



# The OTA iPlay “Home Game”

## Theme: “Countdown” Week

### Iron-Kid Warm Up

Completed: \_\_\_\_\_

1. 1 Minute Jog
2. 10 Jumping Jacks
3. 15 Rocket Launchers
4. 20 Second Plank
5. 25 Second Body Twist

Ready, Set, Go! 60 seconds can feel like an eternity or slip away in a blink of an eye. Are you cool under pressure? You have a “MINUTE TO WIN IT”! Come join the Game Revolution and find out what it really means to be connected. No screens, no tablets, no controllers, just quick reflexes and even quicker minds. The below can be split up into a series of challenges each day of the week. It’s simple to rack up the points: If a player attempts the game, he/she automatically receives 3 points, and if they were able to complete the task in under a minute they receive 5 points. The only thing racking up more than points is the laughter...

### Games/Challenges

- Card Throw Completed \_\_\_\_\_
- Paddle Go Completed \_\_\_\_\_
- Chopstick Challenge Completed \_\_\_\_\_
- Cookie Face Completed \_\_\_\_\_
- Bracelets Completed \_\_\_\_\_
- Blowfish Ping Pong Completed \_\_\_\_\_
- Rubber Band Rip Completed \_\_\_\_\_
- Unicorn Stack Completed \_\_\_\_\_
- Movin On Up Cup Completed \_\_\_\_\_
- Knock It Down Completed \_\_\_\_\_
- Dino Grab Completed \_\_\_\_\_
- Matchmaker Completed \_\_\_\_\_
- Hut Hut Hike Completed \_\_\_\_\_
- Elephant Completed \_\_\_\_\_
- Mad Dog Completed \_\_\_\_\_
- Dicey Completed \_\_\_\_\_
- Tweeze These Completed \_\_\_\_\_

### Games/Challenges

- Hot Air Completed \_\_\_\_\_
- Breakfast Scramble Completed \_\_\_\_\_
- Balloon Head Completed \_\_\_\_\_
- Sink It Completed \_\_\_\_\_
- Thread The Needle Completed \_\_\_\_\_
- Don’t Blow The Joker Completed \_\_\_\_\_
- Listen Carefully Completed \_\_\_\_\_
- Touchdown Completed \_\_\_\_\_
- Penny Stack Completed \_\_\_\_\_
- Blindfold Bin Completed \_\_\_\_\_
- Shoe Kick Stick Completed \_\_\_\_\_
- Pyramid Challenge Completed \_\_\_\_\_
- Cotton Ball Drop Completed \_\_\_\_\_
- Team Toss Completed \_\_\_\_\_
- Suck Up Completed \_\_\_\_\_
- Saucer Tic Tac Toe Completed \_\_\_\_\_
- Chandelier Completed \_\_\_\_\_



### **Game Plan: Directions and Instructions for “Countdown Week”**

\*Note – we have tried to develop a program with as much flexibility as possible understanding that age groups, available supplies and sports equipment, space constraints, level of parental/guardian involvement all varies. The number of “repetitions” your “team” decides to do is up to you. If you’re having fun, keep doing it. If one is enough – move on! Feel free to substitute, modify, alter, improvise wherever needed.

### **COUNTDOWN EQUIPMENT LIST**

1. Bowls
2. Cards
3. Ping Pong Balls
4. Ping Pong Paddles
5. Chopsticks
6. Mini-Marshmallows
7. Oreos (or similar)
8. Cups
9. Rubber Bands
10. Rulers
11. Tic Tacs
12. Popsicle Sticks
13. Fruit Loops
14. Pipe Cleaners
15. Toilet Paper
16. Soda Cans
17. M&Ms
18. Hula Hoops
19. Slinkys
20. Head Bands
21. Dice
22. Tweezers
23. Straws
24. Saucer/Tray
25. Vaseline
26. Table
27. Empty Cereal Boxes
28. Balloons
29. Pennies
30. Uncooked Spaghetti Noodles
31. Uncooked Penne Noodles
32. Plastic Bottles
33. Whiffle Balls
34. Baskets
35. Cotton Balls
36. Blind Folds
37. Spoons
38. Paper Plates
39. Empty Tissue Boxes



## COUNTDOWN GAMES

### 1. Card Throw

Equipment Needed: Cards, Bowl

Set Up: Place a bowl on a table and measure/mark 5 feet from the table.

How to Play:

1. Players must stand at the 5-foot mark and throw cards at the bowl.
2. Players must make 3 cards in the bowl in under a minute.

### 2. Paddle Go

Equipment Needed: Ping Pong balls, Paddles

Set Up: Stand the paddles up on their handle on top of a table and measure/mark 5 feet away from the table.

How to Play:

1. Players must bounce the ping pong ball off the ground and try to hit the paddle with the ball to knock it over in under 1 minute.

### 3. Chopstick Challenge

Equipment Needed: Mini Marshmallows, Chopsticks, Bowls

Set Up: Place two bowls next to each other with marshmallows in one of them.

How to Play:

1. Players must transfer 15 mini marshmallows from one bowl to the other using only chopsticks in under 1 minute.



#### 4. Cookie Face

Equipment Needed: Cookie

Set Up: No set up required.

How to Play:

1. Each player places a cookie on the center of their forehead.
2. Players will attempt to get the cookie from their forehead and into their mouth using only their facial muscles in under 1 minute.

#### 5. Bracelets

Equipment Needed: Fruit loops, Pipe Cleaners

Set Up: No set up required.

How to Play:

1. Players will compete to see who can thread the most fruit loops onto a pipe cleaner in 1 minute.

#### 6. Blowfish Ping Pong

Equipment Needed: Cups, Ping Pong Balls

Set Up: Fill 5 cups with water.

How to Play:

1. Players must blow a ping pong ball from one cup to the next.
2. They must get the ball from the first cup to the fifth cup without knocking it off in under 1 minute.



## 7. Rubber Band Rip

Equipment Needed: Toilet Paper, Soda Can, Rubber Bands

Set Up: Hang a full toilet paper roll on a rod so that it is suspended off of the ground. Attach an empty soda can to the bottom to the end of the roll to help weigh it down.

How to Play:

1. Players will shoot rubber bands at the toilet paper trying to break it in under 1 minute.

## 8. Unicorn Stack

Equipment Needed: Cookie

Set Up: No set up required.

How to Play:

1. Players must lean their head back and stack 7 cookies on their fore head using only one hand and in under 1 minute.

## 9. Movin On Up Cup

Equipment Needed: Cups

Set Up: Create a stack of 25 cups with the top cup being a different color or specially marked.

How to Play:

1. Players start by moving the colored/marked cup to the bottom of the stack.
2. Players continue to move the top cups to the bottom until the colored/marked cup is on the top again.
3. Players must complete this in under 1 minute.



## 10. Knock It Down

Equipment Needed: Cups, Rubber Bands

Set Up: Stack the cups into a pyramid and measure/mark 10 feet from the pyramid.

How to Play:

1. Players will use rubber bands to knock down the entire cup pyramid in under one minute.

## 11. Dino Grab

Equipment Needed: Cups

Set Up: Place ten cups on the ground in one end of the room.

How to Play:

1. Players tuck their arms into their shirts with only their hands out of their sleeves.
2. Players must transfer the 10 cups from one end of the room to the other in under 1 minute.

## 12. Matchmaker

Equipment Needed: M&Ms, Cups

Set Up: Place 16 M&Ms (use only 3 colors) under 18 cups. With 3 separate cups in other places in the room.

How to Play:

1. Players must go through the 18 cups one by one and sort the M&Ms in the three separate cups placed in separate areas.
2. Players must sort all 16 M&Ms in under 1 minute.



### 13. Hut Hut Hike

Equipment Needed: Toilet paper roll, Hula hoop

Set Up: Place a hula hoop in a position that is perpendicular to the ground. Measure/mark 15 feet away from the hula hoop.

How to Play:

1. Players must hike 5 toilet paper rolls through the hula hoop in under 1 minute.

### 14. Elephant

Equipment Needed: Slinky, Headband

Set Up: Attach the slinky to the headband.

How to Play:

1. Players place the headband on the head with the slinky extended.
2. Then players use different body movements to fling the slinky into the air and have it come down on their forehead retracted into a stack.
3. Players may not use their hands and must complete this in under 1 minute.

### 15. Mad Dog

Equipment Needed: Ruler/Stick, Tic Tacs

Set Up: Secure a box of tic tacs to both ends of the ruler/stick.

How to Play:

1. Players will hold the middle of the ruler in their mouth with the tic tac boxes facing upward.
2. Players will try to empty the tic tac boxes in under 1 minute by shaking their head like a dog shakes a bone.



## 16. Dicey

Equipment Needed: Popsicle sticks, Dice

Set Up: No set up required.

How to Play:

1. Players must hold the popsicle stick in their mouth.
2. Players then must balance six dice on the end of their popsicle stick in under 1 minute.

## 17. Tweeze These

Equipment Needed: Bowls, Tweezers, Tic Tacs

Set Up: Place two bowls next to each other with one of them filled with Tic Tacs.

How to Play:

1. Players must transfer 5 Tic Tacs from one bowl to the other using only a set of tweezers in under 1 minute.

## 18. Hot Air

Equipment Needed: Straws, Paper Cups

Set Up: Set up 15 paper cups on a table.

How to Play:

1. Players must blow through the straw to knock over all 15 cups in under 1 minute.





### 19. Breakfast Scramble

Equipment Needed: Cereal Box

Set Up: Cut the cereal box into pieces.

How to Play:

1. Players must put the cut up cereal box back together correctly in under 1 minute.

### 20. Balloon Head

Equipment Needed: Balloons

Set Up: Inflate the balloons.

How to Play:

1. Players are each given a balloon and must keep it from touching the ground.
2. They do this by only using their head to bounce the balloon back into the air.
3. Players must keep the balloon from touching the ground for 1 minute.

### 21. Sink It

Equipment Needed: Paper Cups, Pennies

Set Up: Place 4 paper cups on the front of a desk and measure/mark 5 feet away from that desk.

How to Play:

1. Players stand at the 5-foot mark in front of the desk with a stack/bag of pennies.
2. Players must attempt to throw one penny into each cup in under 1 minute.



## 22. Thread The Needle

Equipment Needed: Uncooked Spaghetti, Uncooked Penne

Set Up: Place the penne on the edge of a desk.

How to Play:

1. Players hold a spaghetti noodle in their mouth and must try to thread the penne onto the spaghetti.
2. Players may not use their hands and must thread 5 penne in under 1 minute.

## 23. Don't Blow The Joker

Equipment Needed: Deck of Cards, Plastic Bottle

Set Up: Place the deck of cards face down on the bottle with the joker face up on the bottom of the pile.

How to Play:

1. Players will try to gently blow all the cards except the Joker off the bottle in under 1 minute.

## 24. Listen Carefully

Equipment Needed: Empty Soda Cans, Small Objects (Beads, Pennies, etc.)

Set Up: Place varying amounts of the small objects into the cans.

How to Play:

1. Players will shake the cans and listen to the objects moving around inside to determine how many are inside.
2. Players then must arrange the cans in order from most objects to least in under 1 minute.



## 25. Touchdown

Equipment Needed: Balls, Basket

Set Up: No set up required.

How to Play:

1. Teams of two players will try to catch 5 balls in a basket in under 1 minute.
2. One player will have a basket attached to their back while the other player is hiking the ball. The player with the basket will try to catch the balls in the basket that are hiked to them by their partner.

## 26. Penny Stack

Equipment Needed: Pennies

Set Up: No set up required.

How to Play:

1. Players must stack 25 pennies using only one hand in under 1 minute.

## 27. Blindfold Bin

Equipment Needed: Cotton Balls, Blind Fold, Spoon, Bowls

Set Up: Place an empty bowl on a table and a bowl with cotton balls on the players lap.

How to Play:

1. Players must transfer the cotton balls from the bowl in their lap to the bowl on the table using only a spoon.
2. Players must do this blindfolded and in under 1 minute.



### **28. Shoe Kick Stick**

Equipment Needed: Table, Shoes

Set Up: Measure/mark 5 feet away from the table.

How to Play:

1. Players must take both shoes off and stand at the 5-foot mark.
2. Then they must kick their shoe up and onto the table.
3. They must get both shoes on the table in under 1 minute.

### **29. Pyramid Challenge**

Equipment Needed: Cups

Set Up: No set up required.

How to Play:

1. Players must stack 10 cups in a pyramid and back down into a stack in under 1 minute.

### **30. Cotton Ball Drop**

Equipment Needed: Vaseline, Cotton balls, Bowls

Set Up: Place two bowls in opposite ends of the room with one bowl containing 5 cotton balls.

How to Play:

1. Players must put a dot of Vaseline on the tip of their nose and start next to the bowl containing cotton balls.
2. Players must, without using their hands, pick up the cotton balls with their nose and run it to the empty bowl and shake the cotton ball off into the bowl.
3. Players must move all 5 cotton balls in under 1 minute.



### **31. Team Toss**

Equipment Needed: Mini Marshmallow, Cups

Set Up: No set up required.

How to Play:

1. Players must partner up and stand across from each other, one with a cup and one with a bag of marshmallows.
2. Teams will have 1 minute to toss as many marshmallows into the cup as they can.

### **32. Suck Up**

Equipment Needed: Straws, M&Ms, Paper plates

Set Up: Place M&Ms on one plate. Place an empty plate in a separate spot from the plate with the M&Ms.

How to Play:

1. Players will attempt to transfer 25 M&Ms from one plate to another using only a straw in under 1 minute.
2. They will use their mouth and the straw to create suction to transfer the M&Ms.
3. Players may only use one hand to hold the straw.

### **33. Saucer Tic Tac Toe**

Equipment Needed: Saucers/Trays, Ping Pong Balls

Set Up: Place a saucer/tray at the end of a table.

How to Play:

1. Players must attempt to bounce a ping pong ball down a table and land it in the saucer/tray.
2. They must land the ball three times in a row in under one minute.



#### **34. Chandelier**

Equipment Needed: Empty soda can, Paper plates

Set Up: No set up required.

How to Play:

1. Players must create a tower out of 4 paper plates and 15 empty soda cans in under 1 minute.
2. Players must start with one soda can on the bottom and increasing by one can each level, with paper plates in between each level.

#### **35. Rump Shake**

Equipment Needed: Empty Tissue Boxes, Ping Pong Balls

Set Up: Attach the tissue box to the players lower back with the ping pong balls inside it.

How to Play:

1. Players with the Tissue Boxes attached to their lower back must shake all the ping pong balls out of the box in under 1 minute.