

CHALLENGE SCORE CARD!

At each station, try to get as many points as you can in 5 minutes.

TEAM NAME _____

BASKETBALL SHOOT

(Set-up: Basketball hoop with a line marked for the group to shoot behind – vary distance, depending on skill level of group)

Use one basketball, and your team gets 1 point for each basket made from behind the designated line. After each person on your team has successfully made one basket, all baskets made after that are worth 5 points. If everyone makes a 5-point basket, then all baskets after that are worth 10 points.

Points _____

CONE KNOCK OVER

(Set-up: Mark off a circle and spread out cones in the middle.)

Using the balls, you must try to knock over as many of the cones that are set up inside the circle as you can before the time is up. You will get 1 point for each cone. At no time may anyone enter the circle to retrieve a ball or for any other reason. You may reach into the circle but you may not touch the ground of the circle. Once all balls are stuck in the middle of the circle, your team may retrieve all the balls and continue the game. If you knock over all the cones, you may set them all back up, and continue to earn points by knocking over the cones.

Points _____

GROUP JUMP ROPE

(Set-up: One long jump rope or several ropes tied together to make a long rope)

Your team gets 5 points for each person who is a part of a group that completes 5 consecutive jumps together. If every member of your group is able to complete 5 jumps as a group, you can earn 1 bonus point for each jump you complete as a group after those first 5 jumps.

Points _____

BLIND VOLLEYBALL

(Set-up: A volleyball net covered with a blanket or sheet or use a divider wall if one is available)

Divide your group into two, with half of the group on one side of the wall (or net that is covered by a sheet/blanket) and half on the other. Your team gets 1 point for each time the ball goes over the net without the ball touching the ground (count your highest number of consecutive hits as your final score). Your team can only hit the ball three times on a side before returning it to the other side, and one person cannot hit it two times in a row.

Points _____

TEAM TOTAL POINTS _____