



Minute to Win It Games

Implementation Guide

Table of Contents

HOW TO PLAY MINUTE TO WIN IT GAMES	3
BALANCE THE BOOKS	4
BALL ON THE WALL.....	5
BOTTLE TO BOTTLE	6
BOUNCING BASKETBALL	7
CHOOSING CUPS.....	8
DEFYING GRAVITY	9
FEED THE MONSTER	10
HUNT RELAY	11
LET’S PLAY BALL!.....	12
MINI GOLF.....	13
OBSTACLE COURSE	14
OBSTACLE COURSE HOCKEY	15
PLATE TOSS.....	16
TABLE TENNIS TOPPLING.....	17
TOWEL SCOOT	18

How to Play Minute to Win It Games

There are three different styles of play for Minute to Win It Games. Which one will work best for your game and group?

- **Option 1: Minute to Win It for Individuals** | One player tries to beat the clock for each game.
- **Option 2: Minute to Win It for Groups** | Two or more players are selected from the larger group. These players compete in the game.
- **Option 3: Minute to Win It for Teams** | The larger group is broken into different even-sized teams. A representative from each team competes in the game.

Balance the Books

Materials Needed

- 1 book per team (of similar size/weight)
- Tape or chalk to create a line

Instructions

1. Prepare the materials: Create two lines, about 10 feet apart from each other, using the tape or chalk.
2. Explain that the object of the game is for player(s) to balance a book on their head and walk from the start line to the finish line and back again.
3. Provide examples and non-examples of acceptable ways to balance the book and walk.
4. Instruct player(s) to stand behind the start line.
5. Hand a book to each player.
6. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player makes it to the finish line and back in 1 minute or less, they win.
- **Minute to Win It for Groups:** The first player to make it to the finish line and back wins.
- **Minute to Win It for Teams:** The first player to make it to the finish line and back wins for their team.

Ball on the Wall

Materials Needed

- 5 balls of crumbled paper per team
- 1 basket or trashcan per team
- Tape or chalk to create a line

Instructions

1. Prepare the materials:
 - a. Find a wall.
 - b. Place the baskets/trashcans against the wall.
 - c. Mark a place to throw from using tape or chalk.
2. Explain that the object of the game is for player(s) to throw their paper balls toward the wall and into the basket/trashcan.
3. Provide examples and non-examples of acceptable ways to throw the paper balls.
4. Instruct player(s) to stand behind the line.
5. Hand the paper balls to the player(s).
6. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player gets all 5 paper balls in the basket/trashcan within 1 minute, they win.
- **Minute to Win It for Groups:** The first player to get all 5 paper balls in the basket/trashcan wins.
- **Minute to Win It for Teams:** The first player to get all 5 paper balls in the basket/trashcan wins for their team.

Bottle to Bottle

Materials Needed

- 2 plastic bottles (water or 2-liter) per team
- Something small to fill the bottles with (e.g., cereal, candy)

Instructions

1. Prepare the materials: For each player, fill 1 bottle with its contents.
2. Explain that the object of the game is for player(s) to transfer the contents of their bottle to the other bottle as quickly as they can.
3. Provide examples and non-examples of acceptable ways to transfer bottle contents (e.g., what body parts and objects can be used).
4. Hand 2 bottles (1 filled, 1 empty) to each player.
5. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player transfers their bottle contents over to the other bottle in 1 minute or less, they win.
- **Minute to Win It for Groups:** The first player to transfer their bottle contents over to the other bottle wins.
- **Minute to Win It for Teams:** The first player to transfer their bottle contents over to the other bottle wins for their team.

Bouncing Basketball

Materials Needed

- 10 ping pong balls per team
- 1 basket or trashcan per team
- Tape or chalk to create a line

Instructions

1. Prepare the materials:
 - a. Find a flat surface (e.g., table or ground).
 - b. Place the baskets/trashcans on the surface.
 - c. Mark a place to bounce from using tape or chalk.
2. Explain that the object of the game is for player(s) to bounce their ping pong balls into their basket/trashcan.
3. Provide examples and non-examples of acceptable ways to bounce the ping pong balls.
4. Instruct player(s) to stand behind the line.
5. Hand the balls to the player(s).
6. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player bounces all 10 ping pong balls in the basket/trashcan within 1 minute, they win.
- **Minute to Win It for Groups:** The first player to bounce all 10 ping pong balls into the basket/trashcan wins.
- **Minute to Win It for Teams:** The first player to bounce all 10 ping pong balls into the basket/trashcan wins for their team.

Choosing Cups

Materials Needed

- 20 cups
- Water to fill the cups
- 4 small stickers

Instructions

1. Prepare the materials.
 - a. Place 3 small stickers on the bottom of 3 cups (1 sticker per cup).
 - b. Lay out the cups on a flat surface (e.g., table or ground).
 - c. Fill each cup with water.
2. Explain that the object of the game is for player(s) to locate stickers on the bottom of the cups.
3. Provide examples and non-examples of acceptable ways to locate stickers.
4. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player locates all stickers in under 1 minute, they win.
- **Minute to Win It for Groups:** The player to find the most stickers wins.
- **Minute to Win It for Teams:** The player to find the most stickers wins for their team.

Defying Gravity

Materials Needed
<ul style="list-style-type: none">▪ 3 balloons per team
Instructions
<ol style="list-style-type: none">1. Prepare the materials: Equally inflate 3 balloons for each player.2. Explain that the object of the game is for player(s) to keep their balloons in the air for as long as they can.3. Provide examples and non-examples of acceptable ways to keep balloons in the air (e.g., what body parts or objects may be used).4. Hand 3 balloons to each player.5. Prompt the player(s) to begin.
Game Styles
<ul style="list-style-type: none">▪ Minute to Win It for Individuals: If the player keeps their balloons in the air for 1 minute, they win.▪ Minute to Win It for Groups: The player to keep their balloons in the air the longest wins.▪ Minute to Win It for Teams: The player to keep their balloons in the air the longest wins for their team.

Feed the Monster

Materials Needed

- 1 2-liter bottle
- Tiny objects (e.g., candy, cereal) to toss into the bottle
- Tape or chalk to create a line
- *Optional:* Drawings or pictures of an animal/creature to tape onto each bottle

Instructions

1. Prepare the materials:
 - a. Find a flat surface (e.g., table or ground).
 - b. Place the bottle on the surface.
 - c. Mark a place to throw from using tape or chalk.
2. Explain that the object of the game is for player(s) to toss the object into the bottle.
3. Provide examples and non-examples of acceptable ways to throw the objects.
4. Instruct player(s) to stand behind the line.
5. Hand the objects to the player(s).
6. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player throws an object that lands in the bottle in less than 1 minute, they win.
- **Minute to Win It for Groups:** The first player to throw an object that lands in the bottle wins.
- **Minute to Win It for Teams:** The first player to throw an object that lands in the bottle wins for their team.

Hunt Relay

Materials Needed
<ul style="list-style-type: none"> ▪ Small objects to hide (e.g., ping pong balls, Easter eggs)
Instructions
<ol style="list-style-type: none"> 1. Prepare the materials: <ol style="list-style-type: none"> a. Document the number of objects you are hiding. b. Identify the boundaries of the area in which you will hide these objects. c. Hide the objects in this area. 2. Explain that the object of the game is for player(s) to find hidden objects. 3. Provide examples and non-examples of acceptable ways to search for objects. 4. Prompt the player(s) to begin.
Game Styles
<ul style="list-style-type: none"> ▪ Minute to Win It for Individuals: If the player finds all their hidden objects in 1 minute, they win. ▪ Minute to Win It for Groups: The first player to find a specific number of objects wins. ▪ Minute to Win It for Teams: Teams line up. One player from each team looks for hidden objects at a given time. After that player finds their object, they return to the line, and the next player from that team goes to look for hidden objects. The first team to find a specific number of objects wins.

Let's Play Ball!

Materials Needed

- 1 foam ball per team
- 6 plastic bottles (e.g., small water bottles or larger 2-liter bottles) per team
- Tape or chalk to create a line

Instructions

1. Prepare the materials:
 - a. Find a flat surface (e.g., table or ground).
 - b. Stack the bottles in a pyramid with 3 on the bottom, 2 on the second layer, and 1 on top.
 - c. Mark a place to throw the ball from using tape or chalk.
2. Explain that the object of the game is for player(s) to knock over their pyramid using the foam ball.
3. Provide examples and non-examples of acceptable ways to throw the ball at their pyramid.
4. Instruct player(s) to stand behind the line.
5. Hand a foam ball to each player.
6. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player knocks over their pyramid in 1 minute, they win.
- **Minute to Win It for Groups:** The first player to knock over their pyramid wins.
- **Minute to Win It for Teams:** The first player to knock over their pyramid wins for their team.

Mini Golf

Materials Needed

- 1 broom per team
- 1 small object (e.g., golf ball, foam ball) per team
- Tape or chalk to create lines

Instructions

1. Prepare the materials:
 - a. Tape/draw one long horizontal line (the start line).
 - b. About 15-20 feet away from this line, tape/draw two long horizontal lines about 6 inches apart (the goal lines).
2. Explain that the object of the game is for player(s) to putt their object (using the broom) to land between the two lines that are about 6 inches apart.
3. Provide examples and non-examples of acceptable ways to putt the object.
4. Instruct the player(s) to stand behind the start line.
5. Hand each player a broom and object.
6. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player putts their object within the goal lines in under 1 minute, they win.
- **Minute to Win It for Groups:** The first player to putt their object within the goal line three times wins.
- **Minute to Win It for Teams:** The first player to putt their object within the goal line three times wins for their team.

Obstacle Course

Materials Needed

- Whatever objects you'd like to add to your obstacle course!

Instructions

1. Prepare the materials: Set up an obstacle course.
2. Explain that the object of the game is for player(s) to complete the obstacle course as quickly as they can.
3. Provide examples and non-examples of acceptable ways to complete the obstacle course.
4. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player completes the obstacle course in under 1 minute, they win.
- **Minute to Win It for Groups:** The first player to complete the obstacle course wins.
- **Minute to Win It for Teams:** The first player to complete the obstacle course wins for their team.

Obstacle Course Hockey

Materials Needed

- Whatever objects you'd like to add to your obstacle course!
- 1 broom per team
- 1 object (e.g., foam ball) per team

Instructions

1. Prepare the materials: Set up an obstacle course.
2. Explain that the object of the game is for player(s) to move their object through the obstacle course as quickly as they can using only their broom.
3. Provide examples and non-examples of acceptable ways to move the object through the obstacle course.
4. Hand each player a broom.
5. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player moves their object through the obstacle course in under 1 minute, they win.
- **Minute to Win It for Groups:** The first player to move their object through the obstacle course wins.
- **Minute to Win It for Teams:** The first player to move their object through the obstacle course wins for their team.

Plate Toss

Materials Needed

- 6 paper plates per team
- Tape or chalk to create a line

Instructions

1. Prepare the materials:
 - a. Mark a place to toss the plates from using tape or chalk.
 - b. For each team, label 1 plate with a “1,” 1 plate with a “2,” and 1 plate with a “3.”
 - c. Place the “3” plate farthest from the tossing line, the “2” plate in the middle, and the “1” plate closest to the tossing line.
2. Explain that the object of the game is for player(s) to earn points by tossing 3 plates to land on the numbered plates. When a plate touches a numbered plate, that player earns the number of points on that plate.
3. Provide examples and non-examples of acceptable ways to toss the plates.
4. Instruct player(s) to stand/sit/kneel behind the line.
5. Hand three plates to each player.
6. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player earns 8 or more points in a minute, they win.
- **Minute to Win It for Groups:** The first player to earn 8 points wins.
- **Minute to Win It for Teams:** The first player to earn 8 points wins for their team.

Table Tennis Toppling

Materials Needed

- 5 plastic cups per team
- 1 ping pong ball per team
- Tape or chalk to create a line

Instructions

1. Prepare the materials:
 - a. Find a flat surface (e.g., table or ground).
 - b. Set up the plastic cups about an inch apart.
 - c. Mark a place to throw the ball from using tape or chalk.
2. Explain that the object of the game is for player(s) to roll their ping pong balls to knock over their cups.
3. Provide examples and non-examples of acceptable ways to roll the ping pong balls.
4. Instruct player(s) to stand/sit/kneel behind the line.
5. Hand a ping pong ball to each player.
6. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player knocks over all 5 cups in 1 minute, they win.
- **Minute to Win It for Groups:** The first player to knock over all 5 cups wins.
- **Minute to Win It for Teams:** The first player to knock over all 5 cups wins for their team.

Towel Scoot

Materials Needed

- 1 towel per team
- Tape or chalk to create a line

Instructions

1. Prepare the materials:
 - a. Find a flat surface (e.g., table or ground).
 - b. Mark a start and finish line using tape or chalk.
2. Explain that the object of the game is for player(s) to sit on their towel and scoot their way from the start line to the finish line.
3. Provide examples and non-examples of acceptable ways to scoot on their towel.
4. Instruct player(s) to stand behind the start line.
5. Hand a towel to each player.
6. Prompt the player(s) to begin.

Game Styles

- **Minute to Win It for Individuals:** If the player scoots on their towel from the start line to the finish line in less than 1 minute, they win.
- **Minute to Win It for Groups:** The first player to scoot on their towel to the finish line wins.
- **Minute to Win It for Teams:** The first player to scoot on their towel to the finish line wins for their team.