



University of Nevada, Reno
Extension
College of Agriculture,
Biotechnology & Natural Resources

Team Up and Triumph

Materials needed:

- **Beachball (or similar) for each team**
- **Hula Hoop for each team**

Instructions:

Divide participants into teams of 5-8. Choose a "referee" to start the challenge and observe which team completes each of the challenges first. Choose 1 or more team challenges from the list (depending on the time available) or create your own challenge!

Team challenge-Squat Pass

- Have each team line up with their backs against the wall, about a foot apart
- Give the first person in line a ball
- When the "referee" yells "Go!", the team will do a wall sit (just to a sit that is comfortable to them) and pass the ball from one participant to the next, making sure your back does not leave the wall
- The last person will send the ball back the same way to the first person in line
- The team that moves the ball to the end of the line and back to the beginning first wins



Team challenge-Head to Toes

- Have each team lie down in a line with the participants head lined up with the next participants feet with about a foot of space in between each person
- Place a ball between the feet of the first person in line of each team
- When the "referee" yells "Go!" Each team will pass the ball from their feet to their hands, and from their hands to the feet of the next person in line, etc.
- The last person sends the ball back down the line to the first person from feet to hands, etc.
- The team that moves the ball to the end of the line and back to the beginning first wins

Team challenge-Pass the Hoop

- Have each team make a line and hold hands
- Give the first person in line a Hula Hoop
- When the "referee" yells "Go!", each team will move the Hula Hoop through each participant to the end of the line without letting go of each other's hand
- The team that passes the Hula Hoop to the end first wins



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