

# WATER RELAY



GET ACTIVE



20 MINUTES



PREPARATION  
NEEDED

## ▶▶ GETTING INTO THE ACTIVITY

Set up and take on a water relay obstacle course, with the aim of transferring as much water as possible in two minutes.

Before the activity you'll need to place a bucket or bowl of water at one end of the course and an empty bucket or bowl at the other end. In the middle set up obstacles such as chairs to climb over, blankets to crawl under, stepping stones etc.

Set a timer for two minutes. In the two minutes, using a cup, you need to go back and forth through the course transferring water to the bucket at the end. Be careful not to spill any!

After two minutes, tip the water into a measuring jug and see how much you have transferred. Take on the course again and see if you can beat your score or challenge a family member to have a try.

Ask a grown-up to take a photo or video of your water relay course and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- 2 x Bucket or Large Bowls
- Cups
- Water
- Obstacles
- Measuring Jug



## NOTES FOR PARENTS & CARERS

Please ensure the space used for this activity is safe and suitable. An adult should initiate any contact with the BB group and/or share on social media.