

CHALLENGE CARD

Baby Rescue

Equipment

One rope or cloth ladder, one large ball (33" or more), two ropes to make the river banks

Starting Position

No more than 8 in the group. Half the group is on one side of the "river", the other half on the other side. The ladder and baby are on one side of the raging river.

Our Challenge

The group must save the baby by helping it crawl across the river on the ladder.
Easy.....

Rules and Sacrifices

1. The baby cannot fall in the river or touch the flooding waters.
2. The same person may not connect to more than one end/extension of the ladder.
3. Only the baby can be on the ladder during crossing.
4. Rescuers cannot be in the water.



CHALLENGE CARD

Flying Frogs

Equipment

A rubber frog and 6' parachute/blanket/tarp/sheet (lily pad) for every 4 people

Starting Position

Divide participants into groups of 4. Give each group a frog and parachute. Have them find a large space in the playing area.

Our Challenge

1. Work as a team to see how high we can get the frog to fly. See how close you can get to the ceiling without hitting it.
2. Get with another group and have the frog fly from one "lily pad to the other. Increase the distance
3. Move across the playing area having the frog fly from one lily pad to the other. Two lily pads working together. With a successful catch, the tossing pad runs under the catching pad to get into position for the next flying frog.

Rules and Sacrifices

1. Frog should not hit the ceiling.
2. When working with another group, the frog must land and remain on the lily pad to count as a successful flight.
3. In the moving activity, if the frog is not caught, the action group must try again and may not move to the next spot.

CHALLENGE CARD

Flying Frogs - Partners

Equipment

A rubber frog and bath towel or blanket piece (2' x 3') for partners.

Starting Position

Divide participants into partners. Give each team of 2 a frog and towel/blanket. Have them find a large space in the playing area.

Our Challenge

1. Work as a team to see how high we can get the frog to fly. See how close you can get to the ceiling without hitting it.
2. Get with another team and have the frog fly from one "lily pad to the other. Increase the distance
3. Move across the playing area having the frog fly from one lily pad to the other. Two lily pads working together. With a successful catch, the tossing pad runs ahead of the catching pad to get into position for the next flying frog.

Rules and Sacrifices

1. Frog should not hit the ceiling.
2. When working with another team, the frog must land and remain on the lily pad to count as a successful flight.
3. In the moving activity, if the frog is not caught, the throwing team must try again and may not move to the next spot.



CHALLENGE CARD

Flying Frogs - Group

Equipment

A rubber frog and 6' parachute/blanket/tarp/sheet (lily pad) for every 4 people

Starting Position

Divide participants into groups of 4. Give each group a frog and parachute. Have them find a large space in the playing area.

Our Challenge

1. Work as a team to see how high we can get the frog to fly. See how close you can get to the ceiling without hitting it.
2. Get with another group and have the frog fly from one "lily pad to the other. Increase the distance
3. Move across the playing area having the frog fly from one lily pad to the other. Two lily pads working together. With a successful catch, the tossing pad runs under the catching pad to get into position for the next flying frog.

Rules and Sacrifices

1. Frog should not hit the ceiling.
2. When working with another group, the frog must land and remain on the lily pad to count as a successful flight.
3. In the moving activity, if the frog is not caught, the action group must try again and may not move to the next spot.



CHALLENGE CARD

Hole in One

Equipment

A piece of 4" – 6" molding for each participant. A golf ball and hoop/container for each group. An item to use as a starting line.

Starting Position

Divide participants into groups of 6 - 10. Each person gets a piece of molding. Give each group a golf ball and a hoop. Have them find a large space in the playing area and line up behind the starting line-up anyway they would like to complete the task

Our Challenge

The starting line is the "tee box". Participants must use the molding to create a fairway for the golf ball to travel along to the "hole". There must be continuous momentum as the ball moves to the hole. The "fairway" must offer an unbroken path for the ball to follow. After it's long flight, the ball will fall into the hole.

Rules and Sacrifices

1. Nothing may touch the ball in its travel down the fairway or you must start over.
2. If the ball drops to the ground the challenge must start again at the tee box.



CHALLENGE CARD

~ ~DVD

Indiana's Challenge

Equipment

Four long jump ropes, one basketball, and one 18-inch (45-centimeter) cone.

Starting Position

The group stands outside a 10-foot (3-meter) circle (basketball jump circle). The cone is in the middle of the circle with the ball on top of it.

Our Challenge

The group must remove the ball from the cone without allowing the ball to touch the floor inside or outside the circle. The group must find three different ways to remove the ball. At least one method requires group members to fling the ball so that they have to catch it in the air. They must use the ropes to retrieve the ball from the cone.

Rules and Sacrifices

1. If the ball touches the floor, either inside or outside of the circle, one group member may cross the circle line to place the ball on the cone.
2. Group members may not cross the line with any part of their body.
3. The cone may not be moved.
4. The teammate replacing the ball on the cone may not manipulate the ropes while in the circle.
5. No one may use last names or putdowns.
6. Anytime the group breaks a rule, it must stop, replace the ball, and begin again.

ORGANIZER CARD

~DVD

Indiana's Challenge

Questions

- i. What equipment do we use?
2. Can the ball touch the floor either inside or outside the circle?
3. Can we move the cone?
4. How many times do we remove the ball from the cone?
5. Can we remove the ball from the cone the same way each time?
6. How many times do we have to fling the ball to our team?
7. Can you think of any safety issues that we should discuss?

CHALLENGE CARD

DVD

Jumping Machine

Equipment

One long rope approximately 30 feet (9 meters) long.

Starting Position

All group members stand next to the long rope as it lies on the floor.

Our Challenge

The group masters the task when all group members have completed 10 consecutive jumps without a miss. For a jump to count, all jumpers must jump at the same time. The turners must turn the rope in normal rope-jumping fashion.

Rules and Sacrifices

1. Only one group member may be at each end of the rope as a rope turner.
2. The 10 jumps must be consecutive. If a miss occurs, the task begins again.
3. The turners must turn the rope so that it goes over the heads and below the feet of the jumpers.
4. Counting does not begin until all jumpers are jumping.
5. The group should count aloud.
6. No one should call others by their last names or use put-downs.

ORGANIZER CARD

DVD

Jumping Machine

Questions

1. What equipment do we use?
2. How many jumps must we accomplish?
3. Do our jumps have to be consecutive?
4. What do we do if we miss?
5. Must the rope pass over our heads?
6. Do we count our jumps aloud?
7. When do we start counting our jumps?
8. Do we actually have to jump the rope?
9. Can you think of any safety issues that we should discuss?

From *Essentials of Team Building* by Daniel W. Midura and Donald R. Glover, 2005, Champaign, IL: Human Kinetics.

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CHALLENGE CARD

Pirates Treasure

Equipment

One blindfold for every 2 people. Objects (cones) to use as mines. Objects to use as treasure. Number of mines and treasure depends on age and number of participants. Rope to use as "the ship".

Starting Position

Partners are on "the ship" facing "the ocean" that is filled with treasure islands and dangerous mines. One partner is blindfolded -- to represent a blinding fog surrounding the ship.

Our Challenge

To collect as much treasure as possible without the least number of mine hits.

Rules and Sacrifices

1. Sighted partner must stay on the ship and talk the blindfolded partner through the mine field to get the treasure and safely return.
2. Only one piece of treasure can be retrieved and brought back to the ship at a time.
3. If a mine is touched, the pirate must remove the blindfold and return to the ship.
4. Partners switch places when treasure is brought back to the ship or pirate hits a mine.



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            m     m     t
x x/      m     m     t
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CHALLENGE CARD

Raise the Roof

Equipment

One 4'-6' lightweight stick/pole (tomato stake works well) per group of 6-8

Starting Position

Give each group of 6-8 people one pole. Individuals begin facing each other with index fingers extended at waist height. Fingers should be alternated with group members standing opposite – zipper fashion. The pole is laid across the fingers lengthwise.

Our Challenge

The group is going to build a house, starting with the foundation. The pole is the foundation which must be lower to the ground to start the process of building.

Rules and Sacrifices

1. Participants may not touch the pole with any other part of their body.
2. EVERYONE MUST maintain contact with the pole at all times or start over.
3. Contact may only be made under the pole, nothing may touch or go around the top.

CHALLENGE CARD

~DVD

Stepping-Stones I

Equipment

One base for each group member and one extra base.

Starting Position

All group members stand on one base, leaving an open base at one end of the line. Group members number off so that each person knows where to begin and where to end the challenge.

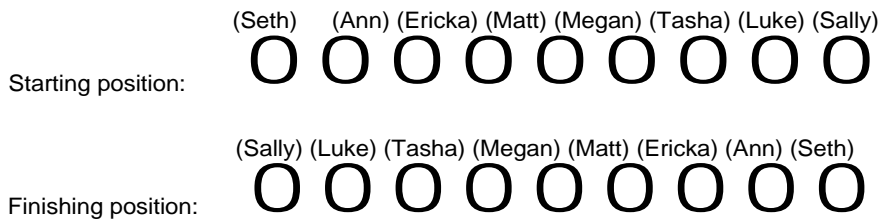
Our Challenge

The group completes the task when group members are in exact reverse order from the starting order, as in the following example.

Starting position: 1,2,3,4,5,6,7,8
Ending position: 8, 7, 6, 5, 4, 3, 2, 1

Rules and Sacrifices

1. Only one person may touch a base at a time.
2. A person may move in either direction to a neighboring base.
3. Group members may touch a new base only if it is empty.
4. The bases may not be moved.
5. Group members must wear shoes.
6. If more than one person touches a base, the entire group must start over.
7. No one may call others by their last names or use put-downs.
8. If anyone touches the floor, the group must start over.



ORGANIZER CARD

~DVD

Stepping-Stones I

Questions

1. What are we trying to accomplish?
2. How many bases do we get?
3. What happens if someone touches the floor?
4. What happens if two people touch a base at the same time?
5. What are some ways that we can help each other?
6. Can you think of any safety issues that we should discuss?

From *Essentials of Team Building* by Daniel W. Midura and Donald R. Glover, 2005, Champaign, IL: Human Kinetics.

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CHALLENGE CARD



The Maze

Equipment

Sixteen or 25 poly spots or bases to set up into a square grid with an equal number in each row.

Starting Position

Group members begin at a designated poly spot or base, usually at one corner of the grid. The instructor has a copy of the correct route through the maze.

Our Challenge

The group must learn the path through the maze from the beginning spot to the exit position. Moves will be forward, sideways, or diagonal. Group members cannot move backward (meaning that they cannot move back to a previous spot). They must step on each spot or base that is part of the path. All group members must go through the maze after the group has discovered the path. In the second maze, group members may not use any form of oral communication while trying to discover the path.

Rules and Sacrifices

1. If a group member steps on the wrong base, that person's turn ends, he or she goes back to the line, and the next group member begins.
2. Once a person steps off a base, it is considered a move.
3. No one may step back to a previous base.
4. After making it successfully through the path, a group member does not have to repeat the path if a teammate makes a mistake. Upon successful completion of the maze, that group member is done.
5. When attempting the second maze, no one may use any form of oral communication. If this happens, the person moving through the maze must step off the path and let the next person begin.
6. No one may use last names or put-downs. If this happens, the person traveling through the maze must step off the path and let the next person begin.

ORGANIZER CARD



The Maze

Questions

1. What happens if a group member makes an incorrect move?
2. What happens if a group member moves back to a previous spot (a backward move)?
3. What is it considered if a group member steps off a base or spot?
4. Do all group members have to go successfully through the maze?
5. When working on the second maze, what happens if a group member uses any form of oral communication?
6. Can you think of any safety issues that we should discuss?

From *Essentials of Team Building* by Daniel W. Midura and Donald R. Glover, 2005, Champaign, IL: Human Kinetics.

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CHALLENGE CARD

To the Moon

Equipment

Dyna-band/water balloon launcher, 20 –30 mini-stuffed animals, 8-12 poly spots

Starting Position

Two technicians and one launcher at the launch pad. Planets (poly spots) spaced at different distances in front of the launch pad starting with a ground crew person on each planet.

Our Challenge

To send the “astronauts” (mini-stuffed animals) far into space and have them land safely on a planet. The ground crew catches them as they approach their planet. Try to successfully land an astronaut on all planets.

Rules and Sacrifices

1. To be a successful launch, astronauts must be caught by ground crew.
2. Once an astronaut is caught, place it on the planet and that crew member switches with one of the launchers, who then becomes the ground crew on one of the open planets .
3. Ground crew must maintain contact with one foot on planet at all times to make a successful catch.

