

20 : Group Challenges

RACE THE TIMER CHALLENGE CARDS



20 : Group Challenges

MOVING ON UP

Beginning with the blue cup remove the top cup from the stack, placing it on the bottom.

Continue until the blue cup is on the top again.



Materials

- ☐ 9 red cups and 1 blue cup
- ☐ Run as a competition between 4 teams



KEEP IT UP

Blow a feather from one area into a bucket.

No hands allowed.



Materials

- ☐ 1 Feather per group
- ☐ All students in the team to assist in this game.



YANK ME

Stack the 4 cups with an index card between them.

Pull the card in such a way that the cups stack on top of one another.



Materials

- ☐ 4 cups and 3 cards per team.
- ☐ Run to a time limit of 1 minute as this challenge is very hard...



6 PACK BOUNCE

Bounce 6 table tennis balls into cups.

Winner is the first to get all 6 balls into cups.



Materials

- ☐ 6 balls 6 cups per group
- ☐ Each student from a team to complete at least one cup

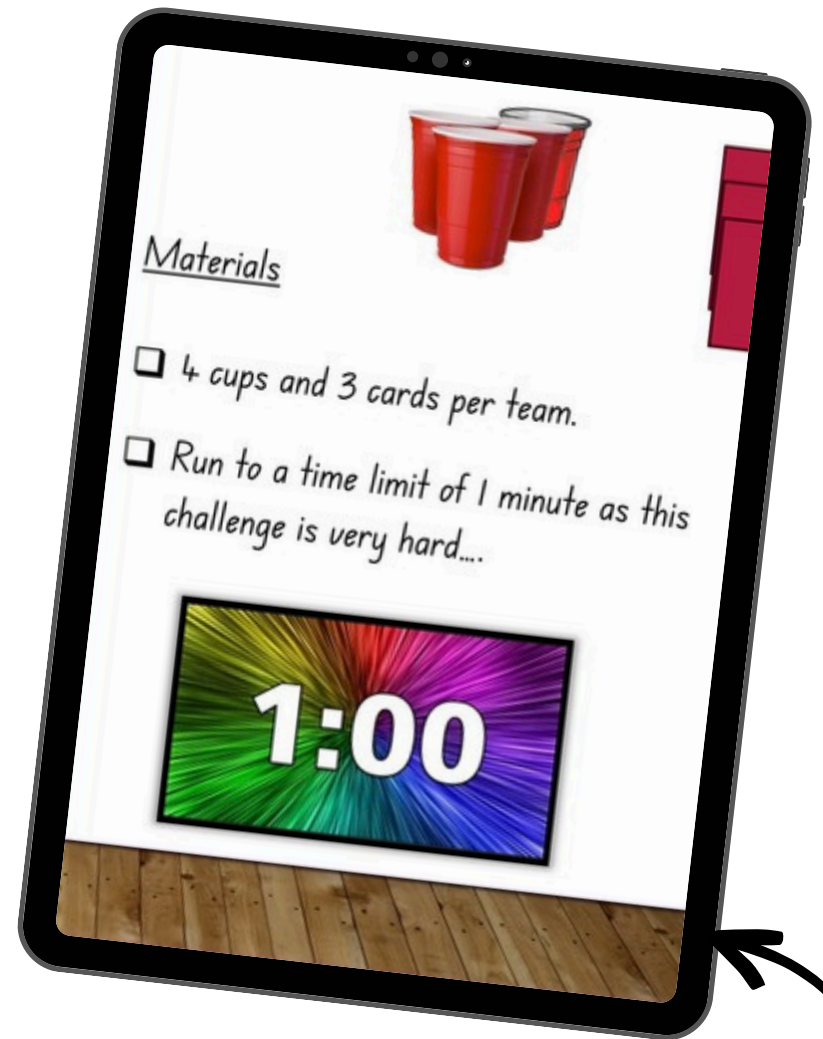


What's included:

- 20 pages
- PDF
- PowerPoint

How you can use it:

- Spark curiosity and wonder
- Encourage talk, thinking, and questioning
- Build early scientific inquiry skills



Each challenge is designed to be completed within one minute, encouraging students to work together under time constraints while maintaining a sense of enjoyment and inclusion.

20 : Group Challenges

THIS BLOWS

Blow up the balloon and use the escaping air to blow the cups from the table.
First team to clear all the cups from the table is declared the winner.



Materials

- ☐ 1 balloon
- ☐ 15 cups
- ☐ Run as a competition between 2 groups

1:00

COTTON BALL SCOOP

Move 10 cotton balls from one bowl to another using only a spoon held in your mouth.
No hands. Drops of balls stay where they land.



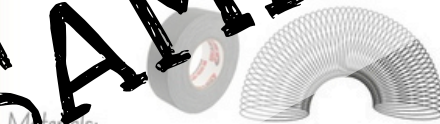
Materials:

- ☐ Spoon
- ☐ Cotton balls
- ☐ 2 bowls

1:00

PINK ELEPHANT

Swing the slinky up so that it rests on your forehead in a fully retracted position.



Materials:

- ☐ Gaffer Tape and Slinky
- ☐ Get several groups working at the same time

1:00

PUDDLE JUMPER

Using only your breath, move 3 ping pong balls from one water filled cup to the other.

Cups are 4cm apart.



Materials:

- ☐ Ping pong balls x12
- ☐ 12 water filled cups

1:00

20 : Group Challenges

TEA BAGGING

Each student has two tea bags attached to a cap on either side of the brim. They are required to swing both tea bags onto the brim

Materials:

- ☐ Student's caps and teabags attach with masking tape
- ☐ Run several groups at the same time.
- ☐ Hard limit of one minute



ON THE REBOUND

Working in pairs, teams must get 3 ping pong balls in a small bin. One player has a piece of cardboard attached to their waist. No hands allowed

Materials

- ☐ Ping pong balls
- ☐ Cardboard
- ☐ Duct tape (attachment)



MEGA BUBBLE

Player blows a bubble and uses their breath to maneuver it through a hoop 4m away. If it pops start again

Materials

- ☐ Bubble mixture
- ☐ Hoop
- ☐ Run several groups at the same time
- ☐ Strict 1 minute time limit on this challenge



LONER

Using 10 marbles, and laying on your stomach, try to knock down a single pencil by rolling a marble at it. The pencil is standing on its end.

Materials

- ☐ 10 Marbles
- ☐ 1 pencil
- ☐ 10 shots only, run through groups quickly



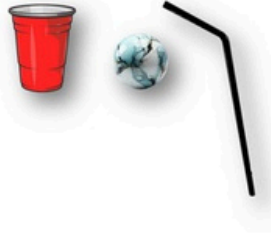
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MARBLE MAZE

Using straws, blow a marble across a table into a target cup.
No touching the marble.
Only breath power allowed.

Materials

- ☐ 1 Marble
- ☐ 1 straw
- ☐ 1 cup



1:00

POP STICK PICK-UP

Transfer 10 pop sticks from one cup to another using only another pop stick.
No hands touching the sticks directly.
One stick used as the "tool".

Materials

- ☐ 2 cups
- ☐ 10 pop sticks



1:00

FLIP & LAND

Flip a pop stick so it lands across the rim of a cup.
Complete 3 successful landings.
Must fully rest on the rim.
Same stick used each time.

Materials

- ☐ Pop sticks
- ☐ 1 Cup

1:00

STICK BALANCE

Balance a pop stick vertically on one finger for 10 seconds – twice.
No other body parts.
Drops reset the count.

Materials

- ☐ Masking tape
- ☐ 1 Cup

1:00

Teaching Notes

Assessment Opportunities

While the challenges are designed for fun, teachers may observe:

- ☐ Cooperation and teamwork
- ☐ Communication skills
- ☐ Problem-solving approaches
- ☐ Persistence and resilience
- ☐ No formal assessment is required.

Inclusive Practice

Encourage all students to participate in a way that feels comfortable. Allow students to opt for support roles if needed. Celebrate effort, creativity, and teamwork rather than winning.

These reflections help reinforce the team-building purpose of the activities.

Final Notes

This set of challenge cards is designed to foster a positive, supportive, and engaging classroom environment.

With minimal preparation and maximum enjoyment, these activities provide meaningful opportunities for students to connect, collaborate, and have fun together.

Classroom Management Tips

Clearly explain rules before starting the timer. Emphasise safe use of materials. Reinforce positive behaviours such as:

- ☐ Encouraging teammates
- ☐ Taking turns
- ☐ Showing respect
- ☐ Stop activities immediately if safety becomes an issue

Reflection & Discussion

After each challenge, consider a brief discussion:

- ☐ What strategy worked well?
- ☐ How did your team communicate?
- ☐ What would you change next time?
- ☐ How did it feel to work under time pressure?

Preparation Tip:

Store common materials together in a labelled container to allow for quick setup and pack-up.

Timing

Each challenge is designed to run for one minute. Allow additional time for:

- ☐ Explaining rules
- ☐ Resetting materials
- ☐ Brief reflection

A visible timer helps maintain excitement and fairness. You can use the video inserted, or a timer on a device.

Differentiation

These challenges are easily adaptable: Adjust the number of items used. Allow extra time for some groups. Modify rules to increase or decrease difficulty. Encourage verbal planning before starting the timer. All challenges focus on participation rather than competition, making them suitable for mixed-ability groups.

Create a fun, low-pressure environment where all students can experience success. The activities are intentionally light-hearted and engaging, making them suitable for a wide range of learners.

How to Use This Resource

Suggested Uses:

- ☐ Time fillers (e.g. after assessments, before transitions)
- ☐ Morning warm-ups or brain breaks
- ☐ Start-of-term or start-of-year activities to build class culture
- ☐ Reward or celebration sessions
- ☐ Team-building rotations
- ☐ Indoor activity days
- ☐ The cards can be used individually, in small groups, or as whole-class challenges.

Teaching Notes

Group Organisation

Students can work in pairs, small teams, or table groups. Group sizes can be adjusted depending on the challenge and space available. For larger classes, consider running multiple stations simultaneously.

Tip: Rotate roles within teams (e.g. timekeeper, encourager, participant) to ensure inclusion and shared responsibility.

Materials & Setup

All challenges use low-cost, easy-to-procure items such as:

- ☐ Plastic cups
- ☐ Straws
- ☐ Pop sticks
- ☐ Ping pong balls
- ☐ Paper, cards, or simple household items
- ☐ Most activities require minimal setup and can be prepared quickly

Teaching Notes – Minute to Win It Challenge Cards

Overview

This resource contains 20 Minute to Win It-style challenge cards designed to be fun, fast-paced, and easy to set up.

The activities use inexpensive, everyday classroom materials and are ideal for strengthening team building, cooperation, communication, and problem-solving skills in a positive classroom environment.

Each challenge is designed to be completed within one minute, encouraging students to work together under time constraints while maintaining a sense of enjoyment and inclusion.

Purpose of the Resource

These challenges are intended to:

- ☐ Build positive peer relationships
- ☐ Encourage collaboration and cooperation
- ☐ Develop oral communication and listening skills
- ☐ Promote resilience,
- ☐ persistence, and
- ☐ flexible thinking

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