

Middle Grades Knowledge Bowl

An Academic Competition for Grades 6-8

November 2025
through
February 2026

Middle Grades Knowledge Bowl (MGKB) is an academic team competition that builds students' critical thinking, sharpens their recall, and strengthens collaboration through fast-paced, quiz-style meets.

Benefits to Students

- Building confidence and communication skills through collaborative problem-solving
- Connecting with other players from middle schools across the Twin Cities metro area
- Practicing teamwork and critical thinking in a fast-paced academic competition that aligns with several Minnesota K-12 Academic Standards (learn more at sparkpath.org/mnstandards)

Typical Meet Schedule

4:00 - 4:35 pm - Written Round and Coach Question Review
 4:40 - 7:10 pm - 3 Oral Rounds
 7:15 - 7:30 pm - Awards

During a meet, teams of six students compete in a written round, where they complete a multiple-choice test. Then, teams of five students compete in oral rounds where they answer questions read by a coach or volunteer.

Teams compete in three to five meets throughout the season. The three regular season meets are held December through February, with an optional Kick-Off meet (November), and an optional State Meet (February).

Program Feedback

85% of players strengthened their teamwork skills by participating in MGKB.

- "You might not be good right away, but you'll get better!"—7th grade KB player
- "Don't be afraid to answer questions. Study lots of subjects. Have fun!"—8th grade KB player



Students show off their hardware at the State Meet.



Teams collaborate during the written round portion of the competition.

	BrightWorks Member Per Team	Non-Member Per Team
Kick-Off	\$30	\$50
Regular Season	\$150	\$300
State	\$50	\$50



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www.sparkpath.org/mgkb