Jump Rope

Each team will be required to jump 1,000 jumps in 25 segments (every member must do at least 25). After a person jumps 25 times (does not have to be consecutive) they go to a bucket, get a chip and transfer it to another bucket, then start jumping again. After all chips have been moved to the other bucket, the team has finished the task. This is a timed event.

TIME: ___________________
The Amazing Race

Waste Buster

Two lap lines 25 yards apart with a container holding 10 waste/exercise cards at each line. The whole team starts at one line. On signal, one person draws a card and reads the exercise. The whole group must do the exercise until the person runs to the designated recycling bin to deposit the card and returns. Upon returning, the group must move to the other lap line and repeat the same activity with a different person drawing. Each time the group moves, they must travel a different way (i.e.—skip, gallop, jog, etc.). The team must have new members collect cards each lap until everyone has had a turn. This is a timed event.

TIME: ____________________
The Amazing Race

Escapeze

The team will form a circle by holding hands. The team will designate a starting point and move a hoop in a clock-wise direction by wiggling through the hoop. After the hoop has passed the 5th person, another hoop is started at the beginning. This is repeated one more time so there are three hoops in motion. After all three hoops have finished a 3rd rotation around the circle, the task is complete. This is a timed event.

TIME: ______________________
Partner Volley

Each team will complete 1000 volleys using a racquet or paddle. The team will work in pairs to volley the ball. After 25 volleys (does not have to be consecutive), they go to a bucket, get a chip and transfer it to another bucket then start another rally. After all chips have been moved to the other bucket, the team has finished the task. This is a timed event.

TIME: ________________
Team Volleyball Pass Relay

The team is divided in four groups. Each group will line up behind one of four cones and face another group of teammates (the cones should be about 12’ to 15’ apart). When ready, the two players that are in front of the line that has a ball will pick it up and begin passing it to his/her partner group by using an overhead pass (set). This starts the alternating passing (any correct volleyball pass may be used). After a person volleys the ball to the other team, they will move to the end of the other team line (move to the right of that line so there are no crashes). Everyone counts each successful pass out loud. If the ball hits the ground or a person does not use an acceptable pass, the count must start over. The groups are given a specific time to complete the task, the highest consecutive number of passes by each group is recorded (i.e.—25+37=62).

Total # of Passes: ________________
Flying Animals

Each team is divided into four groups. Each group is given a 6’ parachute. Two of the groups will work together to move a rubber animal from point A to point B by tossing the animal from one chute to the other. At the same time, the other two groups are performing the same task. The groups are given a specific time to complete as many laps as possible. Only a full lap – animal across the designated lines - will count. At the end of the time, total number of laps for each two groups will be recorded (i.e.—8 laps + 10 laps=18 laps).

Total Laps: ________________
The Amazing Race

Push-ups and Crunches

Each team will be required to do 500 push-ups (regular or knee) and 500 crunches (arms crossed, touch elbows to thighs). After every 10, they go to a bucket, get a chip and transfer it to another bucket, then start again. After all chips have been moved to the other bucket, the team has finished the task. This is a timed event.

TIME: ________________

The Amazing Race

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TIME: ________________
The Amazing Race

Soccer Juggles

Each team will be required to do 1000 soccer juggles (using foot, knee, chest or head). After every 25, they go to a bucket, get a chip and transfer it to another bucket, then start again. After all chips have been moved to the other bucket, the team has finished the task. This is a timed event.

TIME: __________________

The Amazing Race

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TIME: __________________