

Minute to Win It!

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1. Fitness Word Scrabble

Each team member is given a letter. The team must spell out as many fitness related words as they can in the one minute allowed. Each word counts as 1 point and phrases count as 5 points. Total score in one minute is written on the score sheet.

2. Pedometer Fitness

Divide the team in 2 groups. Each group will do the pedometer fitness activity for 1 minute.

* Put pedometer on your belt. Reset pedometer to 0. When the time starts, move in place anyway you can to record as many "steps" as possible. Switch to the other group as quickly as possible. When each group has their minute done, write down your teams highest 3 scores + your lowest 3 scores to get a team total.

3. Baggo Bean Bag Toss

Set up your team so that half are tossing bean bags to one Baggo board and half to the other Baggo board. Pass out all the bean bags to the tossers. When the minute starts, begin tossing the bean bags into the Baggo holes. One point is scored for each bean bag in the hole. Missed bean bags may be picked up by your teams other group and tossed back to their Baggo. Write total team score on score sheet.

4. Hula Hoop Spin Back

Each teammate has a hoop (or share with a teammate). When the minute starts, toss the hoop from your starting line out past the spin back line and spin it back to you past your start line. Only hoops that cross the spin back line and your toss line count as a point. Keep track of your points and add your individual scores together to get your team score. Write team score on score sheet.

5. Running Man

Divide your team into 2 equal teams. Each teammate in their group gets a partner and a Running Man. When the time starts, partners roll up the string on the running man so that their handle touches the man. Quickly unroll the Running Man and start again. A point is scored for each time the handles touch the Man. After 1 minute, change to team 2 and begin another minute. Team score is added up and written on score sheet.

6. 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.

7. Team Jump Rope

Divide your team into 2 equal teams. Select 2 turners for each team to turn the ropes for the rest of the team. When time starts, the turners turn the rope for their team trying to get as many consecutive jumps with the whole group at once as in the minute. Count your highest score and multiply it by the # of people that jumped. Then add your 2 team scores together to get your total team score to write down on the score sheet.

8. Dice Rolling

Divide your team into 3 lines. Each line has a die to roll out past the “Dice Line”. After your roll add the numbers, collect the die and bring it back to your line for the next 3 rollers. Your task is to roll the dice so that you score all of the numbers possible. 3,4,5,6,7,8,9,10,11,12,13,14,15,16,17,18. Your score is the total of the different numbers rolled but each number can only be counted once.

9. Tchoukball Relay Toss

Divide your team into 2 parts so that one part starts their line tossing at one Tchouk and then goes to the end of the other Tchouk line while the other part tosses at the other Tchouk and then joins line #1. The next person in line will catch your toss! Count the catches made at each Tchouk and add them together for your team score to write on the score sheet.

10. Noodle Bit Popping

Select 4 bucket holders to catch the Noodle Bit Pops. All other teammates should stand by the Noodle Bits that have been placed on the ground. When the time starts, take several Noodle Bits and run up to the Popping Line. Pop the Noodle Bits so that the catchers can catch them in the buckets. The team score is the total # of Noodle Bits caught in the buckets at the end of the minute. You may have a retriever to pick up the Noodle Bits that are not caught and bring them back to the Noodle Bit pile.

The Championship Minute to Win It!

Players will lie down on the floor and put Pedometers on the bottom of their feet. When the minute starts they will shake their feet as fast as possible to score as many “steps” as they can in the minute. The team score will be the top 2 scores added to the low 2 scores to get the team total.

Equipment:

Word Scrabble Card

Pedometers

Long Jump Ropes (50')

Noodle Bits

Bean Bags

Baggo

Tchouckball

Activity Blocks

Running Man

Foam Dice

36" Hula Hoops

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