Minute to Win It Ideas

**Keep it up-** Keep the balloon(s) in the air. Students will have to hop on one leg while trying to keep three balloons from touching the ground. They will be in designated area and will not be allowed to go outside the area. This one could be a challenge between 2 or more students as well.

**Bowling Pin Balance-** Balance a bowling pin on hand walking from one marked point to the other. Try to get as many pins as you can to the other side.

**Air Golf-** When the clock starts participant begins using his/her own breath to blow a ball across the designated distance into a hole or across a line. See how many balls you can get across the line or hole in 60 seconds

**Defying Gravity**- When the clock starts, participant releases all 3 balloons into the air. Participant may not hold balloons, allow them to rest on body, or hit the ground or your turn is over. You must keep all three balloons off the ground for 60 seconds in order to be successful.

**Bucket Head-** Before the clock starts, 1 group member grabs the bucket, and assumes a position at the designated distance. (holding the bucket, open side facing up, on top of head) When the clock starts, the participant begins throwing gator balls toward the bucket. See how many gator balls you can make within 60 seconds. (Take turns as thrower and bucket head)

**Bouncer-** Before the start of the game, all 20 plastic cups should be lined up in a row on a line. All ping-pong balls should be within easy reach (in a cup or two or lined up in front of the cups). When the clock starts the participant must bounce a ping pong ball into each of the plastic cups off of one bounce, per ball, per cup. If a ball bounces more than once and lands in a cup, it will not count. If a ball bounces into a cup other than the intended cup, it will count. To complete the activity, get one ping pong ball into each cup off of one bounce within 60 seconds. It is acceptable to make more than 1 attempt on a cup if unsuccessful, as long as all balls are in the respective cups.

Building Blocks Divide your team into 2 parts. Both parts start all behind the beginning line. In relay fashion, one person from each line runs out and stacks a foam block and then runs back, tags the next teammate and goes to end of line. The next teammate stacks another block on the tower and returns to tag the next player. This continues for the whole minute. If the blocks fall down, remember the number of levels and start again. Team score is the best # of levels of each of the 2 teams added together.

Balloon Pop Relay

3 teams each with 4 players

One partner at a time from each team takes a balloon and runs to a chair to sit on it and tr to pop the balloon. First team to complete task wins!