

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 through 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, starting 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.

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Challenge #1 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

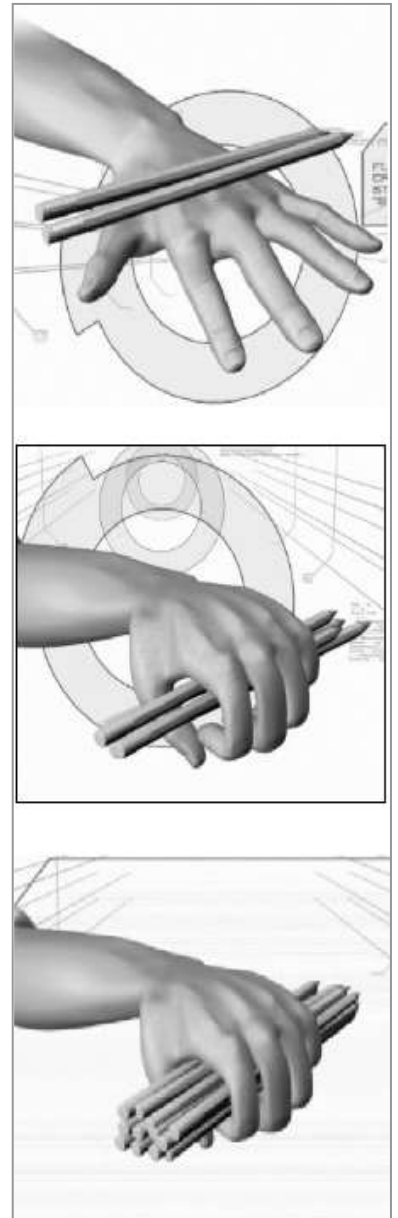
Equipment: 36 Pencils

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



This game is based on this Minute to Win It Challenge

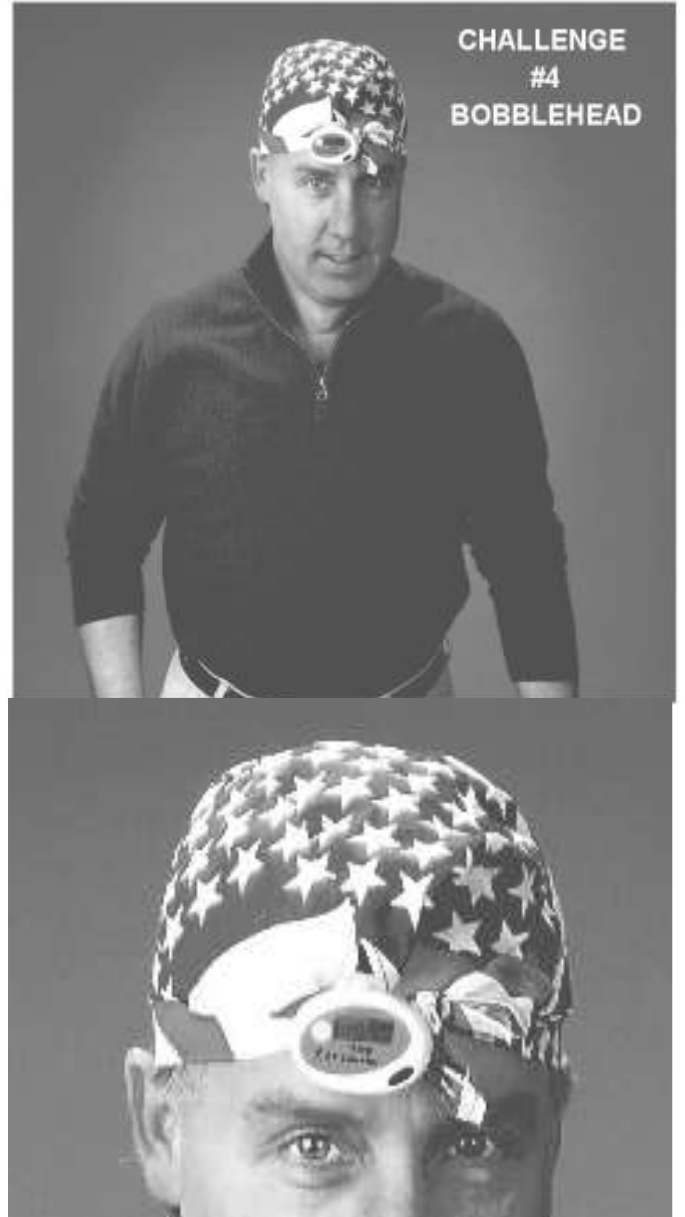
Equipment: 1 Bandana tied around the players head with the knot in the front and 1 Pedometer clipped to the tied area of the bandana with the pedometer positioned such that the open end of the clip is at the bottom (the pedometer won't read if it is upside down).

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



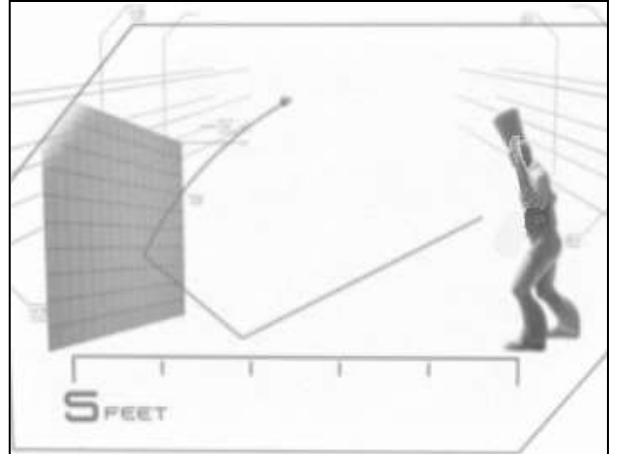
This game is based on this Minute to Win It Challenge

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.



Variations:

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 off 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 player's 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

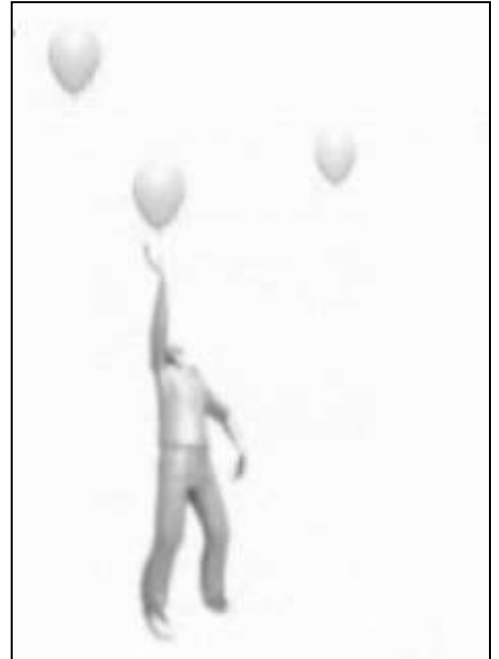
Equipment:

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



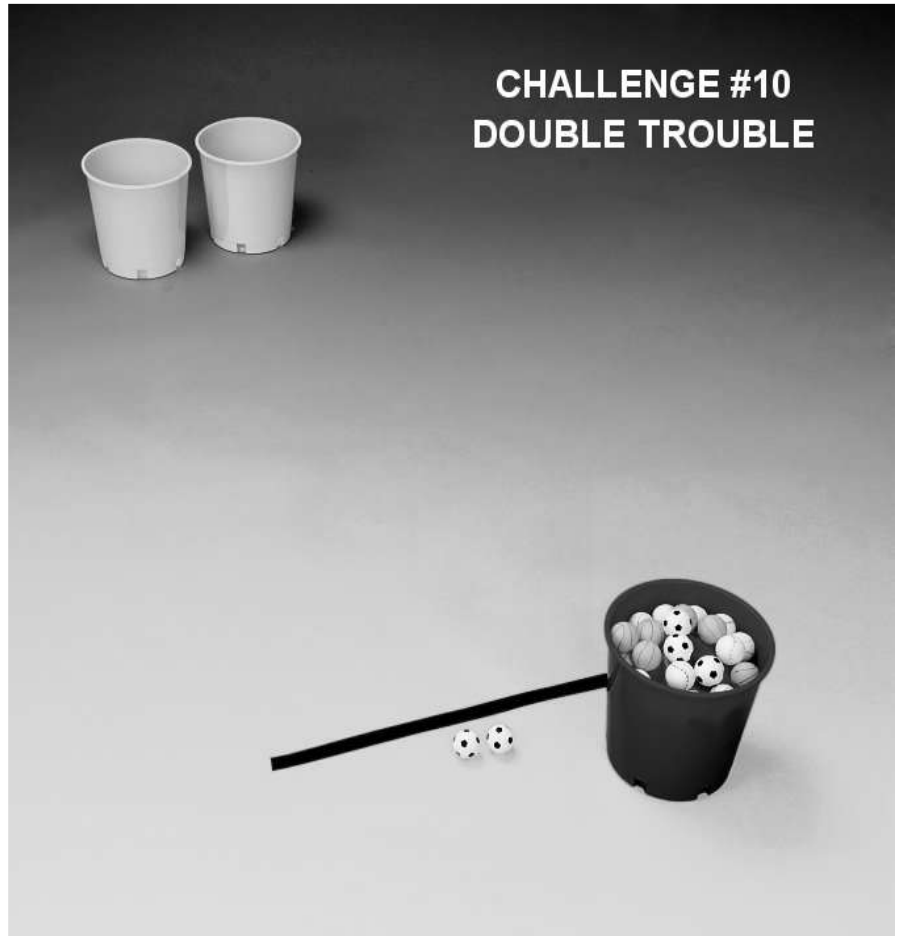
This game is based on this Minute to Win It Challenge

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 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 on 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 Hoop

3 Table Tennis Balls with Soccer Graphics

6 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 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

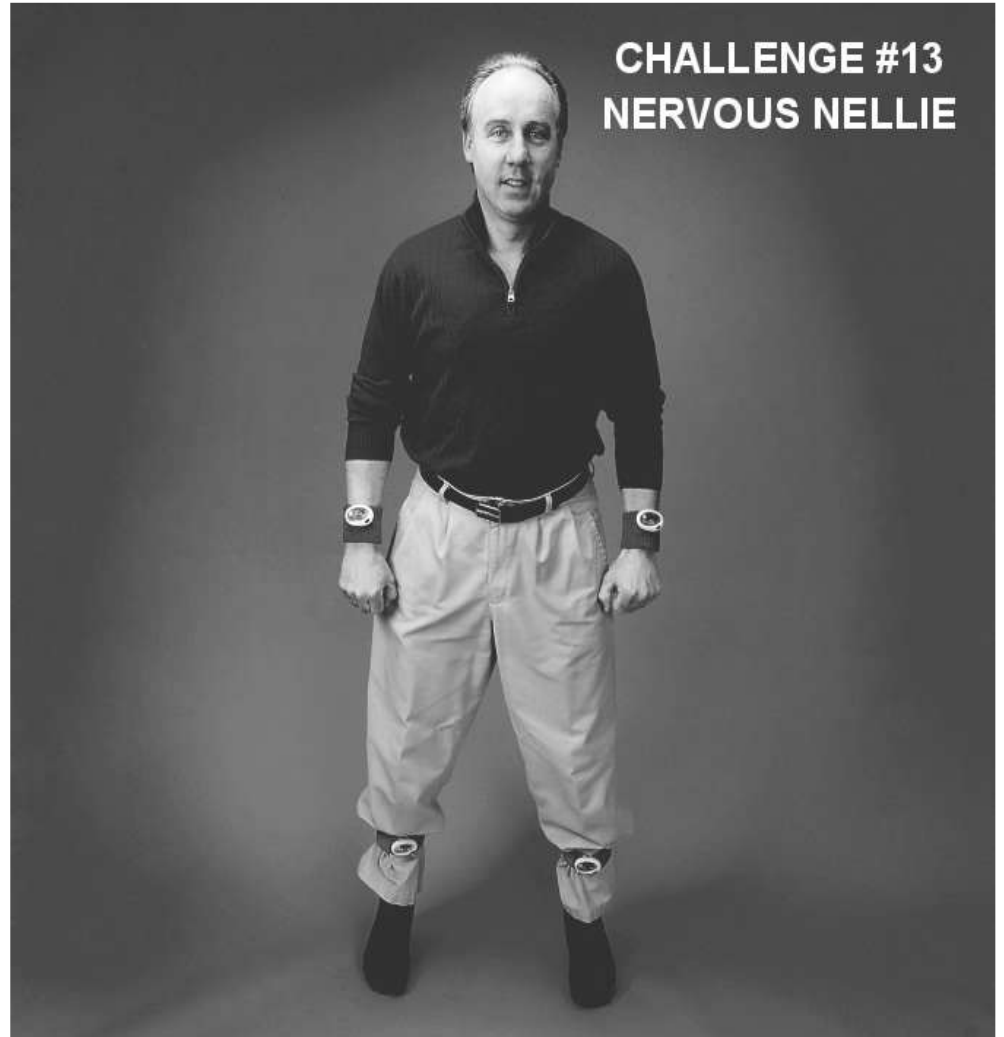
Equipment:

- 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 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.

Variations:

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



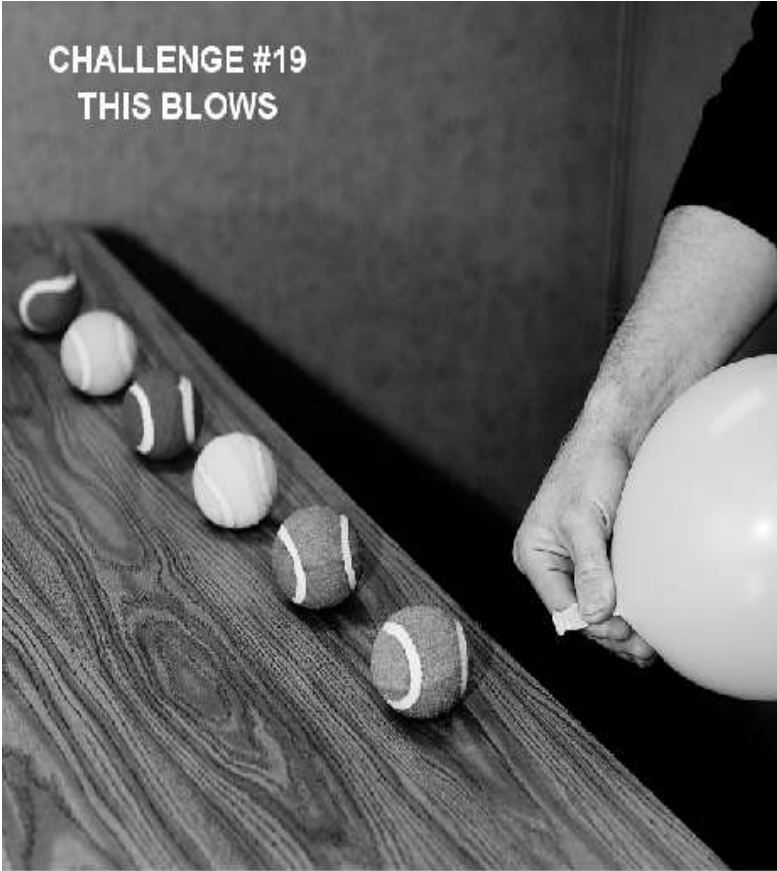
This game is based on this Minute to Win It Challenge

Equipment:

- 6 – Tennis Balls
- 1 – Un-inflated balloon

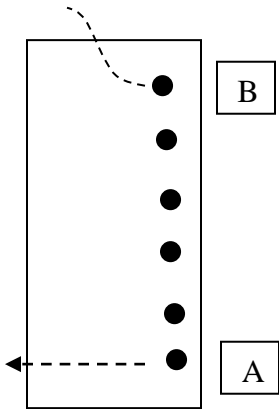
Instructions:

- 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 them 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.

