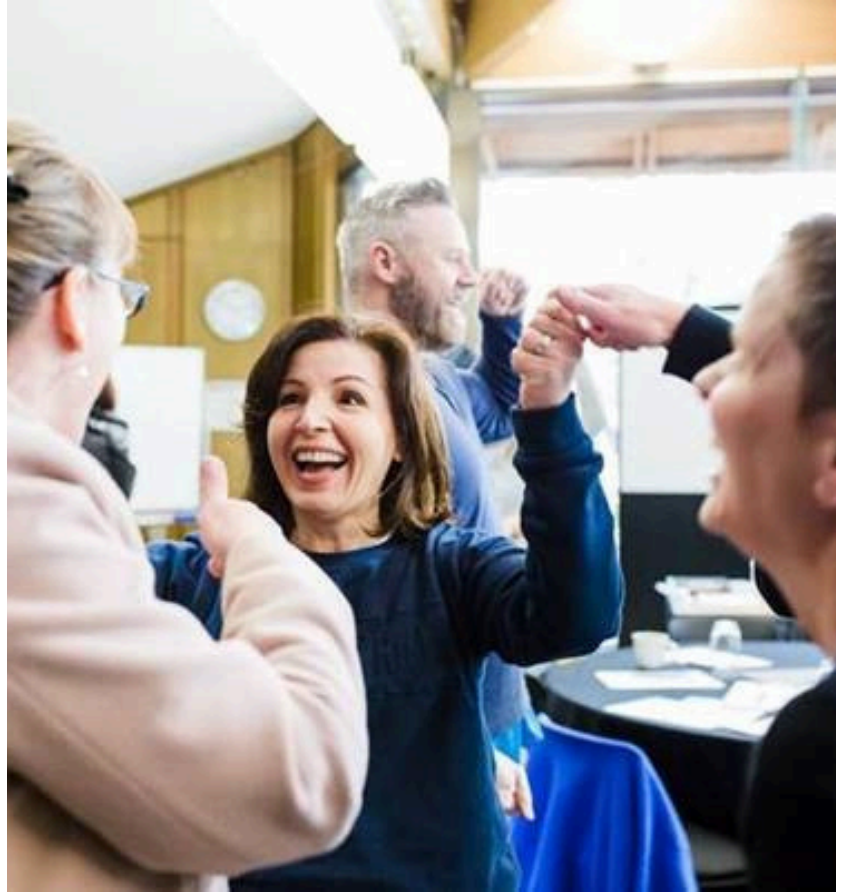
[www.corporatechallenge.com](http://www.corporatechallenge.com)

# INTRODUCTION

Welcome to our 2024 Office Olympics E-book! treat you and your team to our 6 free, office-friendly activities.

As the world gears up for the excitement of the 2024 Olympics, there's no better time to bring some of that competitive spirit into your workplace. This E-Book is your go-to guide for celebrating the Olympics without having to leave your office. Here, you'll find six engaging activities designed to foster teamwork, boost morale, and inject a healthy dose of fun into your office environment.

Why focus on the Olympics for team building? Simple. The Olympics represent excellence and competition, qualities that can help foster better teamwork and motivation in your office. Engaging in our Olympic-themed activities can encourage collaboration and bring a diverse team together. Ready to get your team in Olympic shape? Dive into these activities and observe how they boost morale and productivity in your workplace, helping to cultivate a more dynamic and cohesive team environment.



# FASTEST FINGER TOURNAMENT

## Objective:

To grab your opponent's index finger and save your own.

## How It Works:

- Ask team members to gather together and find a partner.
- Ask each individual to place their left hand out flat with their palm facing upwards and their right index finger pointed down resting in their opponent's flat palm.
- Make sure finger and palm are touching.
- Instruct the audience that on the count of three they need to grab their opponents index finger using their left hand and remove their right index finger from being grabbed.
- The person who can grab their partners index finger first is the winner.
- All the people who lost that round will sit down and the winners will stay standing.
- Winners will find another partner to repeat this with.

## And The Winner Is:

The winners of each round will keep competing until you end up with one winner.

# OLYMPIC HAVE YOU EVER?

## Objective:

For individuals to share a unique sports-related experience or achievement that they believe no one else in the group has done before.

## How It Works:

- Ask team members to gather together, they can choose to complete this task individually or in small teams.
- Team members will be asked to choose 1-3 Have You Ever answers.
- Everyone will take it in turns sharing their answer with the group.
- The chosen event cannot be too specific. The facilitator will “round it down” if it is too specific. E.g - Billy broke his leg hiking in the blue mountains on February 15th 2018. The facilitator will round it down to “has anyone broken their leg before.”
- Others must speak up if they have done what an opposing team member has said.
- If another person HAS done it, that team or individual won't get any points for round 1.
- Each team will have 1 attempt per round.
- There will be 3 - 5 rounds to earn points.
- Teams may choose different people from their team, or the same person may go more than once.

## Scoring:

Each unique answer that no one else in the group has experienced will earn 5 points.

## And The Winner Is:

The winners of each round will keep competing until you end up with one winner.



— “ —————

Life is more fun if you play games  
- Roald Dahl

————— ” —

# OLYMPIC

# STREET

# SCRABBLE

## Objective:

To formulate the highest scoring legitimate word related to the Olympics using the first letter of any street sign you can photograph within a set time frame.

## How It Works:

- The word must be in the English dictionary and thematically related to the 2024 Olympics. It cannot include names or slang.
- Teams cannot use the same photographed letter more than once. For example, if a team presents the word "BALL," they must photograph two separate L's.
- The sign photographed must be in the street. Teams can't use cars, people's property, or logos.
- The sign must strictly be the first letter, e.g., a STOP sign represents the letter S.
- Teams must photograph the entire sign.
- Teams may split up or stay together; it is up to them to decide how they complete the task.
- Teams have a limited amount of time to complete this task. Teams will be disqualified for arriving late.

## Scoring:

- All vowels and the letter S = 1 point
- Letters Q, Z, and X = 5 points
- Every other letter = 2 points

## And The Winner Is:

The team that formulates the highest scoring Olympic-themed word, abiding by the rules and within the time frame.



# OLYMPIC TRIVIA



## Objective:

Identify the sports enthusiasts within your team by competing in an Olympics-themed trivia, earning points, and showcasing your knowledge of the Games.

## How It Works:

- Prepare a set of questions related to the Olympics, including categories such as history, sports, athletes, world records and interesting facts. Aim for a mix of easy, moderate, and difficult questions. [Click here to find a little something I prepared earlier!](#)
- Select a quiz master to host the trivia and be responsible for asking the questions and keeping score.
- Divide your participants into teams of 3-5.
- Come up with a creative Olympic themed team name.

## The Rules:

- Write your team name on your answer sheet.
- Answer and discuss each question after they're read out by the host.
- You are not allowed to use google or AI to assist you in answering questions.
- Judges decision is FINAL! (This one is important 😊)

## Scoring:

Each unique answer that no one else in the group has experienced will earn 5 points.

## And The Winner Is:

The winners of each round will keep competing until you end up with one winner.



# OLYMPIC TRIVIA CATAGORIES

Olympic History

Sports Events

Host Cities

Athletes & Records

Olympic Symbols & Traditions

General Olympic Trivia

Olympic Quotes





# OLYMPIC HISTORY TRIVIA

What year did the first modern Olympic Games take place?

**Answer: 1969**

Question In which city were the first modern Olympics held?

**Answer: Athens, Greece**

Which of these cities have not hosted a modern Olympic Games?

- a) Nagano, Japan
- b) Madrid, Spain**
- c) Turin, Italy
- d) Helsinki, Finland

Which country has hosted the Summer Olympics the most times?

**Answer: The United States**

Which Olympics was the first to include female athletes?

**Answer: The 1900 Paris Olympics**

In what year was the first Winter Olympics held?

- a) 1948
- b) 1964
- c) 1924**
- d) 1900

Which Summer Olympics featured the first appearance of beach volleyball as an official Olympic sport?

**Answer: The 1996 Atlanta Olympics**

Who is the most decorated Olympian of all time?

**Answer: Michael Phelps**

**Answer: 1948 (London Olympics)**

Which of these current Olympic sporting events was also an event in the ancient Olympics?

- a) Soccer
- b) Sailing
- c) Weightlifting
- d) Boxing**

Which Olympics marked the debut of the Olympic torch relay?

**Answer: The 1936 Berlin Olympics**

True or False: At the 1900 Paris Olympics, competitors included swimming events in the Seine River, where athletes had to dodge boats and river debris.

**Answer: True!**





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Play is our brain's favorite way of learning  
- Diane Ackerman

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# DESK CHAIR SOCCER

## (FOOTBALL FOR OUR INTERNATIONAL FRIENDS)

### Objective:

To score goals against the opposing team while navigating the "field" on office chairs.

### How It Works:

**Setup:** Designate a playing area within a large office space, ideally in an open hall or a cleared section of the workspace. Mark two goals on opposite ends of the field using cones or tape.

**Teams:** Divide participants into two teams. Each team should have an equal number of players to ensure fair play.

**Equipment:** Use a lightweight ball, such as a foam soccer ball, to prevent any injuries or damage to office equipment. Each player must remain seated in their office chair throughout the game.

### The Rules:

- Players must push themselves around on their office chairs using their feet or hands.
- The ball can be pushed or kicked with hands or feet while seated.
- Standing up to kick the ball is not allowed, and doing so results in a free kick for the opposite team.
- If the ball goes out of bounds, restart play with a throw-in or kick-in from the sidelines.
- Appoint a referee to monitor the game for any fouls and ensure clean play.

### Scoring:

- A goal is scored when the ball completely crosses the goal line between the goal cones.
- Keep track of each team's score, with each goal counting as one point.

### And The Winner Is:

- The game should be played in two halves, each lasting 10 minutes. The team with the most goals at the end of the game wins.
- In case of a tie, consider having a penalty shootout where each player gets a chance to score from a designated spot on the field.

# RELAY TIC TAC TOE

## Objective:

To strategically place markers on a 3x3 grid to form a horizontal, vertical, or diagonal line, while incorporating team relay dynamics.

## How It Works:

**Setup:** Prepare a 3x3 grid on the floor using tape or markers to represent the Tic Tac Toe board. Each square should be large enough to accommodate a person standing in it.

**Teams:** Divide participants into two teams, each with three members. Assign each team a set of coloured bandanas or T-shirts to use as markers.

## The Rules:

- One player from each team starts at the grid with their team's markers.
- On a signal, the players place one marker in an empty square on the grid, aiming to achieve a line of their team's markers horizontally, vertically, or diagonally.
- After placing a marker, the player runs back to tag the next player in line, who then repeats the process.
- Players must strategise and communicate to determine the best placement for each marker, as the goal is to form a line of three before the opposing team.
- The game continues until one team successfully forms a line and wins the round.
- If one team is much faster than the other, consider introducing a handicap system where the faster team has additional challenges or restrictions to make their game more challenging. For example, they might be required to complete a small physical challenge before placing their marker.

## Scoring:

- Each round won earns the team a point.
- The first team to win a set number of rounds, such as best out of three, wins the game.

## And The Winner Is:

- The team that wins the majority of the rounds is declared the overall winner.
- Consider adding a fun twist by allowing the winning team to challenge the losing team to a rematch or offering a prize for the winning team.

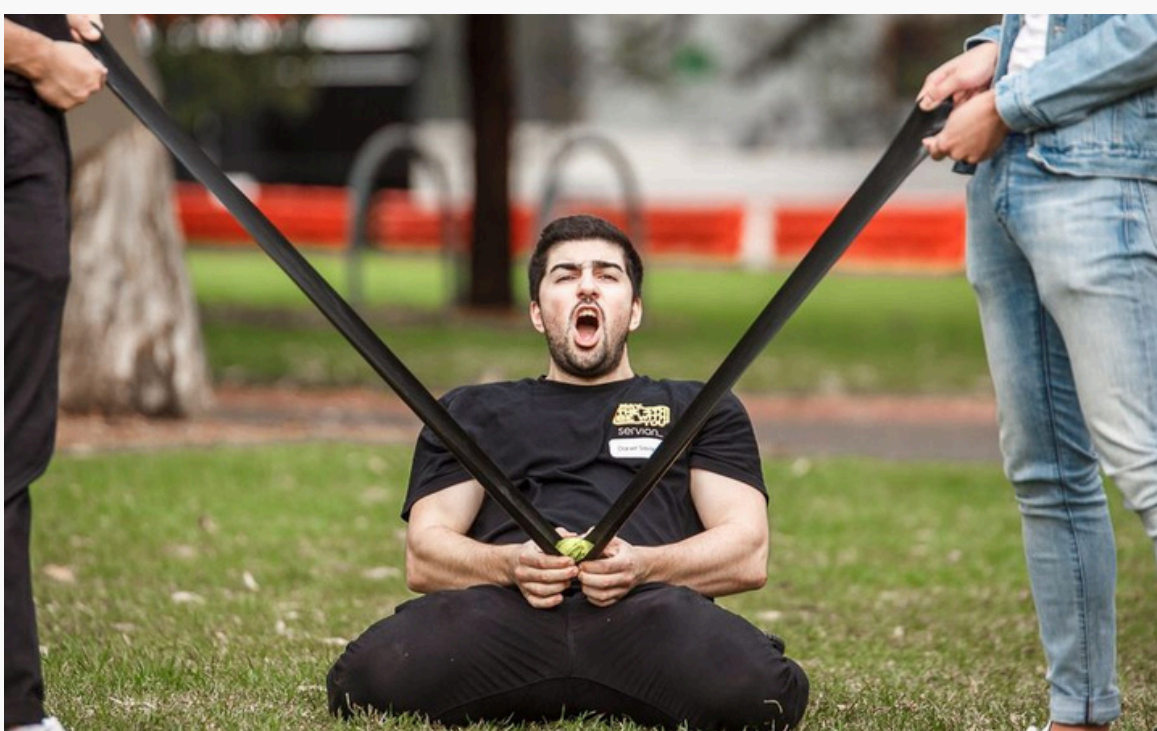
# CONCLUSION

We hope these activities have inspired you to bring the excitement of the Olympics into your workplace and strengthen the bonds within your team.

By embracing the Olympic spirit, you've not only fostered teamwork and camaraderie but also created lasting memories for your colleagues. Remember, the benefits of these activities extend beyond the games themselves; they can lead to improved communication, enhanced problem-solving skills, and a more positive work environment overall.

Do you want to be more involved? We offer a variety of Olympic-themed team building events that are perfect for enhancing teamwork and play in your workplace. Choose from our engaging options such as [Mini Olympics](#), Beach Olympics, Playoffs, and City Scramble. Each of these activities is designed to strengthen bonds, boost morale, and create an unforgettable experience for your team.

[EXPLORE TEAM BUILDING](#)





# GET IN TOUCH

If you would like more information on any of our Olympic themed programs, you are most welcome to contact any of our team at Corporate Challenge Events.

## CONTACT US

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