

متحف قطر  
الأولمبي والرياضي  
Qatar Olympic  
and Sports Museum



**ACTIVATION  
ZONE**



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**3-2-1 Qatar Olympic  
and Sports Museum's  
(QOSM) Activation Zone**



## About 3-2-1 QOSM Activation Zone

Experience excitement, fun, teamwork and competition in the Activation Zone located on the 5th Floor of the 3-2-1 Qatar Olympic and Sports Museum (QOSM), a vibrant and interactive gallery that beckons you to embrace an active and healthy lifestyle, regardless of age or ability.

The Activation Zone has now opened its doors as an exceptional event venue for an immersive and transformative team building experience like no other. Strengthen the bonds of collaboration and ignite the flames of team spirit with our carefully curated team building packages that not only promote physical literacy but also foster strategic thinking and enhance communication skills.

Arrange a team event and unlock the true potential of your team at the QOSM Activation Zone!



**Team Building Packages**



## Team Building Packages

At QOSM team building is an ethos, helping a group of people work together more efficiently and effectively, engaging to achieve a common goal through fun sports activities and games.

Our professional team building facilitators craft activities that are in line with the objectives for each group and session. These include enhancing teamwork, team bonding, developing leadership skills, having fun together, and enhancing the performance of the team when they get back to work.

Immerse yourself in our tailored team building packages, designed to cater to both Families and Corporate Employees in the Activation Zone. Our exclusive packages are meticulously developed to deliver an unforgettable experience. Step into a world of sports and adventure as our team building activators lead you through an exhilarating session of sporty activities accessible to all.



Details	Families' Package	Employees' Package
<b>Number of participants</b>	40 to 80 persons	10 to 40 persons
<b>Group rotation</b>	<ul style="list-style-type: none"> <li>• 8 groups of 10 people</li> <li>• 1 activator per 10 guests</li> <li>• 1 tour guide per 20 guests (2 groups)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 groups of up to 20 people</li> <li>• 5 activators per 20 people</li> <li>• 2 tour guides per 20 people</li> </ul>
	<p><b>Team Games</b></p> <ul style="list-style-type: none"> <li>• Bank</li> <li>• Broom handles</li> <li>• Seated volleys</li> </ul>	<p><b>Team Games</b></p> <ul style="list-style-type: none"> <li>• Bank</li> <li>• Broom Handles</li> <li>• Seated Volleys</li> <li>• Domino Effect</li> <li>• Marble Run</li> </ul>
<b>Activities</b>	<p><b>Team Interactives</b></p> <ul style="list-style-type: none"> <li>• Crossfire</li> <li>• Paddle</li> <li>• Wave Jump</li> </ul>	<p><b>Team Interactives</b></p> <ul style="list-style-type: none"> <li>• Crossfire</li> <li>• Paddle</li> <li>• Wave Jump</li> </ul>
	<p><b>Explore Physical Literacy</b></p> <ul style="list-style-type: none"> <li>• Interactives</li> <li>• Profiles</li> <li>• Recommendations</li> </ul>	<p><b>Explore Physical Literacy</b></p> <ul style="list-style-type: none"> <li>• Interactives</li> <li>• Profiles</li> <li>• Recommendations</li> </ul>
	<p><b>First Saturday of every month</b> 9am to 12pm</p>	<p><b>Mondays and Wednesdays</b> 9am to 1pm</p>
<b>Timings and program of events</b>	9:00 to 9:30   Arrival and groupings 9:30 to 10:30   Session 1 10:30 to 10:45   Break 10:45 - 11:45   Session 2	9:00 to 9:15   Arrival and groupings 9:15 to 10:00   Introduction to teamwork and collaboration 10:00 to 11:00   Session 1 11:00 to 12:00   Session 2
<b>Prices</b>	<b>QAR 250 per person</b>	<b>QAR 700 per person</b>

Please note that our team building packages do not include refreshments and/or lunch. However, we can provide additional catering services upon request to ensure that your team's energy levels are sustained throughout the activities.



**Activities**





## Activities

Upon arrival at the Activation Zone, you will receive a Radio Frequency Identification (RFID) wristband that tracks your physical literacy profiles throughout the entire team building event. Divided into teams, equipped with colored wristbands and a team score sheet, you will engage in a series of activities designed to test your teamwork, physical abilities, and mental agility.

All groups will perform the same activity before moving on to the next. Order of play is changed per activity, offering a tactical advantage to participating teams.

## Team Games

Location: MUGA E7



### Bank

Precision, decision making and strategy

- Teams of 5 players
- Each player has 5 attempts to throw a bean bag into the target zone
- First successful throw = 1 point
- Every continuous successful throw 'doubles' the total score
- Scores can be 'banked' at any time
- The scores continue to accumulate for all 5 players (25 throws in total)
- The scores in the BANK are added up to provide a total team score at the end of the game



### Seated Volleys

Agility, communication and technique

- Teams of 4-5 players
- Players sit on the stools forming a circle
- Players must choose one hand to use (left or right)
- When the clock starts, the team must attempt to volley the ball in the air for as long as possible
- A different player must volley the ball each time
- Players must not leave their seats
- Three attempts are allowed, and the highest score is recorded



### Broom Handles

Alertness, technique and cooperation

- Teams of 4-5 players
- 1 broom handle per player
- Players form a circle holding their handle upright in a vertical position
- Player must choose one hand to use (left or right)
- Players let go of their handle and switch with another player to 'catch' the handle before it falls
- All players aim to move at the same time and rotate in same direction
- Three attempts are allowed, and the highest score is recorded



### Domino Effect

Strategy, collaboration and planning

- Teams of 4-5 players
- Players sit on the floor and participate
- Each team is asked with creating their own giant domino masterpiece, each with their own intricacies and adaptations.

## Team Interactives

Location: E7



### Crossfire

Timing and collaboration

- Team of 4-5 players
- Focus on the player you are receiving the ball from
- Pass the balls high and low to avoid collision
- If a ball is dropped, keep going and try to keep a rhythm



### Wave Jump

Timing and endurance

- Jump before the wave reaches you
- Jump high to clear the wave
- Work as a team to coordinate the timings of your jumps (help each other)



### Paddle

Timing and collaboration

- Team of 4-5 players
- All players should perform the movement patterns together
- Look at each of your team members to coordinate the timing

## Physical Literacy

Location: E7



### Handcycle

Fortitude: concentration, endurance and stamina.  
How far can you pedal in 30 seconds?

- Stand back slightly with feet shoulder-width apart
- Keep head and body still if possible (move arms only)
- Find a rhythm and don't slow down



### Balance

Control: skill, balance, coordination.  
Can you guide your board efficiently?

- Face forward with feet placed wide apart on the paddle board
- Move towards the front on the board to speed up
- Move towards the back of the board to slow down
- Shift body weight left and right to steer the board



### Zipwire

Vitality: strength and power.  
How long can you hold on?

- Stand on the floor pad and adjust the bar to your height
- When the countdown stops, take your feet off the ground and hang on for as long as you can
- Keep your legs tucked behind you



### React

Quickness: reactions and speed.  
How many lights can you hit in 30 seconds?

- Stand in the center position
- Stand slightly back to increase peripheral vision
- Use both hands



### Quick Hands

Quickness: reactions and speed.  
How many healthy food items can you select in the time limit?

- Stand in the center position
- Use both hands
- Stand slightly back to increase peripheral vision (left and right)





MAP



5



3



2



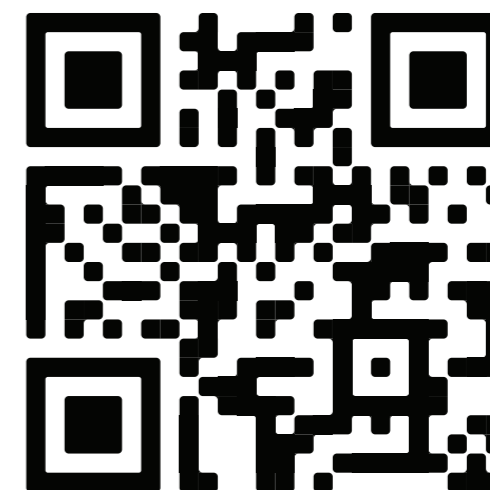


**IN-Q**  
CATERING

BY QATAR MUSEUMS

Interested to host an event in one of 3-2-1 QOSM event spaces?  
With exceptional venues and impeccable catering services, we guarantee an unforgettable experience.

Scan the code to discover all our venues and catering options for hire.



**Book Now!**

Send an email to [321teambuilding@qm.org.qa](mailto:321teambuilding@qm.org.qa)



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