



GET ACTIVE

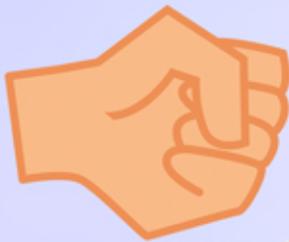


10 MINUTES



PREPARATION  
NEEDED

# MINUTE TO WIN IT CHALLENGES



## GETTING INTO THE ACTIVITY

Take on a series of challenges in an attempt to be crowned 'Minute to Win It' champion.

For this activity, each young person will need all the items in the equipment list. You'll find the full instructions for each challenge on the sheet below. The activity can be run in one of two ways.

**Teams:** Split the group into teams. Players can either go head-to-head with someone from the opposite team - the winner from each round getting a point for their team. Alternatively, the whole team goes at the same time, with anyone completing the challenge in under a minute getting a point for the team. The team with the most points at the end is the winner.

**Against the clock:** If playing as individuals then you are against the clock. The quickest time to complete each challenge wins.

You could do all the Minute to Win It challenges in one session or you could split up the challenges and do one or two each week as part of your virtual session programme.



## WHAT YOU'LL NEED

- 3 x Cups/Mugs
- Tin Foil (or similar)
- 3 x Dice
- 2 x Spoon
- Cookie / Biscuit
- 2 x Bowl
- 6 x Pasta Pieces
- Pencils



## KEEPING EVERYONE SAFE

Please ensure the space and equipment used is safe and appropriate the activities being undertaken.

# MINUTE TO WIN IT CHALLENGES

## **In the Cup**

Players should start with three mugs / cups on a table. Using scrunched up tin foil (or similar) they should make three balls, roughly the size of table tennis balls. Players have 60 seconds to throw their balls into the cups from approximately 2 metres away. Players can retrieve balls which missed and keep attempting the challenge until the time is up. The person who completes the challenge quickest or has the most cups filled after a minute wins.

## **Stack 'em Up!**

Players will need a spoon and three dice. Dice can hopefully be found in family boardgames or similar. On 'go' those playing should hold the spoon with their mouth and attempt to stack the three dice on top of each other on the spoon. If the stack falls, a player should start again. The person who completes the challenge quickest or has the most dice stacked after a minute wins.

## **Cookie Face**

Players must start with a cookie / jaffa cake / biscuit on their forehead. Heads can be tilted back to help, but hands must be behind the back. On go, players must try to get the cookie from their forehead to their mouth, without using their hands. If the cookie falls off the face, it must be placed back on the forehead before carrying on. The person who completes the challenge quickest or has the cookie closest to their mouth after a minute wins.

## **Scoop it Up**

To begin, you'll need two bowls set a metre apart on a table. One bowl should have 6 pasta pieces inside it. On go, a player can transfer the pasta pieces from one bowl to the other with a spoon, one piece at a time. However their hands must be behind their back and they can only hold the spoon in their mouth. The person who completes the challenge quickest or has the most pasta pieces transported after a minute wins.

## **Pencil Grab**

Place a pencil on the back of your hand. In one movement lift your hand, launching the pencil into the air and then catch it in your fist. If successful, try it with 2 pencils then 3, then 4 and so on. You can only add a pencil if you make a successful catch. Keep going for 60 seconds. The person with the most pencils after 60 seconds is the winner.

## **Spoon Frog**

Line up the mug and two spoons as shown in the picture on the activity card. To play you'll need to hit the first spoon so that it then launches the second spoon into the air. Those playing score a point for each time they can get the spoon to land in the mug.