**FCCLA X-Games**



Team Color:

Team Members:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Event | Team Member | Points Earned | FCCLA Program | Total |
| Tower of Strength |  |  |  |  |
| Banking Buzz |  |  |  |  |
| Speed Twister |  |  |  |  |
| Ankle Biters |  |  |  |  |
| Dollar Bill Jump |  |  |  |  |
| Red Light/Green Light |  |  |  |  |
| Career Pictionary |  |  |  |  |

FCCLA After School Meeting Plan:

1. What is FCCLA?

-Have a banner: it’s the ultimate leadership experience!

-Student let organization with the family as its focus

-We serve our communities, learn leadership skills and prepare for adult life

2. FCCLA X-Games

-each game you send a representative to play (unless it is a team game like Tower of Strength)

-make a team of 6 people

-each team member gets a color headband

-we will declare when to cycle through the activities

-each activity earns points. If you win an activity, you get 5 points, if you come in 2nd, you get 3 points, 3rd gets 2 points, every one else gets 1 point for playing

-Make sure you read the directions at each station and note what the FCCLA program is that you are learning about

-teams with highest points get cotton candy first

1. Each game is centered around one of the National Programs
2. Tower of Strength (TEAM): Each team gets toothpicks and marshmallows. You have 4 minutes to build the tallest, strongest tower you can: **Families First**
3. Banking Buzz: (relay, individual rep): Each team sends one rep to run the relay, when the proctor reads a definition, on “go!” the runner has to hustle and slap the correct answer on the board: **Financial Fitness**
4. Speed Twister: (individual rep): Send a rep to the twister game. After each spin you only have 7 seconds to get to a spot. If you don’t, you are out. Last one standing wins. **Power of One**
5. Ankle Biters (TEAM): everyone gets a balloon and string tied to their ankle. When Mrs Milburn says go, they run around and try to stomp out the balloons of others. Try to keep your team standing. **Stop the Violence**
6. Dollar Bill Jump (individual): try to hold your toes and jump the length of the dollar bill **Student Body**
7. Red Light/Green Light: (TEAM): Play red light, green light. FCCLA member is the director. Individuals win points for the team, but everyone plays. **FACTS**
8. Career Pictionary (TEAM): Each team gets a white board, marker and eraser. Start with one member, who is trying to draw a career (given to them on a card) and team tries to guess. FCCLA members are judges. **Career Connection**

Add up your points, the team with the most points gets cotton candy first.

\*\*Have cotton candy being made at the same time.

\*\*Make sno cones for everybody

**TOWER OF STRENGTH**

FCCLA Program: *Families First*



The FCCLA Families First national peer education program through which youth gain a better understanding of how families work and learn skills to become strong family members. Its goals are to: help youth become strong family members and leaders for today and tomorrow and strengthen the family as the basic unit of society.

**DIRECTIONS HOW TO PLAY:**

1. You have 4 minutes to put together the tallest, strongest tower possible using the available materials (marshmallows, toothpicks).
2. The team with the strongest, tallest tower wins the full points.

**BANKING BUZZ**

FCCLA Program: *Financial Fitness*



The goal of Financial Fitness is to inform and inspire teens to sharpen their skills in money management, consumerism, and financial planning. Although the income of your typical teen is limited, they tend to spend a tremendous amount of money. This program will help students learn to manage their money wisely. Teens who learn to handle their finances will become adults who know how to manage their money in order to build better lives for themselves and their families and to strengthen the economy

**DIRECTIONS HOW TO PLAY:**

1. Select a member of your team to be a runner
2. Proctor will read a banking term definition, and the runners will run up and slap the answer they think is correct
3. Team with the most points wins and extra 3 points (and each team keeps their points)

**SPEED TWISTER**

FCCLA Program: *Power of One*



Power of One helps students find and use their personal power. Members set their own goals, work to achieve them, and enjoy the results. The skills members learn in Power of One help them now and in the future in school, with friends and family, in their future at college, and on the job.

**DIRECTIONS HOW TO PLAY:**

1. Send a representative from your team to the Twister game
2. Competitors will play Twister like normal, but they only have 7 seconds to make their move. If they take longer than 7 seconds or fall down in the process, they are out.
3. Last person standing wins the points.

**STOMP the Violence!**

FCCLA Program: *STOP the Violence*



The FCCLA Students' Taking On Prevention (STOP) the Violence program empowers youth with attitudes, skills, and resources in order to recognize, report, and reduce youth violence.

**DIRECTIONS HOW TO PLAY:**

1. Each member of the team gets a balloon and a string to tie the balloon around their ankle.
2. Once the music starts, you can run around and try and STOMP (get it? STOP/STOMP the Violence!) the balloons of other people. Try to make sure your team does not lose a balloon.
3. Last person standing wins 3 extra points for their team.
4. If a team is left standing, then they win 10 points.

**DOLLAR BILL JUMP**

FCCLA Program: *Student Body*



The FCCLA Student Body national peer education program helps young people learn to eat right, be fit, and make healthy choices. Its goals are to: help young people make informed, responsible decisions about their health, provide youth opportunities to teach others, and develop healthy lifestyles, as well as communication and leadership skills.

**DIRECTIONS HOW TO PLAY:**

1. Each member of your team can compete
2. Hold your toes and jump the length of the dollar bill.
3. Those who can do this will win 10 points for their team.
4. Those who attempt will earn 1 point for their team.

**RED LIGHT/GREEN LIGHT**

FCCLA Program: *FACTS (Families Acting for Community Traffic Safety)*



Families Acting for Community Traffic Safety (FACTS) is a national peer education program through which students strive to save lives educating adults and youth about traffic safety and supporting enforcement of local rules and regulations regarding community traffic safety.

**DIRECTIONS HOW TO PLAY:**

1. We will go outside
2. Proctor will say red light and face the group, or green light and turn their back
3. First person to reach the proctor will earn 3 points for their team
4. We will play a few rounds

**CAREER PICTIONARY**

FCCLA Program: *Career Connection*



The FCCLA Career Connection program guides youth to link their options and skills for success in families, careers, and communities. Through individual, cooperative, and competitive activities, members— discover their strengths, target career goals, and initiate a plan for achieving the lifestyle they desire.

**DIRECTIONS FOR HOW TO PLAY:**

1. Each team gets 1 whiteboard, 1 dry erase marker, 1 eraser
2. Teams must face away from the screen, and the drawer in each group faces the screen
3. On the screen, a word will be flashed to the drawer so they can draw that career option on the board
4. Team tries to guess the drawing
5. First team to guess earns 2 points
6. We will play a few rounds