

# Map Maze!

- ✓ Provide Constant Feedback!
- ✓ Together with your team, decide who will be the navigator for the team.
- ✓ The other team members will have to figure out the map maze by watching, remembering and following the navigator's commands.
- ✓ The only two phrases the navigator can say are "yes that's right!" and "not quite, try again".
- ✓ If a team members steps on a mine they must choose an activity to do.
- ✓ When the team has successfully completed the task, they move to the next level!

Designed and Presented by:

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# Minute to Win It!



Challenge yourself!



At this station your team must choose 2 team members to shake all the beads down to the bottom of the bottle within one minute.



The third team member will time you.

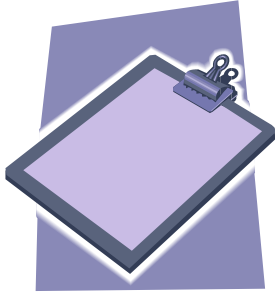


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# Paddle Volley!



Use your creativity



You must use all the equipment provided to successfully put the ping pong balls into the plastic cup (bucket). (2 clip boards, a flag belt, a plastic cup (bucket) and 4 ping pong balls) You may not use your hands or feet to place the balls in the bucket.



When you have successfully completed the task, your team moves to the next level.

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# Catch & Control!








- 💡 YOU are in control!
- 💡 How many 8oz glasses of water per day should you have?
- 💡 Name the 6 food groups.
- 💡 Name the 4 principles of fitness.
- 💡 Name the 6 skill related components.
- 💡 Name the 5 fitness related components.

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# Catch & Control!






-  YOU are in control!
-  Teams of three
-  A team member must toss the 3 deck tennis rings for a teammate to catch with a bat.
-  Team member holding the bat runs to get an answer card to complete the fitness questions.
-  Team members answer a fitness trivia question after completing the task.
-  Check with the station monitor to see if your answers are correct.
-  When you have successfully completed the task, your team moves to the next level.

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# Choose Wisely!

-  Feed your curiosity!
-  Your team challenge is to make the right choices (See how well you know your nutrition at these popular restaurants).
-  Choose one of the four restaurants posted on the wall.
-  Complete the task as posted on the sign by putting the correct answers on the team score sheet.
-  When you have successfully completed the task, your team moves to the next level.

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