



GET ACTIVE



30 MINUTES



PREPARATION NEEDED

CHRISTMAS CHALLENGES

PART OF THE CHRISTMAS PARTY THEMED PROGRAMME



GETTING INTO THE ACTIVITY

Take on some Christmas themed challenges, going head-to-head with your friends to be crowned champion.

Download the Christmas challenges activity sheet. This introduces the four games and how they work. You can play all four or just pick and choose your favourites. For this activity split into teams. Each challenge can be played with just one person nominated to compete for the team, going head to head against someone from the other team(s), or alternatively it can be the whole team having a go.

Christmas Tree Stack: A game to test your hand eye coordination as well as your patience.

Wrap This Up: Wrap yourself in wrapping paper. Most covered person wins.

Antler Hoopla: Become a reindeer as you try to catch hoops on your inflatable antlers.

Candy Cane Chains: A team challenge to see which team can create the longest chain from candy canes.

After each challenge, make a note of the points won and see which person / team achieved the most points at the end and can be crowned Christmas challenge champion.



WHAT YOU'LL NEED

- Christmas Challenges Activity Sheet
- Plastic Cups
- Inflatable Antlers & Hoops
- Candy Canes
- Wrapping Paper / Tape
- Cardboard & Tube



KEEPING EVERYONE SAFE

Maintain social distancing as required. Where shared equipment is used, please ensure a hand hygiene break before and after.

CHRISTMAS CHALLENGES

Christmas Tree Stack

In this challenge, you'll need to create a Christmas tree out of 15 plastic cups, a toilet roll tube and a strip of cardboard. The cardboard strip should be the width of a plastic cup and the length of 5 cups.

To create the tree place the toilet roll tube on its end with the cardboard strip balanced on top of it. Now carefully place 5 plastic cups along the cardboard strip, then 4 cups above that. Continue with a row of 3, then 2, until you finish the tree with the final cup on top of the pyramid. If the tree falls, then that player should start again.

Go head to head against another team(s), with the first person to complete the tree declared the winner.

Wrap This Up

Give each person playing a roll of wrapping paper, some scissors and some sellotape. The challenge is for them to wrap **themselves** in the wrapping paper, in a given amount of time. Wrapping yourself is a lot harder than it sounds, so you'll need to think carefully about how you do this.

After time is up (suggested 5 minutes), see who has done the best job / covered most of their body with wrapping paper and declare them the winner.

Top Tip: Wrapping individual body parts (i.e arms, legs, torso etc) works much better than try to wrap all the body in one go.

Antler Hoopla

If possible, purchase an inflatable antler hoopla set. This is worn on the head of a player, with everyone else trying to throw hoops over their antlers. Inflatable antlers can be brought online for roughly £4-5. If not, you could make your own antler challenge using a traditional hoopla set or plastic bottles and hoops.

Who can score the most points by throwing the hoops onto the antlers?

Candy Cane Chains

Give each team a large number of candy canes. Challenge each team to try and create the longest candy cane chain possible. The rules are: The candy canes must be interconnected and cannot be glued / taped together. The candy canes cannot touch the floor, team members can hold the start and/or the end of the chain to support it. Chains can either be vertical or horizontal.

Give each team 5-10 minutes to come up with their best attempt. The longest candy cane chain is the winner.