

Sunday Rotation Challenges

Each team will get 6 minutes at each station (then about 1 minute to move between and listen to the instructions). Team Challenge leaders will announce when it is time to move to the next station, but you might find it helpful to have a timer on you so you can let the young people know how long is left.

Please keep a track of the scores for each team, and give them to the Team Challenge leaders at the end of the challenge.

1. Pen on a String

The team must draw a picture of a house. But... they only have one pen between them! The pen is attached to 8 pieces of string (remove string if team is less – needs to be one piece of string per team member). Each member of the team must hold the string, and together they must copy a picture of a house on an A4 piece of paper.

You then judge their artwork (out of 10) for accuracy and true likeness to the original. Your score is their points for the challenge.

2. Ping Pong Ball Maze

Teams are given a giant cardboard 'S' shape. The challenge is to guide a ping pong ball from one end of the cardboard to the other. Team members must only hold the cardboard, they must not touch the ping pong ball whilst it's on the maze. If the ball falls off, they can pick it up, but must place it back at the start. Every team member must be touching the cardboard.

They get 5 points for every run they complete in the time.

3. Ping Pong Ball Tube

Using toilet paper tubes, the team must transport a ping pong ball from 'Point A' to 'Point B' (marked by cones on the floor) by creating a tube and rolling the ball along it. Each team member gets one toilet paper tube. If the ball falls on the floor, they must go back to the start and try again.

They get 5 points for every complete run they make in the time.

Similar to this (but with toilet rolls) -

https://www.instagram.com/reel/DShe1u1AN-S/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

4. Tarpaulin Bottle Flip

Every team member must hold the edge of a tarpaulin (or plastic table cloth). Place a partially-filled water bottle in the middle of the tarpaulin. The teams must flip the water bottle (by pulling the tarpaulin taut) and try to land it back on the tarpaulin on its base (not touching the floor).

10 points for every successful bottle flip.

5. Pen Balance Race

Give each team member a pen. The team must stand in a circle, and place the pen between their index finger and the index finger of the person next to them (not balancing but pressed between their fingers). The teams must then weave between cones whilst holding onto the pens, aiming to get the fastest time (make sure you have a stopwatch or your phone with you to time them). If they drop a pen they must restart – the clock restarts.

5 points for every complete run. Bonus 15 points available for the quickest overall team.

Similar to this:

https://www.instagram.com/reel/DT3jp9pD6A7/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

6. Straw in Bottle

The aim of this game is to put as many straws in a bottle as possible. The catch is, the young people will be wearing a cone of paper over their face so their visibility is reduced. Place the bottle approximately 10 steps away from the start line (ensuring the pathway is clear!). Team members then go one at a time, wearing the cone, and attempt to place the straw in the bottle.

They get 1 point per straw in the bottle.

(If the bottle fills up, you may need to empty it mid-challenge – make sure you keep count of which straws went in)

Similar to this -

https://www.instagram.com/reel/DSw0BsKDzUZ/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

7. Cardboard Box Tower

For this challenge, the team must build a tower of eight large cardboard boxes by placing one box on top of another at a time. Once a box has been placed, it cannot be picked up (meaning they must place the next box on top, not underneath). As the tower gets bigger, they will need to throw the box up to keep building the tower.

Every team member must place at least one box.

10 points for every tower they complete in the time.

Similar to this -

https://www.instagram.com/reel/DPkiPyHkUlq/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

8. Catching Balloons

The aim of this challenge is catch a flying balloon! Give each member of the team a different coloured balloon. They must blow the balloon up fully (do not tie it off), then when you say 'GO', release the balloon and try to catch it before it lands on the floor. They must only catch their own balloon.

They get 5 points for each successful balloon catch.

Similar to this -

https://www.instagram.com/reel/DVwGhzCjNWJ/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==