

Physical team challenges

Line Up

Resources: a bench or long plank of wood approximately 30cm wide.

Lay a long plank of wood on the floor (or use a bench) and tell a group of up to 10 children to stand on it.

Give the group tasks to do without touching the floor, for example; arrange into: height order, age order, or alphabetical order by forename etc.

Make the task more difficult by getting them to do this in silence. If they touch the floor 3 times as a group, or talk if they are meant to silence etc., you can give them a forfeit.



Shoe Tower

Resources: none

Split the group into smaller teams of 4-6 people. Get everyone to take their shoes off. Using the shoes available to their team, they must construct the tallest tower. The team with the tallest tower at the end of the time wins the challenge. It is recommended that you give participants five minutes to complete the challenge.

Crossing the swamp

Resources: crates, carpet tiles, cones

Mark a “swamp” area (using the cones). The team must cross the “swamp” without anyone touching the ground, or the whole team must begin again. One crate and two carpet tiles works well for up to 5 children. For younger children, two carpet tiles works well.

The task can be made more challenging with fewer pieces of equipment or if the team has to carry water in a container across the “swamp”.



A Shrinking Vessel

Resources: a piece of tarpaulin

This game requires a good deal of strategy in addition to team work. The rules are deceptively simple: the entire group must find a way to occupy a space that shrinks over time, until they are packed creatively like sardines. You can form the boundary with a rope, a tarp or blanket being folded over or small traffic cones.



Sinking sands rescue

Resources: ropes, bucket (with a small weight at the bottom), cuddly toy which is inside the bucket, cones

Mark out a circle with a bucket placed in the centre. The group must lift the bucket from inside the circle using the ropes without entering inside the circle.



Through the hoop

Resources: hoops

Split the children into groups of about 10 then ask the groups to form circles.

Give each group a hoop and ask them to link hands placing the hoop in the circle over the arms of two of the children. The children then have to step through the hoop without unlinking hands.

Teams could compete against each other to see which team can get the hoop back to where it started in the quickest time.