



# Get Up & Move!

Physical Activity

Series 2: July

## Wet & Wild (35 minutes)

### Items needed for this activity:

- One large clean trash can or really large plastic container per team
- One large bucket per team
- One large metal can (coffee or large juice) per team
- Plastic or paper cups – 1 or 2 per participant (suggest 9 -14 oz. size)
- Water source
- Marker or stickers to identify cups
- Long jump rope
- One large car sponge for each team
- One sweatshirt and sweat pant per team
- Cones to identify a race course

### Background information for presenter:

During hot summer months it is important to pay attention when planning strenuous activities. Take frequent breaks and make sure that plenty of drinking water is available to re-hydrate young bodies. The activities planned in this guide will result in members getting wet, so advise youth prior to the meeting. If you have individuals who cannot get wet, please involve them as spotters during the relays, jump rope turners, or as race/relay starters.

### Step 1: Information to share with club members (1 minute)

Today we are going to be playing a variety of water games. In order to make sure that everyone has fun, please listen to directions and follow the rules. Everyone who participates will probably get a little wet, however please avoid excessive “soaking” of team members. Be respectful of others.

### Step 2: Group Activity (10 minutes)

Hole in the Bucket – The goal of this activity is to move water from one large container, to a receiving bucket using a can with holes as the transport tool. The team that collects the most water wins the game.

Prior to the activity, punch several holes into the bottom and sides of a coffee can or large metal juice can for each team. The

holes for each container should be similar in size and location. NOTE – check for sharp edges around the top of the can. Remove sharp edges by hammering around the inside edge while holding the can against a hard surface. The holes in the bottom and sides of the cans can be made using a hammer and a large nail.

Fill a large clean trash can (a plastic washable container is suggested) with water at the starting point for each team. At the other end of the playing field, place a large receiving bucket for each team. Divide participants into equal teams.

When ready to begin, have all members of each team line up behind the starting point. When you start the race, the first person in line for each team should dip his/her can into their water container, put the can on his/her head or carry it in front of him/her (Decide before the game which you will do; the age of the participants may determine this.), go down the field to his/her team’s receiving bucket and pour what water is left into the bucket. Once he/she has done this, the participant runs back to the starting point and gives his/her can to the next person in line who will do the same thing. The first team to fill their finish line bucket wins.

### **Step 3: Group Activity (5 minutes)**

Jump Rope Water Splash – The goal of this activity is for participants to jump rope while holding a cup of water in his/her hand. The individual that has the most water still in the cup at the end wins.

Mark each cup with a participant identifier, either initials or a sticker. Fill the cups to the top with water. While two players turn a jump rope, jumpers take turns attempting to complete three consecutive jumps. They do this while holding their cup of water and trying to not to spill too much as they jump. The participant with the most water left is the winner. Participants must complete three consecutive jumps or be disqualified. Depending on available time, participants may make multiple attempts at jumping.

ALTERNATIVE PLAN – If you have really good jumpers in your group, you can make the activity just a little more difficult by having the participants hold a cup of water in each hand.

### **Step 4: Group Activity (5 minutes)**

Sponge Toss – The goal of this activity is to move the most water from one large container, to a receiving bucket using a large sponge.

Fill a large clean trash can (a plastic washable container is suggested) with water at the starting point for each team. At the other end of the playing field, place a large receiving bucket for each team. Divide participants into equal teams. Each team should form a line with their teammates, a little more than an arms length away from each other, spaced between their starting container and their receiving bucket. Place a large car sponge in the large water container. When signaled to start, the first team member pulls the sponge out of the water container and tosses it to the next teammate, who then tosses it to the next, and so on until the sponge reaches the end of the line. The last person in the line squeezes the remaining water out of the sponge into that team's receiving bucket. Then he/she runs to the start of the line, with all team members moving one place toward their receiving bucket and begin again. The "new" person at the water

container dips the sponge into the water and then tosses it to the next person in line. The game continues with the final person squeezing the water into their team's receiving bucket, then runs to begin the process again.

NOTE THE FOLLOWING SPECIAL GAME RULE – if the sponge is dropped while being passed, it must be thrown back to the start of the line and the relay begins again.

After everyone on the team has participated as the "runner," the entire team sits down to signal that they are finished. The winning team is determined by measuring the water in the receiving buckets. The team with the most water in their bucket at the end wins!

### **Step 5: Group Activity (10 minutes)**

Wet Sweatshirt Dunk Relay – The goal of this activity is for members of teams to put on a water-logged sweat suit and run a predetermined course. The team that finishes first wins.

Fill a large clean trash can (a plastic washable container is suggested) with water at the starting point for each team. Using several large orange cones, mark off a small course that participants must run during the race. Divide participants into equal teams. Each team should line up behind their water container. In each team's water container, place a sweatshirt and sweat pants. (NOTE – if you have lots of young players, you may want to just use a really large sweatshirt.) When signaled to start, the first person in the line pulls out the sweatshirt and the sweat pants and puts them on. He/she runs the identified course, making sure to go around any cones or markers that have been identified. When he/she returns to the start line, he/she removes the sweatshirt and pants, puts them back in the water container, and the next team member repeats the activity. NOTE – each of the clothing items MUST be completely submerged in the water before a new team member can begin. The last person must take the sweatshirt and sweat pants off and dunk them into the water before being declared done. The first team to finish wins!

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