

COUNTDOWN (Minute to Win It)

COUNTDOWN

Ready, Set, Go! 60 seconds can feel like an eternity or slip away in a blink of an eye. Are you cool under pressure? 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. Each class will feature a series of challenges. 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...

Skills to focus on: this activity is more of a focus on sportsmanship, fairplay, and teamwork, rather than athletics movement. However, coordination and quick thinking are a part of each challenge.

Facilities: Any space can accommodate these challenges, however if the program takes place in a gym, you can incorporate additional 60 second challenges that would include traditional athletics, i.e – Lay-up event.

Safety: Make sure supplies are properly being used. Make sure space is properly given for the execution of each challenge.

Tips: Don't be afraid to work in partner challenges wherever possible. Having stations set up where multiple participants can be doing different challenges at the same time is always something to consider. This will depend on how many participants are in the program.

Skills/Drills

1. N/A

Games/Challenges

1. Card Throw
2. Paddle Go
3. Chopstick Challenge
4. Cookie Face
5. Bracelets
6. Blowfish Ping Pong
7. Rubber Band Rip
8. Unicorn Stack
9. Movin On Up Cup

Games/Challenges

10. Knock It Down
11. Dino Grab
12. Matchmaker
13. Hut Hut Hike
14. Elephant
15. Mad Dog
16. Dickey
17. Tweeze These
18. Hot Air
19. Breakfast Scramble
20. Balloon Head
21. Sink It
22. Thread The Needle
23. Don't Blow The Joker

Games/Challenges

24. Listen Carefully
25. Touchdown
26. Penny Stack
27. Blindfold Bin
28. Shoe Kick Stick
29. Pyramid Challenge
30. Cotton Ball Drop
31. Team Toss
32. Suck Up
33. Saucer Tic Tac Toe
34. Chandelier
35. Rump Shake