

Water Games

BODY



fit for fun

Hop and Splash

Teams sit in a relay formation with a bucket of water in front of them. An empty bowl or bucket is placed in front of them some distance away. On the word GO the first player in each team fills a plastic mug with water and hops to the empty bucket, into which he pours any remaining water. This player returns and the next one goes. The winning team is the one which has collected most water.



No maximum number depending on adequate supervision



5/10 minutes for each game

Head Waiters

Players line up in a relay position with a bucket of water in front of them. An empty bowl or bucket is placed in front of them some distance away. On the word GO the first player in each team fills a plastic cup with water and places it on his head. By using one hand only to steady the cup they race to the empty bowl where they pour out what remains of the water. They return and the next player goes. The winning team is one which has collected most water.

Mouth relay

Teams sit in relay position with a bucket of water in front of them. An empty bowl is placed in front of them some distance away. On the word GO the first player in each team fills a cup with water, holds it in his mouth between his teeth and runs to the empty bowl where the remaining water is poured in. They return and the next player goes. The winning team is one which has collected most water.

Soak and Squeeze

Players line up in relay position with an empty bowl some distance in front. In front of each team is a bucket full of water and in it, a car sponge. On the word GO the first player in each team picks up the sponge and runs to the empty bowl. He squeezes out the water into the bowl and returns to the team, dropping the sponge back into the bucket ready for the next player. Continue doing this for eg 4/5 minutes. The winning team is one which has collected most water.

Waiters

Boys should be divided into 2 equal teams. Team A divides itself in 2 and stands in 2 lines about 5 metres apart, facing inwards. A bucket of water is placed about 3 metres away from one end of the divide and an empty bucket placed about 3 metres from the other end. On the word GO the players in team B take it in turns to fill 4 cups with water, place them on the tray and run between the two lines of the other team to the end where the empty bucket is. They pour any remaining water into the bucket. Then they return and hand the tray and cups to the next person. Meanwhile the players in Team A each have a water soaked sponge which they throw, trying to knock the cups off the tray. Measure the amount of water collected and swap the teams over.



A change of clothes would be a good idea! Be aware of slippery floors

Human Tables

Working in teams, one player in each team is chosen to be the table and kneels down with their hands on the ground, keeping their backs as flat as possible. On the word GO the team members fill plastic cups with water and place them carefully on their 'table'. Teams are given a set time to place as many cups as possible on their table. At the end of the time the amount of water still in cups on their team's table is measured.

Firefighter

Equipment:

- Candles
- Matches
- Water pistols

Instructions:

Each player tries to extinguish a lighted candle using a water pistol. Play this game against the clock or in pairs – have plenty of spare candles ready for all to have a go. **Extra care must be taken over the use of matches and candles.**

Sitting Ducks

Equipment:

- Water pistols
- A table
- Plank of wood
- 6-10 plastic ducks

Instructions:

The plank is put on its edge on the table top and the ducks are lined up along the uppermost edge of the plank. Two players face each other, either side of the table, and each holds a water pistol. On the word 'go' they must try to shoot the ducks off the plank onto their opponent's side of the table. You may need to erect a string line which players must not cross, depending on how powerful your water pistols are. The winner is the player who has the least ducks on his or her side of the plank. The drenching of an opponent is, of course, permitted in order to put them off – but avoid squirting the eyes.

Water Catch

Equipment:

- Balloons – filled with as much water as possible

Instructions:

Players face each other and stand about 1m apart. One player gently throws the balloon to his or her partner, who catches it and takes a step backwards, before throwing it back carefully to the first player. This continues, with each player taking a step backwards between throws until someone drops the balloon. See how far apart they can go successfully without getting wet feet.



Water Pyramids

Equipment:

- Plastic cups
- Water

Instructions:

Working on their own, in pairs or groups, players build a pyramid using the cups filled with water. See how high they build them and see the effect of pouring water gently into the top cup.

Sack Soak

Equipment:

- A supply of water
- One plastic cup per player
- Two black plastic sacks
- A brave (and waterproof) leader

Instructions:

The leader holds a sack in each hand and teams are named 'Left and Right'. The players must try to get as much water in their own sack as possible within the given time. The leader may wander, or run, around the given area and turn around at will. No physical contact is permitted and the game continues for about 4-5 minutes. The team with the most water in its bag is the winner. Naturally, players might wish to distract their opponents to prevent them filling the sack – this is fine, although there must be no physical contact.

Pipeline

Equipment:

- Drinking straws
- Water

Instructions:

Teams are given a jug of water and a bundle of straws and have 15 minutes or so in which to build a watertight pipeline to cover as long a distance as possible. Test it by pouring water through it using a funnel of paper, and by making team members lie down and hold the pipeline above them.

Suggestions

A variety of 'wet games' can be used, including a selection of the above with any of your own suggestions. These games are ideal for a warm summer's evening or part of a weekend holiday. Ensure that parents are informed and spare clothes are brought along.

