

COLOR WAR CHALLENGE COLLECTION #1

HEALTHY LIFESTYLES

Challenge	Directions	Members to Play	Supplies
4 Corners OR 6 Corners	Place four cones in different areas of the gym. When the music plays, members dance and when the music stops, members have 5 seconds to get to a corner. The leader rolls a die and whatever number is called, all members in that corner are out. Can play with 6 corners for more members.	Any	Dice, cones.
4 Square	<p>Each player stands in one of the four squares.</p> <p>To start the game, the player in square four serves the ball by bouncing it in their square once and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player in one of the other squares.</p> <p>The ball must bounce in another player's square, and they must hit it to another player before it bounces a second time.</p> <p>A player may hit the ball before it bounces, if they choose to do so.</p> <p>If a player hits the ball so that it misses another player's square, or fails to hit the ball before the second bounce after it has landed in their square, they are "out".</p> <p>When a player is out, the other players move up to take their place, and that player moves to the last square, or to the end of the line, if there are more than four players.</p> <p>The object of the game is to move up to and hold the server's position.</p>	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	4 square ball, tape for court
Around the World	Members form a circle and pass a ball to the right. The leader progressively adds more balls to the circle. Members continue to pass to the right. If a member drops a ball or ends up with more than one ball in his or her hand, he or she is out.	Any	Several balls
Basket Pong	Members attempt to land basketballs in trashcans placed by other teams.	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Basketballs, 6 trash cans
Capture the Flag	Members from each team attempt to capture the other team's flag without getting tagged.	5 from each team, or divide by age group.	Flags
Crab Soccer	Teams play traditional soccer while crab walking	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Soccer ball, goals
Doctor Dogeball	Traditional dodgeball rules apply but one member (a secret to the opposing team) is the doctor. The doctor may tag eliminated players and bring them back in the game. If the doctor is out, no more saves can occur.	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Dodgeballs

Dodgeball *See Dodgeball Attachment for hosting a tournament	2 teams compete against one another and form a line at the black base line. When the leader calls it, members race to get balls that are laid out at half court. If a member is hit by a ball, he or she is out. If a member catches a ball that was thrown at him or her, the thrower is out.	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Dodgeballs
Escape the Octopus	Staff form a line, linking arms on the half court line in the gym. Members start on one side of the gym and attempt to get on the other side of the gym without getting tagged by a staff member. Staff must stay on the half court line. Add more staff to make it harder, less to be easier.	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Music
Factory	10 cones are set up in a line across the gym for each team. One member stands at each cone. There is a starting box with 10 balls in it. Teams must work together to get each ball into the box at the end of the line. The first team to pass each ball through the factory first wins!	10 from each team	20 balls, 20 cones, one starting box, one finishing box
Flag Football	Members put on flag football belts. Place the football at the offensive team's 5 yard line or equivalent. Each team has 3 plays to cross the midfield, the 3 more to gain a touchdown. If a flag is taken, that player is out.	8 players from each team	Football, flag football belts
Freeze Dance	When the music plays, members dance around. When the music stops, members freeze. They may not move or speak. If they do, they are out. Members who are not dancing are also out.	Any	Music, speakers
Human Foosball	Members line up in formation like a foosball table and link arms. They cannot unlink arms or they are out. They must stay on their designated line, working together, moving back and forth, and attempting to prevent the other team from scoring. See formation below. GOAL X X X X O O X X O O O O GOAL	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Soccer ball, 2 goals
Knock Out	Members assemble in a single file line at the foul line. The first two players receive a ball. The first player shoots. When the ball goes in or bounces, the second player shoots. When one member shoots the ball and misses, the next member has to shoot and make it before the first member does. You cycle the ball until there is a winner.	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Basketballs
Laser Force	Using crepe paper, leaders create a laser room. If a member touches or breaks a laser, he or she is out.	Any Age, one at a time	Crepe paper, tape
Limbo	Members limbo by age group.	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Limbo rod, music

Minute to Win it Challenges	<p>You can easily find ideas online. Below are some of our favorite Minute to Win it Games!</p> <p>Bucket Head: Catch three balls in a bucket on top of your head.</p> <p>Defying Gravity: Keep two balloons in the air.</p> <p>Breakfast Scramble: Assemble the front of a cereal box that has been cut into eight pieces.</p> <p>Dizzy Mummy: Unroll a small roll of toilet paper with 360 degree spins of the arm. (You may need to unravel some first to make it an attainable task.)</p> <p>Elephant March: Knock over bottles using a baseball bat hanging from panty hose worn on the head.</p> <p>Tissue Toss: Using both hands, empty a tissue box.</p> <p>Play it By Ear: Place five cans with varying quantities of pennies in the correct order. (With a sharpie, place the numbers on the bottom.)</p> <p>Separation Anxiety: Separate a pile of 25 multicolored chocolate candies into five separate containers in a set color order.</p> <p>Candelier: Stack four layers of cans, with paper plates in between.</p> <p>Tweeze Me: Players use tweezers to relocate five Tic Tacs from one bowl to another.</p>	Varies	Varies
Out of Bounds	<p>Members begin dribbling inside the circle in the middle of the gym. The goal is to knock your opponent's ball out of the circle while preventing others from doing the same to you. Last one standing wins.</p>	<p>Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18</p>	Basketballs
Photo Scavenger Hunt	<p>Assign points to various tasks. Give a time limit and award points for teamwork. Some fun photos to shoot include: dance with a director, playground, tree, group picture, etc. If you have a lot of kids, it might be hard to have them all run around snapping photos together so you can change it up. Have members have to make the pictures using their bodies. For example, members have to make a flower and a staff takes the picture instead of finding an actual flower.</p>	<p>Any *see speculations for larger groups</p>	Cameras for each team, list of photo tasks
Physical Challenge	Members compete in 5 rounds. Some examples of rounds are below	Varies	
Physical Challenge-Dribbling	Members complete a relay race while dribbling. The first team to have all members cross the finish line wins.	<p>Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18</p>	Basketballs
Physical Challenge-Hula Hoop	Members hula hoop for 45 seconds, any members left after 45 seconds win points	<p>Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18</p>	Hula Hoops
Physical Challenge-Jump Rope	Members jump rope for 45 seconds, any members left after 45 seconds win points	<p>Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18</p>	Jump Ropes
Physical Challenge-Shooting	Members play spot shot. Random spots are on the court and members have 45 second to score as many points as possible.	<p>Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18</p>	Basketballs
Physical Challenge-Throwing	Members from the same team stand 5 feet apart. The music plays and members throw the ball back and forth. When the music stops, members who are still in take a giant step backwards separating further. If any member drops their ball, their team is out.	<p>Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18</p>	Balls

Relay Race	Set up an obstacle course and have 5 members from each team complete the race one at a time. The first team to get all 5 through and to cross the finish line wins. Example: Spin around bat three times, jump over three cones, jumprope 10 times, hula hoop, etc.	5 from each team, or divide by age group.	Various
Scavenger Hunt	Members follow instructions on clues to earn more clues. The first team to finish all steps wins.	Any-search as group	Clues and clue handlers
Shape Shifters	Members work together to form various shapes called by the leader. Teams have 45 seconds to be as creative as possible. One winning team per round. Some example shapes include: BGC, love, art, telephone, smelly, grand, airplane, flower, tv, etc.	Any	List of Shapes
Sponge Dodgeball	2 teams compete against one another and form a line at the black base line. When the leader calls it, members race to get balls that are laid out at half court. If a member is hit by a ball, he or she is out. If a member catches a ball that was thrown at him or her, the thrower is out.	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Sponges
Team Cross Beam	Members will try to get from point A to point B using only 2 2x4s. Rd 1: All teams line up and race from one end of gym to the next Rd 2: cones Rd 3: cones, hoops	3 from each team per round	Cones, hoops, 12 2x4s
The Game of Sixes	Each team is given an instruction that corresponds with a number. Each team is called to the center, one at a time, to compete. When a number is called, the majority of the team must perform the correct action or they are out for the round. Example below: 1. Push ups 2. Sit ups 3. Jumping jacks 4. Raise the roof 5. Superhero pose 6. Zombie	Any	List of different actions for teams to perform. Change for each team.
Treasure Hunt	Each Color War team must retrieve their coins from various buckets filled with different items and different sized balls. There are 7 coins in each color randomly placed in one of about 20 buckets. Members must search for their coins and turn them in to the leader. One searcher per team at a time. The first team to collect 5 coins wins.	5 from each team, or divide by age group.	Colored coins, balls, buckets
Ultimate Duck Duck Goose	Members play duck duck goose in a very large circle.	All	Music
Volleyball	Members volley the ball back and forth. If the ball lands on the ground or out of bounds, the hitting team gets a point. First to 21 wins. Members rotate positions.	Divide. Four separate rounds 6-7, 8-9, 10-12, 13-18	Volleyball or beach ball

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ACADEMIC SUCCESS

Challenge	Directions	Members to Play	Supplies
Trivia	This is pretty self-explanatory, but I have found that a way to get more people involved is to have members morph into the letter of the correct answer. For example, ask members what the capitol of Missouri is and give them four options: A) Jefferson City, B) Cuba, C) St. Louis, D) Kansas City. Give teams 10 seconds to morph into the letter representing the correct answer. Make sure you keep accurate track of points.	Any	List of Questions
Name That Tune	Have a list of songs and a music source ready. Play songs and have teams either write down answers on a score card or morph into the correct letter response as seen in trivia. You can make it more challenging by only playing 10 seconds of a song.	Any	List of songs, music player, writing utensils
Math Spot Shot	Place markers on the floor and have various math problems on each marker. A member must solve the question correctly before earning the shot. Make the point values different. You can also have a caller ask the questions so they are different each time.	One at a time	Basketball, markers, math questions
Math Relay	Have teams line up. You might have to just pick 10 from each team so they are even. Have a leader at the front of the line. Members, one by one, must correctly solve the question on the math flash card before the next person can answer. The First team to complete the questions wins!	5-20	Math flash cards
Spelling Bee	A representative from each team will have a chance to spell a word during the first round. At the end of the round, everyone who spelled their given word <i>correctly</i> moves on to the next round. Everyone who spelled their given word <i>incorrectly</i> will head back to their teams. The bee continues in this manner until we are down to two students. The winner of the spelling bee is the last student standing! You can also rotate kids for each round to include more members!	Varies	List of words, microphone
Telephone	Make on person the starter of the circle. This person whispers a word or phrase (given by a staff) into the ear of the person sitting or standing to their right. The game continues and the last person shares the word or phrase with the group. If it matches the original, points are awarded.	Varies	Starter words or phrases

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GOOD CHARACTER

Challenge	Directions	Members to Play	Supplies
BGC Door Decorating Contests	Color War teams decorate area doors after being given a theme. Some themes include: BGC, Halloween, Summer, etc.	Any	Decorating supplies for each team
MLK Day Celebration-Civil Rights March	Teams make posters promoting equality, acceptance, and diversity. They then march and share their creativity.	Any	Posters, markers
Color War Team Banner and Chant Challenge	On the first day of Color Wars, have members break up into teams, get to know one another, and make their own team chant and banner.	Any	Banners, markers, paint, chant sheet
Food or Item Drives	Collect items for a local organization and teach kids the importance of giving back. Assign points to higher need items or award a winner based on pounds donated.	Any	Boxes for each team to collect items
The Machine	All members must work together to form the most creative, powerful machine. Each team strives to make a piece of machinery that involves all members either using a body part or they voice. All members must be physically connected in one way or another.	Any	N/A
Skit City	Give each team a scenario. They use their creativity and teamwork to develop a memorable skit. Each team presents and winners are chosen. Some skit examples include: bullying, internet safety, field trips, giving back, etc.	Any	Varies