Office Olympics





Fundraising in the office can be a tricky task but holding an Office Olympics can combat that. Whether you need to engage your team, motivate the masses, or identify a fun team building opportunity that can also raise funds for Together for Short Lives, Office Olympics has it all!



Hosting an Office Olympics is one thing but coming up with ideas for the various challenges is another. Fortunately, Together for Short Lives are on hand to help you with inspiration. See below for the latest Olympic sports that will certainly get the crowds behind you.



You could dedicate an annual week to go full steam ahead with the celebrations or you could incorporate them into your weekly office routine, holding one event at the end of each week. Donations could be taken upon entry into a sport, or through sponsorship on an office just giving page.

Javelin

Get your pencils at the ready! Set up a Javelin event and see who can throw their pencil the furthest. Why not make your own javelins, set the task at the beginning of the week and watch as they evolve into masterpieces set to win?

Desk Chair Race Challenge an opponent and race down a corridor, around the office or outside. Set your own rules – are hands allowed? Should racers have seconds added to their time if they cheat?

Biscuit Brew Challenge Test your biscuit against your brew with a competition to see who can dunk for the longest without letting go. Do you have the nerve? Each contestant chooses their own biscuit to add more competition. Desk Designs In the lead-up to the Olympics, ask each team to pick the name of a country out of a hat. Then get the teams to decorate their desk to reflect their chosen country. Best desk wins a prize.

Bin Basketball Span across the office with your basketball court. Use balls or scrunch up some old paper and see how many shots you can get. If you'd rather do it individually, you could set up a spot in the office and play throughout the week.

Olympic Torch Get creative and make your own Olympic torch. Nominate a judge and set a time limit for the creation period. You can then reward prizes for the best torches. Olympic Quiz Test your Olympic based knowledge in an office quiz. Range questions across all disciplines and see who comes out on top.

Rubber Band Archery Utilise your office resources and set up a target. Aim to hit the bull's eye and get points for getting the closest. Evolve this with other resources, or even aim to score in hoops.

Closing Ceremony Tally up your points from the week, month or even year and hold an office closing ceremony. We would love to see all your pictures so please share them with us on Facebook or Twitter, @Tog4ShortLives.

For more information, ideas or any further support, please contact Jessy on jessica.smith@togetherforshortlives.org.uk

Together for Short Lives is a registered charity in England and Wales (1144022) and Scotland (SC044139) and a company limited by guarantee (7783702).