



GET ACTIVE



30 MINUTES



READY
TO GO

BEAT THAT!



GETTING INTO THE ACTIVITY

Get involved with some silly and competitive tasks as you challenge your opponents to... 'Beat That!'

On the challenge sheet, there are 40 challenges split across 4 categories - brain, body, talent and chance. Players must compete in the different challenges, aiming to win one challenge from each category to claim the overall win. The categories should be rotated through in order (i.e not chosen) as you play the game.

This game can be played individually (smaller groups) or in teams (larger groups). If playing in teams, for each round the team must nominate who is going to play. They can know which category they are competing for (brain, body, talent, chance), but not what the challenge is. A leader will read out the challenge and each person playing must then complete the challenge. The winning person/team can then tick off that challenge area on their way to victory. If the person/team already have that category ticked off, then they might have stopped the other teams from ticking it off their list - so always play to win.

Take it Further: Expand the amount of time playing, by requiring teams / individuals to win 2 or 3 challenges in each category. You may need to write additional challenges to do this. This could be done beforehand, with young people making suggestions.



WHAT YOU'LL NEED

- Beat That Challenges
- Paper & Pens



KEEPING EVERYONE SAFE

Ask those participating to always be aware of their surroundings when completing challenges. Some challenges may require young people to remove obstacles or hazards before competing.

BEAT THAT! CHALLENGES

BRAIN

- 1) Take it in turns to name Marvel films characters. Players cannot repeat a name or hesitate for too long.
- 2) Take it in turns to list words that rhyme with SEAT. Players cannot repeat words, use incorrect words or hesitate for too long.
- 3) You are on a sinking boat and there is only one life jacket left. Give a 20 second pitch as to why you should have it? The pitch judged the most persuasive wins.
- 4) Ask one person (who isn't taking part in this challenge) to turn off their camera. Those taking part in the challenge must take turns listing items of clothing of that person or objects in the background of their camera. No repeats or incorrect items. The person with the camera off should judge this round.
- 5) Take turns to give as many different uses for a pen. (i.e to write, to chew on, to poke someone with etc). Silly but plausible answers are allowed. No repeats or hesitations.
- 6) Players should give their best use for £100. A judge (a leader or the rest of the group) should judge the best use of the money.
- 7) Memory game. Players should take turns in creating a sequence of words to remember. Each time, a player should repeat all the words that have been said before them and add one of their own. Continue until only one player is left.
- 8) Players should take it in turns to give each other compliments. A person is out if they run out of compliments or hesitate for too long.
- 9) Give 10 seconds for players to grab a household item. Each person then gets 30 seconds to pitch their item as if they were selling it on Dragon's Den.
- 10) Quickest person to solve $48 + 263$.

BODY

- 1) Make the most annoying sound possible. Worst sound wins.
- 2) Rock, paper, scissors. Best of three rounds.
- 3) Stand on one leg with your eyes closed. Person who remains balanced for the longest wins.
- 4) Hold the plank position for the longest time possible. Last person planking wins.
- 5) Make someone else laugh in the fewest words possible. Person who does this in the least number of words wins.
- 6) Pull the ugliest face. A judge should decide whose is the ugliest face and wins the round.
- 7) The people playing should all look directly forward (close to the screen if playing virtually). Any player who blinks is out. Last person to blink wins.
- 8) Most impressive eyebrow dance. Put some music on and move your eyebrows around in a dance. The rest of the face should not show any expression/emotion. The person judged as the most impressive eyebrow dance wins.
- 9) Scrunch up a piece of paper and place it on your head - longest to balance that piece of paper on their head wins.
- 10) Take on a head to head to see who can perform the lowest splits. The person who can get closest the ground wins.

BEAT THAT! CHALLENGES

TALENT

- 1) Who can sing the highest pitched note? Bonus point if you can make a dog howl along with you.
- 2) Grab the air guitars and perform an air guitar solo like you're stood on Wembley stage. The person least likely to have the crowd asking for a refund wins.
- 3) Write your name on a piece of paper - however your eyes must be closed and your name must fill the whole piece of paper. Neatest name wins.
- 4) Play some Irish music and go head to head performing the best Irish dance. The person whose dance would make Louis Walsh the proudest wins.
- 5) Feeling dramatic? Perform the most action movie worthy slow motion run that you can. If playing virtually this should see you run across your screen.
- 6) Draw a car. Easy right? You'll need to do it by using your mouth to hold the pen. Person who has a drawing most like a car wins.
- 7) Sing your heart out... Although thankfully we won't need to hear you sing. Play some music and perform 30 seconds of lip syncing to the song. Best performance wins.
- 8) Can you burp the alphabet? Lick your nose? Put your foot in your mouth? That weird secret talent is ready to shine! Perform the most impressive 'secret talent'.
- 9) Crickey Sheila! Take a trip down under and get ready to do your best Australian accent. Best accent wins.
- 10) Ruff that hair up and be prepared to look prime ministerial. Who can do the best impression of Boris Johnson?

CHANCE

- 1) Person with the highest house number wins
- 2) Person who received a text message the most recently wins.
- 3) Person with a name closest to the letter F wins.
- 4) Dirtiest pair of trainers wins.
- 5) Most vowels in their full name wins.
- 6) Person whose birthday falls closest to the Queen's (21st April) wins.
- 7) Person wearing most items of clothes wins.
- 8) The person who can reach the most number of items without moving wins
- 9) Close your eyes. The person who can guess the exact time (or closest) wins.
- 10) Person nearest a light switch wins.