

Company Senior Squad Games

Guinness World Record Night

Have you ever wanted to break a Guinness World Record? Well now is your chance...unofficially. All of the challenges below are genuine Guinness World Records that can be found on <https://kids.guinnessworldrecords.com/records/set-a-record/> there are even more challenges on there so please do check them out.

The young people will be competing in their squads and can nominate one person to take part in the challenge against the other squads. The person who does the challenge the quickest will get the most points and these will decrease with each player in that challenge. Leaders can set their own point system for this.

Challenges:

Basketball passes (2 people per squad)

What you need:

- A regular sized basketball
- A stopwatch

The aim of this challenge is to see how fast 2 people can pass a basketball between them in 1 minute. There is no official distance, this can be set by leaders or by the young people. Each pass counts as one but the ball must be caught by the other person to make it count.

Sorting M&M's

What you need:

- 30 M&M's (6 of each colour)
- A pair of chopsticks
- 5 cups or bowls to place the different coloured M&M's in
- A stopwatch

The aim of this challenge is to see who can get the fastest time sorting M&M's into different colours using chopsticks. They cannot use their hands and must be sorted by colour. Try not to drop any!

T-Shirt Change

What you need:

- 5 t-shirts of different sizes
- A stopwatch

The aim of this challenge is to put on 5 t-shirts the quickest. No one will be able to help and all t-shirts must be on the persons body to stop the timer.

Ready, Steady, Bake

What you need:

- Six plain cupcakes
- Six paper plates
- Buttercream icing
- Sprinkles/sweets/an assortment of decorations
- A table
- A stopwatch

The aim of this challenge is to decorate the cupcakes as fast as possible. You can use whatever you want that is available to you, but each cupcake must be decorated.

Skipping

What you need:

- A skipping rope
- A stopwatch

The aim of this challenge is to see who can jump the most on a skipping rope using only one leg. There is no time limit and you can change foot when jumping as long as only one foot is touching the ground and you don't stop jumping or catch the rope.

Cup pyramid

What you need:

- 21 plastic / paper / polystyrene cups
- A table
- A stopwatch

The aim of this challenge is to make a cup pyramid the quickest. If you want to make the challenge trickier, the young people can build up the pyramid and put it down again the quickest.

Dice stack

What you need:

- Dice – a bunch of them
- A table
- A stopwatch

The aim of this challenge is to build a stack of dice as high as you can in 1 minute. The final count will be at the end of 1 minute, not the highest number of dice during the time.

Knee to elbow

What you need:

- A Stopwatch

The aim of this challenge is to see how athletic the young people are by completing knee to elbow moves and how many they can in 30 seconds. They will only get a point for when the knee touches their elbow.

Soft toy catch (2 people per squad)

What you need:

- Soft toys
- Blindfold
- A stopwatch

The aim of this challenge is to see how good your catching skills are, but there is one problem, the catcher will be blindfolded. How many can you grab in just 1 minute.

Mandarin Minute

What you need:

- Mandarins
- A Table
- A stopwatch

The aim of this challenge is to see how many mandarins can be peeled within 1 minute. All of the peel must be removed for it to count.