Minute to Win It!
Selection of Challenges for Tuesday Evening Session

Task 1: Pedometers Run: How many team steps can be recorded in one minute?
Each participant is set up with a pedometer on their waist set at 0 steps. On the signal, each person jumps, runs, steps, or bounces to make their pedometer record as many steps as possible. Each individual person’s score is added to the team’s total to get a team score.

Task 2: Pedometer Fast Feet:
Each participant, while lying on their back, is given a pedometer to attach to the bottom of their feet. On the signal, the participants move their feet as fast as possible to achieve as many “steps” in one minute. Score can be based on individual, tops of team or all of team.

Task 3: Foam Pin Balance Relay: How tall can you stack the foam pins?
The participants form a relay team and take 1 pin at a time out of a box of foam pins and run to the stacking area. This continues for 1 minute and the number of pins stacked up counts as the team score.

Task 4: Running Man Team Relay: How many times can you get the Running Man handles to reach the Running Man in the one minute.

Task 5: BAGGO: How many beanbags can the team throw into the BAGGO hole in one minute?
The team lines up behind the throwing line 20-30’ in front of the BAGGO board. Each player takes 1 beanbag out of the beanbag bucket and tosses it towards the BAGGO board trying to score a point by getting it in the hole. The team takes turns for the minute trying to score as many points as possible.

Task 6: Hoops Spin Back: How many times can the team get the hula-hoop to spin back 20’ to the toss line?
The team has 3 hoops and tries to toss them out 20’ and make them spin back to the toss line. Each hoop that makes it back to the toss line counts as one point.

Task 7: Jump Rope Relay: How many jumps can you team perform having each person jump 10 jumps and then pass the rope to the next jumper. Time limit is one minute.

Task 8 Team Jump Rope: How many jumps of the long rope being turned can your group accomplish in the one minute. All teammates must jump the rope except for the turners.

Task 9: Tchoukball Relay Toss: How many toss and catches can a team make off the Tchoukball rebounder in one minute. Catches with 1 hand count double
Final Challenges could be:

1. **Heavy Hula Hooping**: The team starts with 7 members hula hooping the heavy hoops. The score is how many hoopers will still be going at the end of 1 minute. Top score wins.

2. **Pedometer Fast Feet**: Each participant, while lying on their back, is given a pedometer to attach to the bottom of their feet. On the signal, the participants mover their feet as fast as possible to achieve as many “steps” in one minute. Score can be based on individual, tops of team or all of team.

3. **Big Hoop Tunnel Run**: How many team members can run through a big hoop that is rolled down the floor.