

Almost Anything Goes Lunchtime or Assembly Activities

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Name: **Lilypad Leap**

Number of Contestants: One girl and one boy

Equipment: Lilypad(2 18" diameter circular boards with a rope connecting them in the center. Use an eye hook screw on the center of each one to tie the rope to.)

Description of Event: The two contestants will travel from the start line to the finish line by jumping from one disk to the other. The contestants' feet must be in contact with only one lilypad at a time. There is a 5 second penalty each time a contestants foot touches the ground between the start and finish.

Name: **Dazed and Confused**

Number of Contestants: Two girls and two boys (+one helper to hold the pitcher)

Equipment: 2 Water buckets, pitcher, plastic cup, baseball bat.

Description of Event: The contestants choose one team member to go first. Contestant 1 carries the cup to the finish line and throws it into the bucket. Then he/she picks up the bat, places one end against the ground and bends over to place their forehead against the other end of the bat. Contestant 1 runs around the bat 7 times in a clockwise direction without lifting their head off the bat or the bat off the ground. When the timer says go, the contestant scoops up a cup of water from the bucket and runs back to the starting line to fill the pitcher. Contestant one passes the cup to contestant 2 who repeats the procedure, passes to contestant 3, etc...until the pitcher is filled to the line. Contestants may not touch the bucket of water.

Name: **HI HO SILVER**

Number of Contestants: 1 girl and 2 boys (+ two helpers)

Equipment: 4 Hula hoops, 2 shooting stakes (use PVC or trash cans-whatever works!)

Description of event: The two boys stand within the boxes on the sides of the field. The girl starts at the start line and runs toward the boy, grabbing a hula hoop from a helper on the way. The girl jumps on the boys back and he carries her to the shooting stake where she attempts to throw the hula hoop over the shooting stake while still on the boys back. Then she jumps down and runs to the next boy, picking up a hula hoop on the way. He carries her to the opposite shooting stake. After the girl attempts to shoot, the boys must return to their starting point to get ready for the next attempt. Time stops when the girl makes 3 shots that fall to the ground around the shooting stake.

Name: **Humpty Dumpty race**

Number of Contestants: 2

Equipment: egg

Partners stand back to back. Place an egg between their backs. The first team to put the egg on the ground without breaking it wins. You can use a hard-boiled egg if you don't want a mess. If you use a rubber ball, the object of the game is to put the ball on the ground without it bouncing too high or rolling off.

Name: **IF IT WALKS LIKE A DUCK**

Number of Contestants: 2 girls and 2 boys

Equipment: Swim flippers, beach ball, traffic cones

Description of event: Contestants will maneuver one at a time through an obstacle course wearing swim flippers and carrying a beach ball. The contestants will toss the beach ball to the next team members as they cross the finish line. There is a 5 second penalty for touching any of the obstacles in the course.

Name: **CD Ping Pong**

Number of Contestants: 2

Equipment: ping pong paddle and loose CD's

One player tosses CD's at second player holding a ping pong paddle with a bucket several steps behind them. The catcher must catch a CD on the paddle and run it to the bucket. Time stops when there are three CD's in the bucket.

Name: **Clipboard Ping Pong**

Number of Contestants: One girl and one boy

Equipment: 2 clipboards, ping pong balls, bucket, cones

Description of Event: The two contestants must use the clipboards to keep the ping pong ball in the air as they move from the starting point to the end point. The ball must land inside the bucket at the end point. The ball must be in the air at all times, except for the split second when it contacts the clipboard. The contestants may not “hold” the ball on the clipboard. No double hits! If the ball drops, is held, or is double hit, the contestants must return to the starting point and begin over again.

Name: **Gone Fishin’**

Number of Contestants: One girl and one boy

Equipment: Two discs, 1 rod, 1 weight, 1 rope, one bucket

Description of Event: Each of the two contestants stands on a disc and may not intentionally leave the disc without being disqualified. Each contestant holds one end of the rod with the rope attached. The two contestants reel in the weight by winding the rope around the rod. When the weight is reeled in, it must be lifted into the bucket. There is a 10 second penalty for intentionally touching any part of the rope that is not wound around the rod and for each time a contestants foot steps off the disc.

Name: **Blanket Race**

Number of Contestants: Two girls and two boys

Equipment: 1 “blanket”

Description of Event: The two boys pick up girl #1 in the blanket and carry her to the finish line. Girl #1 exits the blanket, girl #2 jumps in and they carry her back to the start. The first girl must follow them back to the start and when girl #2 exits the blanket, girl #1 jumps back in and goes back to the finish. Girl #2 follows them and when Girl #1 exits, girl #2 jumps in for the final trip back to the start line. There is a 5 second penalty each time the blanket touches the ground between the lines and if the girls’ feet touch the area between the start and finish lines.

Name: **NO HANDS!**

Number of Contestants: 2 girls and 1 boy

Equipment: 1 straw, 2 spoons, a ping pong ball

Description of event: Contestants may not touch the ping pong ball with their hands at any time during this event! Contestant #1 stands at the start line with a spoon in her mouth and contestant #2 does the same thing behind the finish line. Contestant #3 begins in the middle, picks up the ping pong ball by sucking on the straw, carries it to contestant #1 and places it on the spoon using the straw. Contestant #1 walks the length of the course and transfers the ping pong ball to the spoon of contestant #2. Contestant #2 then carries the ping pong ball back to the start line. If the ping pong ball touches the ground, it can only be replaced by contestant #3 using the straw. There is a 20 second penalty for deliberately touching the ball.

Name: **On The Rebound**

Number of Contestants: One girl and one boy

Equipment: 1 clipboard, 3 buckets, lots of ping pong balls

Description of Event: One contestant clips the clipboard onto the front of their waistband. They will stand behind one of three buckets. The other contestant tosses ping pong balls toward their teammate which must rebound off of the clipboard and land inside the bucket. The ping pong ball may not be touched once it leaves the tossers hand. Once a ping pong ball lands in a bucket, the contestants move on to the next bucket. Time stops when each bucket has a ping pong ball inside. (2 minute max)

Name: ***Lazy Man's Lay-Up***

Number of Contestants: Two girls and two boys

Equipment: yoga mat, container, cones, 4-square balls

Description of Event: One team member lays on the yoga mat. Two other teammates start behind the line and place one ball at a time between their legs and hop to the teammate who is laying on the mat. Without touching the ball, they must release it within the reach of the tosser and run back to get a new ball. The teammate who is laying on the mat then attempts to toss the ball into the container while laying flat on the ground. The shoulders may not rise off the ground. The fourth teammate retrieves all balls and returns them to the start line. Time stops when the tosser makes 3 successful baskets. (2 minute max)

Name: **THROUGH THE HOOP**

Number of Contestants: 2 girls and 2 boys

Equipment: flag balls, hula hoop, grass paint, blindfold

Description of event: 2 contestants must stand inside the painted box. Both teammates must hold the hula hoop with both hands and they may not move out of the box. One of the other teammates will be blindfolded and spun. He/she will then pick up a flag ball and toss the flag ball, one at a time, toward the hula hoop holders. The fourth teammate retrieves the thrown flag balls and returns them to the tosser, all teammates may also shout verbal directions. A successful toss is one in which the flag ball passes through the hula hoop while both teammates are holding it with two hands and standing inside the designated box. Time stops when the team makes 3 successful tosses. (2 minute max)

Name: **For(e)ging A-Head**

Number of Contestants: 2

Equipment: beach ball or dodge ball

I challenge you to come up with a better name. Teams of two people hold a big ball between their foreheads. The first pair to reach the finish line without dropping the ball wins. (One of the players in each pair runs backwards). Alternatively, pairs can hold a ball between their shoulders, ears or backs.

Name: ***Junk In The Trunk***

Number of Contestants: 1 from each class (2019,2020, etc + one faculty member)

Equipment: empty Kleenex box, ping pong balls

Strap the Kleenex box to the contestants booty and they have to shake, shake, shake to get the balls to come out. To avoid the balls flying all over the place, attach a leg of a pair of panty hose-to the opening so the balls go in to the hose.

Name: **Cookie Face**

Number of Contestants: 1 from each class (2019,2020, etc + one faculty member)

Equipment: Oreo cookie (any cookie)

Contestants must start with their heads tilted back and a cookie on their forehead. The goal is to be the fastest person to move the cookie into your mouth without dropping it. The contestant may not touch the cookie with their hands at any time or use any other tool to move the cookie.

Name: **Scoop it up**

Number of Contestants: 1 from each class (2019,2020, etc + one faculty member)

Equipment: ping pong balls, 2 bowls, spoon

Contestants move 6 ping pong balls from one bowl to another using a spoon in their mouth. Contestants may not touch the balls at any time while moving the ball. If a ball drops off the spoon, they may pick it up and return it to the starting bowl to begin again.

Name: **Pick Up the Tab**

Number of Contestants: 4

Equipment: empty coke/soda cans and a straw

-coke tab stack-move cans via a straw in the tab, stack into a pyramid, first team done wins.

Players put a straw in their mouths and one at a time they must lift the coke can off the table and run it to the stacking table where they will set it down and run back for another can. Only one player may be on the field at a time and no player may touch a can at any time during the activity.

Bottle to Bottle--2 2 liter bottles taped together and filled with lucky charms, jelly beans...whatever. race to transfer all to the other bottle.

Name: **The Weight of the World**

Number of Contestants: Two girls and two boys

Equipment: Traffic cones, giant ball

Description of Event: The four contestants surround the ball looking outward. They lock hands with their backs touching the ball and lift it off the ground. They must maneuver through the obstacle course without dropping the ball off their backs.

The contestants must keep their hands locked at all times. The contestants may not touch or hold on to the laces of the ball.

There is a 5 second penalty for touching any of the obstacles, releasing your hands or dropping the ball. If the ball is dropped, the contestants may begin at the point where the ball was dropped, but no forward advantage may be gained.

