

Taskmaster Club: Session 2 Instructions

Work it Out

Skill development:

- Physical
- Perseverance
- Quick thinking

For this session you will need:

- Some PE/sports equipment for the main task;
- A computer and projector / board / TV to show the *Session 2: Work it Out... episode* from your club page at <http://www.taskmasterEducation.com>;
- Read the Main Task carefully and decide if you'd like to prepare any materials in advance.

Prize Task: The best ball.

The best ball.

Prize Tasks are all about encouraging the contestants to think of great ideas and then justify them by explaining why their entry is the best. Depending on the task, they may decide to bring the item in or prefer to simply explain their idea.

There is time for them to tell the Club about their Prize Task entry and, again, points will be awarded for the best efforts. Prize Task scoring is in the same format as the other tasks, 5 points, 4 points, 3 points etc.

The best ball could be a football, an eyeball, a fireball, a graduation ball or any other ball they can think of. What you think is the best ball with the best reason is up to you, but whatever it is, give them 5 points.

Warm-up Task: Stand on one leg and wink

Stand on one leg, hold your other foot in one hand and wink repeatedly at the player standing next to you. Last player standing like this, without touching anything or anyone else, wins.

This one is fairly self-explanatory, so just make sure you keep an eye out for any sneaky wobbles.

Simplify	<ul style="list-style-type: none"> - Adjust the task to meet any physical needs. Maybe let them hold a chair or the wall while balancing, if needed. - Create a new, but similar set of instructions, such as ‘while sitting, wink, nod and say ‘Bob’ in that order to the person next to you as many times as possible’.
Twist	<ul style="list-style-type: none"> - Hop at the same time as a group - Hop and recite the alphabet while winking repeatedly.

Main Task: Create a high-intensity 60 exercise demonstration.

Create a high-intensity 60 second exercise demonstration. All of your team need to be involved in some way. You have 10 minutes to prepare and practise your exercise demonstration before being given time to demonstrate your demonstration. Best high intensity exercise demonstration wins.

You may choose to make some equipment available (skipping rope, ball, cones, bench, etc) for the teams to use in the task, or just let them decide what they want to use, if anything.

To ensure maximum hilarity, during the scoring time you could get each team to perform the 60 second exercise demonstration by leading the other groups while they join in. What you are looking for as the ‘best demonstration’ is up to you, but you might want to specify in advance what you’d like to see.

Simplify	<ul style="list-style-type: none"> - Adjust the task to meet the needs of you teams, the workout could be seated (for example) if required.
Twist	<ul style="list-style-type: none"> - Get each team to pick a piece of equipment that they must use in the task, before they find out what the task is. - You must lead your demonstration in an American accent (unless you are American, in which case you should use a British accent).

Clip from TASKMASTER

This week’s clip is from Series 16, Episode 10 – Demonstrate the most effective high-intensity four-part exercise routine. Each of your four exercises must be original and must take place on this mat. The first must last eight seconds, the second four, the third two and the fourth one second long. Also, each move must start with a "yeah" / "ahhh" / gasp / "whoops" / scream and end with a scream / "whoops" / "ahhh" / "yeah" / gasp. You have a maximum of fifteen minutes. Your time starts now.

Prize Task: Best toy meant for someone younger than you.

The best children's toy meant for someone younger than you that you secretly still really like and would happily still play with.

If You Have Time Task: Do the most rhyming sit-ups in 30 seconds

Do the most rhyming sit-ups in 30 seconds. Each time you sit up you must say a word that rhymes with your previous word. Most rhyming sit-ups in 30 seconds wins.

Simplify	<ul style="list-style-type: none">- Do the most sit-ups.- Think of the most rhyming words in 30 seconds.- Provide team members with a starting word that has a number of simple rhyming alternatives.
Twist	<ul style="list-style-type: none">- The words used must be in alphabetical order.

