



New South Wales Branch
Hunter & Coastal Region

Minute Challenges to help fill in a Program

Issued Jan 2005

1. Challenge Joey Scouts to count how many times they can stand up and sit down in a minute?
2. Joey Scouts are paired, a beanbag on the shoulder of one of the Joey Scouts. How many times can they take the beanbag and put it on their own shoulder in a minute?
3. Paired Joey Scouts count how many times they can catch a ball that is bounced back and forth between them.
4. How many times can each Joey Scout touch all four walls in a minute, either before time runs out, or before they're exhausted (never happen)?
5. Given a tennis ball, the Joey Scout counts how many times he catches the ball after he bounces it off a wall.
6. Joey Scouts walk backwards, counting laps for the minute.
7. How many times can the Joey Scouts hop on a foot for sixty seconds? Let them alternate feet. What about two feet?
8. Do a bunny hop for a minute, and count how many times they can go around set objects, say pylons or chairs. Make it harder. Do a frog hop.
9. Joey Scouts in a line do a leapfrog. How many Joey Scouts can be leapt in a minute?
10. With Joey Scouts sitting in a circle, how many times can they pass an object around the circle? Make it more difficult by passing two objects in opposite directions. Count how many times the objects pass at a set point, or pass.
11. Two Joey Scouts stand back to back. One has an object they pass over their head followed by between the legs. How many times can they do this in sixty seconds?
12. Joey Scouts in pairs roll the ball between them. Count how many times they can do this in a minute. Increase the size of the Joey Scout groups.
13. Balance on one foot for a minute. Challenge them to close their eyes and stay balanced for the minute.
14. Joey Scouts in groups. How many times can they throw a ring over a stick in the minute?
15. How many times can Joey Scouts throw a Frisbee back and forth without dropping it for the minute?
16. Tie their shoes. Joey Scouts are challenged to tie their shoes as many times as they can in the time? If this is not enough, challenge them to take the shoes off and put them back on again.
17. Toss beanbags into a bucket and count how many go in during the minute.
18. How many times can they repeat a tongue twister in the minute? (Keep the tongue twister simple)
19. With paper and pencil in hand, how many letters of the alphabet can they print in a minute? OK, how many times can they go through the alphabet in a minute? What about doing the alphabet backwards from Z?
20. Something you always wanted to know — how many tiles on the floor of the room? What about ceiling tiles or concrete blocks in a wall?
21. Try to exhaust your Joey Scouts by challenging them to see how many times they can sit in each corner of the room in a minute? No piling on.
22. A pair of Joey Scouts, back to back, clap partner's hands between the legs as many times as possible in the given time.
23. How many times can the Joey Scout bounce the ball, turn around and catch it in the minute?

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24. Joey Scouts are to find the person in the room with a birthday closest to theirs. Birthday: such as 5 or 17. Be prepared. Some Joey Scouts don't know when their birthday is. Another challenge all those with a birthday in the same month get together.
25. Run on the spot for a minute.
26. Each Joey Scout blows an inflated balloon as far as they can in a minute.
27. Skip around the room for sixty seconds.
28. With a partner, Joey Scouts sit face-to-face, hands up, palm to palm. Clap right hand to right hand, left to left for a minute.
29. Lie on the floor and stand up as many times as they can in sixty seconds. Keep count. As a variation, lie down, roll over, and then stand up.
30. Put the Joey Scouts hat to use. How many times in the minute can Joey Scout take it off and put it back on.
31. How many times in 60 seconds can Joey Scouts put on their coats or jackets, and take it off?
32. Skip rope.
33. Count how many times they can go through Head, Shoulder, Knees and Toes in a minute. Or, keep it simple by just touching toes.
34. With a partner, do a staring contest for the time.
35. How many times can Joey Scouts blink their eyes in a minute? They have to count each one, so that'll slow them down.
36. Let's see if they can laugh for a minute.
37. Using an inflated balloon, the Mob tries to keep it in the air for a minute. Never the same Joey Scout twice in a row. Make it more difficult by letting Joey Scouts in small groups do it. Add more balloons to the mix.
38. Each Joey Scout with a chair. Let them count the number of times they can climb on top of the chair. Try over and under the chair.
39. Can they count to 100 in a minute? How far can they go in a minute? How many times can they count to 10 in the minute? Count backwards from 100 — or ten.
40. How many times can they walk around the room with a ball (tennis or golf) balanced on their open palm?
41. Joey Scouts balance a plastic spoon on their noses. See if they can sit down and stand up while still balancing the spoon on the nose. How many times can they do this in the minute?
42. Give each Joey Scout 10 toothpicks (safer than match sticks). Joey Scout is to form each letter of the alphabet, in order and one at a time, in the minute. How far did they get?
43. As a Mob, Joey Scouts try to come up with a list of words in alphabetical order, such as apple, beach, comic, dog. Bring the Mob together to make the list. How fast do you get through the alphabet?
44. Each Joey Scout with playing cards. Turn Joey Scout's hat over on the floor. Joey Scouts tries to flip cards into the hat. How many did they get in?
45. Do Jumping Jacks.
46. Joey Scouts in pairs take turns trying to make each other laugh
47. With a very long string and Joey Scouts in a line, Joey Scouts pass end of sting through one sleeve of their vest and out the other. How many Joey Scouts can we thread in a minute? Make it more difficult and thread the string through the T-shirt.
48. Taking marbles, one at a time from the source, how far can Joey Scout Mob fill a container in a minute?

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49. Name as many animals as they can in a minute. Put Joey Scouts in a circle and go around in order. If a Joey Scout is stuck, let another act out what the next animal is. Let Joey Scout give the next animal as soon as they get it.
50. Make paper airplanes and fly them.
51. How high can Joey Scouts build a toothpick structure?
52. Using 20 toothpicks, play pickup sticks.
53. With a face down deck of cards, play Concentration. Keep it simple. Try matching colours only. Make it more difficult by matching face value, and even more difficult by matching face value and colour.
54. Equally divided deck of cards. Joey Scouts play "War". That is, each Joey Scout turns over a card from the top of their pile. The highest card wins.
55. Again, with equally divided cards, Joey Scouts play Odds and Evens. One Joey Scout starts by calling odds or evens, and then Joey Scouts flip their card. Winner makes the next call.
56. Play closest to the wall with playing cards.
57. Give each Joey Scout a playing card. Joey Scout flips the card. How many times does it land face up in a minute?
58. Give the Mob a newspaper for a scavenger hunt. Find an animal, a smiling face, a not happy face, a transportation method, food, etc.
59. Create a paper or sock ball, held tightly together with elastics. Joey Scouts on their knees on the floor. Play hand hockey.
60. Teams in a line, pass an object up and down the line as many times as they can in a minute.
61. How many handshakes can they do in the time given? Let them do it with a partner, group, or the whole Mob.
62. Use a line on the floor, masking tape about a metre apart, or table — Joey Scouts flick a button or coin and see how close they can get it to the tape or edge.
63. Play "I Spy" (with my little eye). Try the traditional colours, but also shapes, and perhaps relative sizes, such as big, small, tiny.
64. Masking tape lines on the floor, (a table is good), about a metre apart. Joey Scouts try to blow a ping-pong ball over the opposite line.
65. Without looking at a clock or watch, estimate a minute. Start in a sitting position. Joey Scouts stands up once they figure a minute has passed. (Suggest they count to 60 — slowly. Or use "Mississippi's").
66. For a minute: Joey Scouts take their hat off, put it on the floor and stand up. How many times can they take it off and put it back on in a minute?
67. Joey Scouts walk heel to toe. How far can they walk in a minute? How many steps can they take in a minute?
68. How many times can a Joey Scout jump up and turn around in a minute?
69. How far and how long can they crab walk?
70. Sing a song such as, "Row, Row Your Boat". Sing it as a round. Try dropping a word from beginning each time through.
71. Each Joey Scout lies on the floor face down, puts his hands on the floor, and then walks up to his hands. This is followed by lying back down and repeating the cycle. How many times can they do it in the time?
72. Do finger plays.

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