W10025 Win it in a Minute

General Overview & Instructions

This pack offers equipment to play 20 variations of games from NBC's popular Minute to Win It show. The pack will provide your group with enough equipment to play all the games. Some equipment is used in multiple games, so not all 20 games could be set up for play simultaneously.

For group play, rather than have one person attempt to successfully complete a number of increasingly difficult challenges, we recommend setting up 6 or more activity stations. Once the activity stations are set-up divide your players into a similar number of groups that will rotate though each station. This will allow get as many participants as possible playing at the same time. You may want to divide your groups by age or ability in case the difficulty level of a particular challenge needs to be adjusted to accommodate different groups. One countdown timer has been included, so one person will need to be in charge of setting the timer, starter the timer and calling out the time (probably as every 10 second interval passes) as it counts down to zero.

These instructions include individual instructions for each Challenge and some include variations to make the challenge easier or more difficult. The Challenges are designed to be somewhat difficult, but something that most people could complete within 60 seconds with a little practice. A summary list of activities and the item numbers for the individual pieces of equipment that are used is also included. We've tried to make the activities similar to the real Minute to Win It games and keep the challenge reasonably difficult. We recommend trying all the challenges yourself or with a limited number of your group prior to any larger scale event to assure you've set the difficulty level correct for your group.

Some play money has been included for fun and could be used in a variety of ways or not at all. One option would be that play money could be awarded to successful participants for each challenge station and then the player or players with the most money would be declared the winners. Different award values could be assigned to each challenge prior to the start of any of the challenges based on the difficulty of the challenge.

The instructions below include 2 summary sheets and an individual instruction sheet for each of the 20 activities.

Win It in a Minute Challenge Instructions and Equipment List					MASSERN Wayd sell of 17 wide Bost tape	SUB003 Play Money 12 Packs	W6615 Countdoors Times	LRIBES 34" dies, pack of 12 dies	W03469 Colored Craft Sticks Pack of 75	SCOM 12 Penulls Pack of 12	SUSTS 24" Beachfields Pack of 12	W/H85 Stacking Buckers Pack of 12	MATA2 Shudbolde pack of 6	M0271 Spectrum Step Pedometers Pack of 12	Wasto Protocetors Teach Balls Pack of 12	WEXES Super Bangs Pack of 12	VALLES Sports Tuble Termin Bolls Pack of 12	Makes Plantic Hockoy Pools Pack of 6	PESSS Rathourd 22" v.28" Pack of 25 Pisces	WALLET 13" Discretes Flat Agility Blog	PYS23 9" Ballouin Pack of 25	SLARS3 Market Earling 2 Parks of 40 Markos per Profi	Wintends Pack of 12	SLISS Cards Pack of 12 Decks of Cords	St. tees Ring Bandanu Pack of 12
25	Luc		Based on Minute to	Challed In Pack	Half of Floor Topo	Pack	Costobioso Doser	Des	Continues	36 Postalis	Beactionis 24"	IZ Bulkets	Disaffaible	Pedorodera	12 Torons Bullin	24" Dispertitor Super His	24 Totale Tempor halls	Plantic Hischey Packs	2 Pieces of Railboard cardiografi	10" Dissume Flat Sing	15 Balloom	10 Hathes	Westween	Decks of Cards	Cardena
1	A fix Dicay	Description 1) Print to game start, player places a single craftatick in his/her mouth. 2) When the clack starts, player will pick up and vertically stack one for all a time as the state. 3) Player may not above due to real against their receiver to frach less part of their time. 4) In the sent of this time. 4) In the sent of this is do not supposed as fails off af the stack, player may take a registerment die off of the podeum and use it in to place. 5) To camplete the game, til doer must be stacked one on those of the set the set of the set the set of the set the population size. While the 60-boccond time line.	Wie it Activity A BIT OCCEY		-		-	Б	1	×		×	×	X	x	×	x	×	x	K			x	×	x
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98.	Birotosi	1) Inflate the beachtails. 2) Create 4 backet stands and speed in a playing area. 2 of the backet stands will just be a single backet with the open and on the ground. The offset two will coinsist of a 3 backet tower, with one backet stacked on top of a 2 backet base. 3) After being blandfolded, the player is opin account 2 times from the clock begins. 4) When the clock starts, the player begins searching for a ball (method traveling). 5) If a ball boucher the gainer, player must obtain 2 balls (holding them at the start time) within 6 colors of these balls (holding them at the start time).	BLIND					×	×	¥	4	я	200 200 200	*	×	×	*	Ä	*	×	×	x	(1/0) (2/0)	×	x
4	Batolehead	After the headbandipedometer is on the head, the denice is set to zero in steps mode. When the clock starts, player may begin head and body nation without teaching the pedometer is register "steps." If the pedometertheadband moves, the player may stop motion to prevent in from falling off, re-adjust the headband, then contributed to complete the game, player must record 125 "steps" within	BOORLENEAD					×	x	×	×		×	7		×	ĸ	×	×	х	80	- 1	x	36	ŢĮ.
- 10	Hoop t Up	the 60-second time limit 1) Place 2 Multi bushet nides by side in the center of a 24" diameter ho up and one additional bushet 6" behind the hoop. Math, a lime 6 feet from the side of the hoop without the earn bushot. 2) Twoin behind the starting line, players must rod a tensu ball over the hoop and have it pump up and land one in rank bushet. More than one ball can land in the same bushot? 3) One or more partners gather mined attempts and return to a bushet used to hold half white player is about to rod!	BALL					х	x	*	SX.	i.i.	X)	*	12:	.2	*	×	×2	×	8:	:#	×	2 X	. X .
6	Ducket Head	If This is a 2 player toors gare. One player holds a backet on the tag of the head. The bucket must remain is contact with the head for the entre game. This always will be alternating to cache bounded balls in their backet. 3 This 2nd player in given smoother bucket filled with 12 hable terms balls. 33 When the clash statis, the 2nd player may good 1 ball at a time and bounds in ball at the first them will be better their particle of the statistic than a will be the the first them as will be the the first them as will be desired the challenged 3 balls must be caught in the bucket and stay in the bucket when the clash the first than as will be subject to a statistic of the student beauties of the bucket and stay in the bucket when the bucket will be subject. 3 Missess thalls may be introduced by the 1st player for saided difficulty or a 3st train must be for in saider version.	HICKEY HEAD					×	к	×	38	1.3	X	. *	8 2	ж	12	×	¥2	к	×	x	*	38	×
7	Puck Head	1. When the clack statis, player may begin using 1 hand to stack backer puchs 1. At a time on the brethead. 2. If a pack falls, the player may use the save fund to restack them. To complete the game, player may to tack 6. puchs 1 along the other the forehand within the 60-second time land so the feestanding structure clayer that was the 3 seconds.	CHOCOL RTE SANCTORE					×	x	×	×	28	×	×	W.S.	×	x	6	×	х	×	:#	×	ex.	ж
8	Air Racer	1. Using a large sheat of cardinard, bline flay larning a table liarner ball from behind a stanting line 5 leet away from a 19° claracter splitty ring, accelerating the ball arough to jump over the edge of the ring and son the cortex of the ring. 2. A player must get 3 balls did the cortex of the ring and have them stay these vettine 60 occords. 1) fortise and the off 3 ballsoon in advance. When the clock starts.	THE STATE OF					ж.	к	W:	18	38	×	ж	K	×	36	ж	28	œ	*	38	X.S	×	ж
9	Dehrig Granty	the player releases all 3 believes into the air.	SO TING do so TY					×	x	×	×	×	z	x	×	×	×	*	x	x	3 6 0	×	*	×	x
10	Druble Trouble	f) On a fixed amouth surface (table tap or fixed). Main a fixel line and place 2 buckets 3 to 4 feet away from that line. The buckets should be side by calle with about 4 fixed participated fixer. 2) Use a 3rd most bucket to hold and otors table the table tennic balls. 3) Using only one fixed, a player most pick up the bolls and beance them similar amounty and have one tail land in each backet. 4) One or mean partners only retrieve balls from respect others are larger than them. In the storage bucket.	BOURLE					х	к	×	×	3.78	×	ж	28	×	×	×	×	К	×	28	×	Œ	ж

Win It in a Minute Challenge Instructions and Equipment List					W4539BK 60 gd rell of 1" wide licor tape	SCB003 Play Money 12 Packs	3	LRIBGS 34" dies, park of 12 dice	8 1	SC386 s2 Pouchs Pack at 12	SESTIN 24" Beachballs Pack of 12	IDS Ching Buckets Pa	WACKED Blindholds pack of 6	W6271 Spectrum Stop Pedamaters Pack of 12	W6510 Prescribes Tensis Balls Pack of 17	WEXES SECTIONAL Super Hoops Pack of 12	Salls Pack of	Witten Plante Bockey Pucks Pack of 6	PESSS. Railhoard 22" x 28" Pack of 25 Plecos.	WEAT? 9 19" Diameter Flat Agility Ring	PV523 9" Balloons Pack of 25	Statis Packer 12 Piledes of 10 Marbles per Pack	WC483 Whinthands Pack of 12	SLESS Cards Pack of 12 Books of Cards	St. 1955 Pay Bandana Pank of 12
			Based on Misure to	ather inches	Roll of Floor Tapes	Pack	Comidova Timer	Dice	Confliction	Peach	Seactions 24"	Dischola	Darkots	Pederadeta	Trees. Bullio	31" Dismober, Superier.	Table Tengs halls	Plantic Hockey Packs	Paces of Rabased	19" Diameter Flat Ring	Balleons	Methics	Westwads	Decks of Cards	Bankana
*	Name	Bescription 1) Set up the pencil on the analogoened and 16' away from a foul line.	Win It Activity	i	#	-	3 6		2	*	-	2	7	-0	헏	ã	7	*	- 1	15	12	2	2	~	2
11	Loner	SO Paper begins given lying down on their stamach behind the fool line. 3) When the clock starts, player may bege colleg methers 1 at a fame with 1 hand towards the percel. A) Paper must indexes the precise behind the line. If a marble vieleaced across the line line cover, the general cover. 50 To consider the pare, player must have down the percel with a	LONER					×	x:	а	×	x (×	e e	×	×	ж	×	×	ĸ	х	80	э	x	x
		matter that is released within the ED-secred time time. If Set up the pencil on it's unpharpead and 55° away from the bod less. [1] Point to gene dast, place 3 of the same type of plag pung balls (this societ balls) in a triangular fermation in center of the 24° hold hop. Make a four law search the pencils of the holds hop at about						-					-												
12	Martines Grand	Af team the hoop. 2) When the cocks starts, those the other ping-pung-balls, attempting to knock scores build codaside of build hoop. Only 1 ping-pung-ball ping-build between at a teles. If a soccole style build bounces basis into house hose in the knocked as all pains. 3) To complete game, shock will a docker preg-pong-balls out of hule hoop within 60-become time flow.	MARRIES GRANDE					SX	x	х	×	х	×	×	ж	1	24	т	×	×	×	x	x	×	х
13	Newson Nella	1) After a pedomater to each of the overstands. 2) Place a velotional very coch elbew, a beadcand above each lone and set all displays to 0 on the pedometer. "Integ" reads. 3) When the clock statist, player begins moving amound legs while in a standay position. 4) Player mout abop all resvenent at the end of the 50 accounts.	NEWOOS					×	К	×	x	х	×	ı	×	×	x	1	×	2	ž	x	ų.	x	х
-14	Paper Scrigner	\$5) To complete the game, contestant must have a continent total of \$500 clocks at more within the 60-report time limit. 1) \$60 as the cased by bending 20 of thom is in half histopratially. 2) When the cased by bending 20 of thom his half histopratially. 2) When the clock state, player may begin building a tower with each level consisting of two pre-bant index cards placed on their long side with 1 index card fail on top.	- Comp					×	- 007	×	×	×	×		av.		×	- 000	×	×	20	X:		70	×
14	Paper Scripe	3) Plage may not make additional creation in the cards. If To complete the game, the plage most bald a 50-story structure within the 60-section time land, and the structure must remain intact for 3 connectative sections. 3 Story the busidess in a 3x3 get like a tin-tactate genre. Select 6						20					Ů		×	×	_			0.0	×	er.	08	cards	
		ping poing balls in their styles. Mark a total line about 4 feet from the front end of the grid of backets. 2) When the clock storts, player may gob and bounce 1 ping-pong, buil at a time. 3) Player may only use 1 designated hand to bounce the ping-ping balls.	PINS TACTUE													CMC									
15	Fong Tait Toe	4) After landing 1 ping-poing half in a bucket, player must throw the other color pergency half until they land another that color by 50 to complete the game, the player mant get 3 balls of the same style or a time in any discretion within 60 peccents. (b) it authors shall hard in the same backet, that had-last can no larger be used to become a fine. Balls may not be optioned from a backet, an income to be promoted in a backet. If a particular in an extreme back in that mice all the buckets and return to the player bouncing the last.	1					:8	E.	×	8.	9	×	×	×	×	12	X	×	×	8	×	:X	х	*
15	Separation Assisty	sech of sed, blue, yellow and green cuts sticks randomly onto see wheat of the subtract frameword. The confliction can be stacked, coattened on placed in any other reases. After arranging the confliction, contents, cover there with the "off price of rathboard. Place of boucheds (one such in red, yellow, blue and green) should see yellow and the subtract of the radiosard, with one buylors at each edge. 2) When the color starts, the player lefts the top price of resistant off and places to the olde out of the way. They can then begin repeating the constitution. 3) When segmenting the player may only use? In what is opposed the constitution.	SEPARATION ANXIETY					3	46	x	к	4	×	×	×	х	×	x		×	18	*	x	¥	M.
		learns cride. A) The object places a craftotick in the versal container, or out of prints, the game is over. The game is over. The game is one of 1 hand, and evay only have 1 craftotics in the rand of very time. (a) To complete the game, player must place will the craftotics in the community colors of the community of the container.																							
		It's Place 4 backeto with the claimed bottom end up in a line with about 5° in between anach books. I ship a 4 subscent in 4 different sizes said to off their ends. Place are believe once each books? To occurrent the static affire believes and lesses their place it may be height in add a little weight to the ended of each subscently a potting a presy or dime inside before inflating. Make a faul line 4 feet from the buckets. Fig. 4 offs booked with 12 to 24 table inverse halfs.																							
17	Balom Baano	(2) When the clock start, a player may gab hist ping-pose ball. (3) The player may see only one diseignated hard to release all prepages ball at a time. (3) Playe-pong ball must be used that playe-pong ball at a time. (3) Playe-pong ball must be used that be there hat right to below: (4) if cerebrater's feet count to be to be during an attempt, that attempt will not count. (5) To complete the game, all 4 balls one must be bracked off the podums in the 60-accord dense limit. (6) A particle or particle() can retrieve any prog pang balls that have been used and extent them to 90 be counted and extent them to 90 be one could and extent them to 90 be to 90 be must.	FIGHT					x	1	x	x	۵	¥	x	×	*	34	×	2	×	4	X	×	I	x
‡B	Speed Ensier	Jan. 2) When the clock state, player may fail more than 5 pencil is their job throwing hard, and may throw the pencil-boards the base. The pencil mast boards on the ground all least one time and corne to see completely used the base. A player may fail or may pencil as they want in their non-thousing hard. The may only those are pencil at a time using their designated finning hard. 3) To complete the challenge, the player must land 6 pencils inside the hope within the 80-second time limit. 3) Whiseed storage range to minimed at any time by the periodpants.	COURT					х	¥	12	x	3	×	х	х	x	¥	×	м	x	¥	x	x	x	x
19	The Bave	for a partner may be assigned to ease the difficulty of the challenge. 1) Set up 6 Tennis batic slong one of the long edger of a rectangular table. 2) Where the clock starts, player may gold the ballium and Begin to blow it up. 3) The player must blow all the lastic off the opposite side of the state. The player may only more and knock the balls off the table by string as from the ballium and must always always at 1 side of the table. 3) If the player makes a players contact with any of the balls, the	THIS					x	х	x	х	x	x	x	12	х	x	х	x	x	1	x	x	x	x
		game is one. 5) To consiste the game, the player mest knock all the balls of of the table using any the set from the ballson within the 00-excend tree liest. 1) Set up 5 tables in a castle around 1 centre stable that has all 20 cards spread as an it. Or mark set 5 totoegate week in a circle.																							
20	Wheel of A Dea	on a floor. Pick out 5 sets of a matching playing cards. () When the clock starts, player may han aver a card and place that confide up or any falls. That table is now only for cards of that habits. () Cards must hap placed into groups of 4 of a lend on each of the factors selected by the player. If a card is placed on the wrong table, the game is over. (4) The player may only have 1 card in his or her piscossism at a fame. (5) Any card that draps on the floor must be glaced on a table before.	WHEEL OF A DEAL					х	х	x	х	х	х	х	х	х	×	х	x	х	х	x	х	20	х
		the glager can continue. (b) To complete the game, the player most place at 20 canbs in groups of 4-c6 a-lied, face up on the 5 tables within the 50-accest time feat.																							

Challenge #1 A Bit Dicey

A BIT DICEY

This game is based on this Minute to Win It Challenge



Equipment: 6 Dice and 1 Craft stick (use the plain craft sticks – no color – for this event)

Instructions:

- 1) Prior to game start, player places a single craft stick in his/her mouth and 6 dice are placed on a table or other surface that is of a convenient height for the player to reach.
- 2) When the clock starts, player will pick up and vertically stack one die at a time on the stick. The player may use only one hand of their choice throughout this activity.
- 3) The player may not allow dice to rest against their nose or to touch any part of their face.
- 4) In the event that a die is dropped or falls off of the stick and falls out of reach of the player, anyone watching should pick up the dice and return it to the table to be used again as soon as possible.
- 5) To complete the game, 6 dice must be stacked one on top of the other on the craft stick within the 60-second time limit.



Variations:

It is somewhat difficult to stack all 6 dice. For younger kids, you may want to only require 4 or 5 dice to be stacked. Alternatively, participants could get points for the highest number of dice they stacked.

Challenge #2 Backflip



This game is based on this Minute to Win It Challenge

Equipment: 36 Pencils

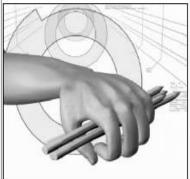
Instructions:

- 1) Pencils are placed on playing surface in increments of 2, with all erasers facing the same direction.
- 2) When the clock starts, player picks up first set of 2 pencils and places them on the back of his/her hand.
- 3) Player must flip pencils into the air, then catch them together. Player adds two more pencils with each turn, building to a final set of 12.
- 4) Player cannot add the next set of 2 pencils until the previous set has been caught. If a player misses the pencils, they must pick up the pencils themselves and try to catch that number of pencils again.
- 5) To complete the game, player must catch sets of 2, 4, 6, 8, 10, and finally 12 pencils in succession within the 60-second time limit.

Variations:

For younger kids, you may want to only require 6 to 10 pencils to be caught. Alternatively, participants could get points for the highest number of pencils they catch within the 60 second time limit.







Challenge #3 Blindball



This game is based on this Minute to Win It Challenge

Equipment: 4 Inflated Beach balls

4 to 8 Buckets 1 Blindfold

Instructions:

- 1) Inflate the beach balls.
- 2) Create 4 bucket stands and spread in a playing area. 2 of the bucket stands will just be a single bucket with the open end on the ground. The other two will consist of a 3 bucket tower, with one bucket stacked on top of a 2 bucket base. Place the stands about 6 feet apart from one another in a designated area. You may want to place tape on the floor to designate the play area. When the blindfolded participant steps on the tape they would be told that they have reached a boundary and where that boundary is (in front, left, right or behind).
- 3) After being blindfolded, the player is spun around 2 times then the clock begins.
- 4) When the clock starts, the player begins searching for a ball (without crawling).
- 5) If a ball touches the floor at any time, it is out of play.
- 6) To complete the game, player must obtain 2 balls (holding them at the same time) within the 60-second time limit.

Variations:

Having the balls at two different heights increases the difficulty challenge since the players don't know at what height to expect to encounter a ball. To make the challenge easier, all the balls can be set on a single bucket. To further ease the challenge, a player could only be required to successfully pick up one ball.





Challenge #4 Bobblehead

BOBBLEHEAD

This game is based on this Minute to Win It Challenge

Equipment: 1 Bandana tied around the players head with the knot in the front and 1 Pedometer clipped to the tied area of the bandana with the pedometer positioned such that the open end of the clip is at the bottom (the pedometer won't read if it is upside down).

Instructions:

- 1) After the bandana/pedometer is on the head, the device is set to zero.
- 2) When the clock starts, the player may begin head and body motion without touching the pedometer to register "steps."
- 3) If the pedometer/headband moves, the player may stop motion to prevent it from falling off, re-adjust the headband, then continue.
- 4) To complete the game, player must record 125 "steps" within the 60-second time limit.

Variations:

Adjust the number of required steps to make the challenge easier or harder.



Challenge #5 Hoop It Up



This game is based on this Minute to Win It Challenge

Equipment:

1-24" diameter hoop

3 - Buckets

12 – Tennis balls

Instructions:

- 1) Place 2 buckets side by side in the center of the 24" diameter hula hoop and one additional bucket 6" behind the hoop. Mark a line 6 feet from the side of the hoop without the extra bucket.
- 2) From behind the starting line, players must roll a tennis ball over the hoop and have it jump up and land one in each bucket. More than one ball can land in the same bucket.
- 3) One or more partners gather missed attempts and return to a bucket used to hold balls that the player is about to roll.
- 4) At least one ball must land and stay in each bucket within the 60 second time limit.

Variations:

To make this challenge easier, place all 3 buckets inside the hoop or move them so they are adjacent to one another and or require the players to only get 1 or 2 balls total into any of

the 3 buckets. This will result in more balls accidentally going in a bucket. The foul line could also be moved a bit closer.

To increase the difficulty, only allow a player to get one ball in each bucket. Having 2 balls in the same bucket would be considered a failure.



Challenge #6 Bucket Head



This game is based on this Minute to Win It Challenge

Equipment:

1 Partner (this is a 2 player team challenge)

1 Bucket

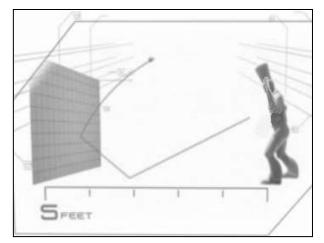
6 to 24 table tennis balls

Instructions:

- 1) This is a 2 player team game. One player holds a bucket on the top of their head using both their hands and stands behind a foul line about 5 feet from a wall. The bucket must remain in contact with the head for the entire game. This player will be attempting to catch bounced balls in their bucket.
- 2) The 2nd player is given another bucket filled with table tennis balls
- 3) When the clock starts, the 2nd player may grab 1 ball at a time and bounce it so that it hits the floor then a wall before their partner attempts to catch it in the bucket headgear.
- 4) To complete the challenge 3 balls must be caught in the bucket and stay in the bucket within 60 seconds.
- 5) Missed balls may be retrieved by the 2nd player or any watching the game.



To make this challenge easier, move the foul line a little closer to the wall. To make it even easier, eliminate the wall complete and have the 2nd player just bounce the balls of the ground. Another variation would have the players 6 feet apart and have one player attempt to toss balls directly into the bucket held on top of the first players head.



Challenge #7 Puck Head



This game is based on this Minute to Win It Challenge

Equipment: 6 Plastic Hockey Pucks

Instructions:

- 1. When the clock starts, player may begin using 1 hand to stack hockey pucks 1 at a time on their forehead.
- 2. If a puck or more than one puck falls, the player may use the same hand to restack them.
- 3. To complete the game, player must stack 6 pucks 1 atop the other on the forehead within the 60-second time limit so the freestanding structure stays that way for 3 seconds.

Variations:

Require a fewer number of pucks to be stacked. Reward points based on how many pucks a player successfully stacks during the 60 second time limit.

Puck Preparation: The surface of these pucks is smooth and a bit slippery, making this challenge exceptionally difficult. To make this challenge a bit



easier, try light sanding both sides of the puck with some sand paper (60 to 150 grit). The roughened surface will reduce the amount of slipping between the pucks.

Challenge #8 Air Racer



This game is based on this Minute to Win It Challenge

Equipment:

3 or more Table Tennis Balls 1 Piece of the Railboard (cardboard) – folded in half to make it stiffer 1 Nineteen inch Diameter Flat Ring

Instructions:

- 1. Using a large sheet of cardboard (or two sheets one stacked on top of the other for added stiffness), blow (by fanning) a table tennis ball from behind a starting line 6 feet away from a 19" diameter agility ring, accelerating the ball enough to jump over the edge of the ring and into the center of the ring.
- 2. Only one ball may be blown at a time. If a player blows a ball that was previously inside the ring out of the ring, then they must return that ball to behind the start line or into the bucket of balls.
- 3. Note that if the table tennis ball rolls further way from the center ring than the original starting distance, the

player may stop the ball, pick it up and return it to the starting line.

4. A player must get 3 balls into the center of the ring and have them stay their within 60 seconds.



Variations:

Require a fewer number of balls to be blown inside the ring. Reward points based on how many balls a player successfully gets inside the ring (including values greater than 3 if desired) during the 60 second time limit. The start line can be moved closer or further away.

Challenge #9 Defying Gravity



This game is based on this Minute to Win It Challenge

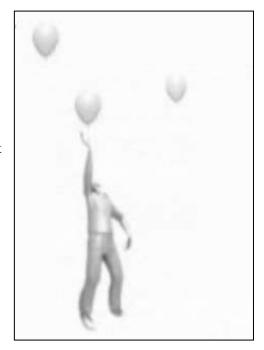
Equipment:

3 Balloons Inflated to about 9" in Length

Instructions:

- 1) Inflate and tie off 3 balloons in advance. When the clock starts, the player releases all 3 balloons into the air.
- 2) Player may not hold balloons, allow them to rest on the body, or hit the ground, or the game is over.
- 3) To complete the game, player must keep all balloons off the ground for 60 seconds.

Variations: Increase or decrease the number of balloons to increase or decrease the difficulty of the challenge. After the initial release of the balloons, allow the player to use only one hand to increase the difficulty. Another option is to change the activity so that the player is attempting to keep two beach balls in the air for 60 seconds.



Challenge #10 Double Trouble



This game is based on this Minute to Win It Challenge

Equipment:

12 to 24 table tennis balls 2 buckets

Instructions:

- 1) On a hard smooth surface (table top or floor). Mark a foul line and place 2 buckets 4 feet away from that line. The buckets should be side by side with about a 3" gap between them.
- 2) Use a 3rd multi bucket to hold and store table the table tennis balls.
- 3) Using only one hand, a player must pick up two balls and bounce them simultaneously and have one ball land in each bucket during the same bounce sequence. In other words, the player can get one ball in one bucket during one attempt and then one ball in the other bucket on a later attempt.
- 4) One or more partners may retrieve balls from missed attempts and return them to the storage bucket



Variations:

Increase (up to about 8" maximum) or decrease the distance between the two buckets to vary the difficulty of the challenge. Increase or decrease the distance between from the foul line to the two buckets to vary the difficulty of the challenge. Younger kids with smaller hands, can be allowed to hold one ball in each of their hands, but still must toss and bounce them simultaneously and have them land one in each bucket to successfully complete this challenge.

Challenge #11 Loner



This game is based on this Minute to Win It Challenge

Equipment:

1 - Pencil

(Tip – If you can't get the pencil to stand up on its own, try breaking off the eraser and then balancing it one the metal part that holds the eraser. In our testing, we found that the pencil would stand on the metal part!)

80 Small Marbles

Instructions:

- 1) Set up the pencil on its unsharpened end 15' away from a foul line.
- 2) Player begins game lying down on their stomach behind the foul line.
- 3) When the clock starts, player may begin rolling marbles 1 at a time with 1 hand towards the pencil.
- 4) Player must release the marble behind the line. If a marble released across the line knocks over the pencil, the game is over.
- 5) To complete the game, player must knock down the pencil with a marble that's released within the 60-second time limit.



Variations:

The distance from the foul line to the pencil can also be lessened to make the challenge easier.

Challenge #12 Marble Grande



This game is based on this Minute to Win It Challenge

Equipment:

24" Diameter Hula Hoop3 Table Tennis Balls with Soccer Graphics6 to 21 Table Tennis Balls (any graphics) stored in a bucket

Instructions:

- 1) Prior to game start, place 3 of the table tennis balls with soccer ball graphics on them in a triangular formation in center of the 24" hula hoop. Mark a foul line around the perimeter of the hula hoop at about 4' from the hoop.
- 2) When the clock starts, throw the other ping-pong balls, attempting to knock soccer balls outside of hula hoop. Only 1 ping-pong ball may be thrown at a time. If a soccer style ball bounces back into hula hoop, it must be knocked out again.
- 3) To complete game, knock all 3 soccer ping-pong balls out of hula hoop within 60-second time limit.
 4) A partner or partners should be assigned to help retrieve missed
- assigned to help retrieve missed throws and return those balls to the bucket of balls.

Variations:

Move the foul line closer or further away. Make this a team challenge with 2 players tossing balls and 2 players retrieving balls.



Challenge #13 Nervous Nellie



This game is based on this Minute to Win It Challenge

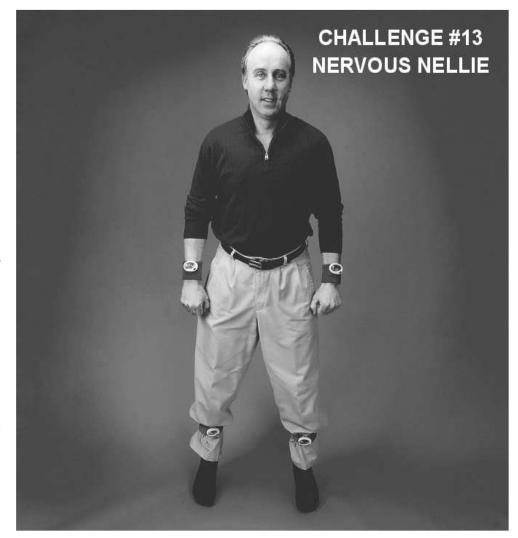
Equipment:

- 4 Pedometers
- 4 Wrist Bands

Instructions:

- 1) Affix a pedometer to each of the wristbands. It may be helpful to use some tape to help keep the pedometer attached to the wristband during the activity.
- 2) Place a wristband over each wrist and ankle and set all displays to 0 in the pedometer's "step" mode.
- 3) When the clock starts, player begins moving arms and legs while in a standing position.
- 4) Player must stop all movement at the end of the 60 seconds.
- 5) To complete the game, contestant must have a combined total of 500 clicks or more within the 60-second time limit.

Variations: Increase or decrease the total number of clicks required to pass the challenge.



Challenge #14 Paper Scraper



This game is based on this Minute to Win It Challenge

Equipment:

20 Playing cards folded in half along the middle of the long dimension 10 Playing cards as is

Instructions:

- 1) Set up the cards by bending 20 of them in half horizontally.
- 2) When the clock starts, player may begin building a tower with each level consisting of two pre-bent index cards placed on their long side with 1 index card flat on top.
- 3) Player may not make additional creases in the cards.
- 4) To complete the game, the player must build a 10-story structure within the 60-second time limit, and the structure must remain intact for 3 consecutive seconds.

Variations:

Require few levels to be completed to make the challenge easier. Award one point for each level completed. Declare the one

with the most levels stacked the winner of this challenge.



Challenge #15 Ping Tac Toe



This game is based on this Minute to Win It Challenge

Equipment:

9 Buckets

6 ping pong balls, 3 each of 2 types.

Instructions:

- 1) Set up the buckets in a 3x3 grid like a tic-tac-toe game. Select 6 ping pong balls in two styles. Mark a foul line about 4 feet from the front end of the grid of buckets.
- 2) When the clock starts, player may grab and bounce 1 ping-pong ball at a time.
- 3) Player may only use 1 designated hand to bounce the ping-pong balls.
- 4) After landing 1 ping-pong ball in a bucket, player must throw the other color ping-pong ball until they land another that color.
- 5) To complete the game, the player must get 3 balls of the same style in a line in any direction within 60 seconds.
- 6) If multiple balls land in the same bucket, that bucket can no longer be used to create a line. Balls may not be retrieved from a bucket.
- 7) A partner(s) may retrieve balls that miss all the buckets and return to the player bouncing the balls.



Variations:

To make this challenge easier, allow players to remove both balls if they get two different style balls in the same bucket. Give players 4 or 5 of each type of ball, so even if they get two in one bucket they can still win the challenge.

Challenge #16 Separation Anxiety



This game is based on this Minute to Win It Challenge

Equipment:

- 1) This game can be played on a table or on the floor. Place 12 each of red, blue, yellow and green craft sticks randomly onto one sheet of the railboard (cardboard). The craft sticks can be stacked, scattered or placed in any other manner. After arranging the craft sticks, cover them with the 2nd piece of railboard. Place 4 buckets (one each in red, yellow, blue and green) about 3 feet away from the edge of the railboard, with one bucket at each edge.
- 2) When the clock starts, the player lifts the top piece of railboard off and places to the side out of the way. They can then begin separating the craft sticks.
- 3) When separating the player may only use 1 hand to separate the craft sticks into their corresponding buckets, always going in the same order.



- 4) If the player places a craft stick in the wrong container, or out of order, the game is over.
- 5) Player may use only 1 hand, and may only have 1 craft stick in their hand at any time.
- 6) To complete the game, player must place all the craft sticks in their corresponding color-coded buckets in the correct order within the 60-second time limit.

Variations:

If playing on a floor, move the buckets further or closer away to change the difficulty of the challenge. Reduce the number of each color of craft sticks to make the challenge easier.

Challenge #17 Balloon Bounce



This game is based on this Minute to Win It Challenge

Equipment:

- 4 Buckets
- 4 Balloons
- 12 to 24 table tennis balls

Instructions:

- 1) Place 4 buckets with the closed bottom end up in a line with about 6" in between each bucket. Inflate 4 balloons to 4 different sizes and tie off their ends. Place one balloon onto each bucket. To overcome the static of the balloons and keep them in place it may be helpful to add a little weight to the inside of each balloon (try a putting a penny or dime inside before inflating). Mark a foul line 4 feet from the buckets. Fill a 5th bucket with 12 to 24 table tennis balls.
- 2) When the clock starts, a player may grab first ping-pong ball.
- 2) The player may use only one designated hand to release all ping-pong balls and may only release one ping-pong ball at a time.
- 3) Ping-pong balls must bounce first before hitting the balloons.
- 4) If contestant's feet cross the foul line during an attempt, that attempt will not count.
- 5) To complete the game, all 4 balloons must be knocked off the podiums in the 60-second time limit.
- 6) A partner or partner(s) can retrieve any ping pong balls that have been used and return them to the 5th bucket for re-use.



Move the foul line closer or further away. Increase or decrease the number of balloons that must be knocked off.



Challenge #18 Speed Eraser



This game is based on this Minute to Win It Challenge

Equipment:

1 – 24" Hoop 24 to 36 Pencils

Instructions:

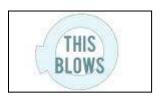
- 1) Set up the 24" hoop on a hard floor about 6 feet away from a foul line.
- 2) When the clock starts, player may hold more than 1 pencil in their non-throwing hand, and may throw the pencils towards the hoop. The pencil must bounce on the ground at least one time and come to rest completely inside the hoop. A player may hold as many pencils as they want in their non throwing hand. The may only throw one pencil at a time using their designated throwing hand.
- 3) To complete the challenge, the player must land 6 pencils inside the hoop within the 60-second time limit.
- 4) Missed attempts may be retrieved at any time by the participants or a partner may be assigned to ease the difficulty of the challenge.



Variations:

The foul line may be moved closer or further away and the number of pencils required to land within the hoop may be increased or decreased to adjust the difficulty level of this challenge.

Challenge #19 This Blows



This game is based on this Minute to Win It Challenge

Equipment:

- 6 Tennis Balls
- 1 Un-inflated balloon

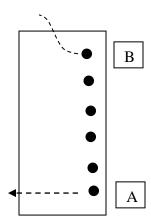
Instructions:

- 1) Set up 6 Tennis balls along one of the long edges of a rectangular table.
- 2) When the clock starts, player may grab the balloon and begin to blow it up.
- 3) The player must blow all the balls off the opposite side of the table. The ball next to the "A" would be successful, the ball next to the "B" would be unsuccessful and would have to be returned to the starting spot for the player to try that ball again. The player may only move and knock the balls off the table by using air from the balloon and must always stay on 1 side of the table.
- 4) If the player makes physical contact with any of the balls, the game is over.
- 5) To complete the game, the player must knock all the balls off of the table using only the air from the balloon within the 60-second time limit.



Variations:

Increase or decrease the number of balls required to be moved across the table to vary the difficulty of the challenge.



Tip: The secret to this event is to fully inflate the balloon and then only let the balloon deflate about half way during the challenge. The air pressure coming out of the balloon decreases quickly as the balloon deflates, so when the balloon is half deflated there is not much pressure left! The player can then re-inflate the balloon much faster. We've completed this challenge in as little as 20 seconds using this method. If you don't want players to see this tip, just cut off this portion of the instructions!

Challenge #19 Wheel of a Deal



This game is based on this Minute to Win It Challenge

Equipment:

20 Cards – 5 sets of 4 cards - Aces, Kings, Queens, Jacks and Tens

Instructions:

- 1) Set up 5 tables in a circle around 1 center table that has all 20 cards spread out on it. Or mark out 5 rectangular areas in a circle on a floor. Pick out 5 sets of 4 matching playing cards and arrange the in random order face down in the center area.
- 2) When the clock starts, player may turn over a card and place that card face up on any table. That table is now only for cards of that value.
- 3) Cards must be placed into groups of 4 of a kind on each of the tables selected by the player. If a card is placed on the wrong table, the game is over.
- 4) The player may only have 1 card in his or her possession at a time.
- 5) Any card that drops on the floor must be placed on a table before the player can continue.
- 6) To complete the game, the player must place all 20 cards in groups of 4-of-a-kind, face up on the 5 tables within the 60-second time limit.

Variations:

Adjust the number of sets of cards to be sorted up or down.



